

**MICHAEL A. RIFFEL CATHOLIC
HIGH SCHOOL**

PROGRAM OF STUDIES

GRADE 9



2026-2027

School Mission Statement

Michael A. Riffel Catholic High School is a Catholic, student-centered school which focuses on developing respectful, responsible and knowledgeable citizens firmly grounded in the values of our Christian Faith. Our school aligns with the vision, mission, values and commitments of the Regina Catholic School Division.



What Does a Grade Nine Student Need to Know?

You'll find your concerns about Grade 9 will disappear after the first day or two in classes. We operate a bit differently than your Grade 8 system, but the adjustment will be **much** easier than you think.

Our greatest concern is that you get involved. We want you to feel at home at Riffel, and we will help to make that happen.

Catholic Education

- † Catholic schools are unique; they foster the religious and spiritual life of students. For this reason, students and teachers participate in prayer throughout the day, scheduled liturgies, masses and retreats. We respect the right of others to worship in a prayerful environment.
- † As members of a Catholic school, we are called on to be a community that strives toward Christ-like values including respect, care, and concern for others.

Highlights

The academic year is divided into semesters. The first semester operates from September to January while the second semester operates from February to June. Each spring, students register for a full year of classes for the following academic year. These classes are timetabled, as equally as possible, into the two semesters. Each semester ends with a final assessment in all subjects. The format of the assessment will vary depending on the subject. Final marks are issued at the end of each semester for all classes taken during that semester.

Classes run every day from 8:45 am to 3:20 pm. Students get a short break in the morning and fifty-four minutes for lunch. Students may decide to eat lunch at school. If so, they bring their own lunch or buy lunch from the canteen at reasonable prices. The large Commons Area has plenty of seating.

Each semester consists of five classes of sixty-four minutes in length. Students have the same five classes each day in a semester. In addition, students may also take Band, Choral, Instrumental Jazz or Vocal Jazz. Band, Choral, Instrumental Jazz, and Vocal Jazz are scheduled on various days during early bird and/or the noon hour.

The canteen is located on the main floor. The goal of the canteen is to provide an assortment of nutritious drinks, snacks, and lunches for our students. The canteen operates before school, at break, and at lunch. Healthy hot lunch options are available several times a week!

The "Royal Mart" is located in the first floor main hallway. All school and spirit wear (t-shirts, sweat suits, shorts, caps, etc.) can be purchased at the store, or through **SchoolCash**. Spirit wear is an important feature for students as students are encouraged to dress in spirit wear and to participate in the variety of SRC organized activities that occur throughout the year.

The main office hours are 7:00 a.m. – 4:00 p.m. (Monday through Friday). Please coordinate transportation arrangements in accordance with our school day hours.

Our Supportive Royal Community

LAY CHAPLAIN

The Lay Chaplain serves as a resource person for the faith-life of the school community. The chaplain is available as a resource to students who require support in their spiritual lives. This includes working personally with students as well as coordinating morning prayers, Eucharistic celebrations, scripture services, and student retreats. The chaplain is prepared to make referrals to professional caregivers, when appropriate.

STUDENT SERVICES AND COUNSELLING

Student Services personnel are available to assist and counsel students regarding academic, social, vocational and personal challenges. Student Services offers support to assist students in the following: developing an educational plan for post-secondary or career choices; maintaining a positive self-concept; improving organizational, and decision-making and problem-solving skills. Student Services directs parents and students for referrals to outside agencies when requests are made.

STUDENT SERVICES SUPPORT TEACHER

Our Student Services Support Teacher (SSST) assists students who require academic support and remediation. Daily, scheduled tutorials provide students with an opportunity to focus on academics, organizational skills and study skills. Our SSST work with students based on their unique academic needs and will coordinate support with classroom teachers.

ENGLISH AS AN ADDITIONAL LANGUAGE PROGRAM (EAL)

The EAL program supports students for whom English is an additional language in developing their reading, writing and speaking skills. Students requiring EAL support may be scheduled in an EAL class.

INDIGENOUS ADVISOR

We are blessed to have an Indigenous Student Advisor in our building. Our Advisor works closely with our personnel from Student Services and are a key member of our Student Support Team. They focus on the following: *Relationship Building and Student and Family Mentoring; Transitions into and out of High School; Cultural Engagement; Academics/Career Planning/Guidance Support; and Parental and Community Engagement.*

NUTRITION WORKER

Our Nutrition Worker oversees all aspects of before school, break, and lunch programming. We have nutritional snacks available each morning and at break, and our school population also has access to daily hot and/or cold nutritional lunch options. Menus are planned for each month of year and these provide upcoming snack and meal options.

STUDENT MENTOR

The Student Mentor is a school support in which a designated teacher (the Student Mentor) meets with students to strengthen areas of need. These areas of need may include the following: organizational skills, transition to high school, school attendance, and academic performance. If areas of concern are identified, the Student Mentor helps the student create an action plan to address these items and then follows-up with the student to support the journey toward success.

FAMILY SUPPORT COORDINATOR

Our Family Support Coordinator works collegially with teachers and administrators to provide school-level student support when involved with the family of the student. They also assist families with dynamics that lead to improved attendance, school adjustment and socialization, and engagement in school. They also engage in home visits with families, assist families in connecting with external agencies and programs, including family programming offered in the community, and build partnerships and work with community agencies to respond to student/family needs.

SCHOOL SUPPORT SPECIALIST

Our Student Support Specialist (SSS) works with students to address individual needs. They work closely to identify coping strategies and develop resilience. Collaboration with teachers, administration, and school guidance counsellors ensure that students receive comprehensive support in balancing their emotional well-being with their academic responsibilities. Our SSS contributes significantly to a positive school environment where students can thrive.

MENTAL HEALTH AND WELLNESS SPECIALIST

Our Mental Health Promoter is an advocate to foster a positive mental health culture within the school community without engaging in direct counseling. The role focuses on promoting awareness, education and proactive measures to support mental well-being among students.

SCHOOL RESOURCE OFFICER (SRO)

The SRO is available to assist staff and students with police matters. Please contact our main office (306-791-7260) to arrange an appointment time with our school resource officer.

Technology at Riffel

Technology is evident in our school as we train students for the future.

- All of our computers are connected to a system wide-area network which gives students access to a large number of software applications.
- Regina Catholic Schools has provided each staff member and each student with a Microsoft Office 365 account. This “cloud-based” environment will allow all students to access their school documents anywhere, anytime, and from any device. Office 365 also provides all students with automatic access to important Microsoft Office programs such as Word, Powerpoint, Excel, Lync, and Outlook (email and calendar options). The web-based site can be accessed by connecting to <https://login.microsoftonline.com>. Each student then utilizes their RCS email account (legalfirstname.lastname@rcsd.ca) and their established school password.
- The Resource Centre has many computers for student use, and is open before school, during the noon hour.
- With a signed Acceptable User Policy Form, students are trained to use the Internet, and are instructed on how to use research tools widely used in post-secondary institutions.
- Students also have opportunities to use digital cameras, scanners, and video cameras for their class projects.
- Presently, all students and parents/guardians have access to a web-based (or phone app) program called EDSBY. It can be accessed directly from any computer, or personal device and allows an individual to track attendance, upcoming assignments/exams, current grades and relevant school based information with ease 24/7. Students access the program by using their school based username and passwords. Parents/Guardians will receive a tone time login username and password when their child is enrolled at Riffel.
- Each of our RCS schools support Bring Your Own Technology (BYOT). This initiative allows students to utilize their own portable electronic wireless equipment in a variety of ways (and always with appropriate teacher permission) through access to a division wireless network (RCSDstudent). Such wireless access will require students to agree to a Personal Electronic Technology Student Agreement before logging on to the RCS wireless network and, of course, to always utilize any technology according to sound digital citizenship guidelines. In order to access the RCS wireless network, each student needs to utilize their RCS email account (legalfirstname.lastname@rcsd.ca) and their established school password.

Cell phones are “parked” in the teacher’s designated area (i.e., cell phone pockets) during class time. Students can access their cell phone when the teacher gives permission if the technology will assist in achieving a course outcome.

What Classes Do I Take?

Name of Class	Number of class periods
English Language Arts 9 (A & B)	One class each semester
Math 9 (A & B)	One class each semester
Social Studies 9	One period in one semester
Science 9	One period in one semester
Catholic Studies 9	One period in one semester
Arts Education 9	One period in one semester
Health/Physical Education 9	One period in one semester
PAA 9	One period in one semester
Total: 10 classes	Total: 10 periods

Additional Courses (offered during before school or at noon):

Choral 9
 Band 9
 Vocal Jazz 9
 Instrumental Jazz 9

Sample Schedule:

You will get five classes in semester one and five in semester two. An example of a possible schedule is as follows:

Semester One

ELA A9 or B9
 Social Studies 9
 Arts Education 9
 Math A9
 PAA 9

Semester Two

ELA A9 or B9
 Catholic Studies 9
 Science 9
 Math B9
 Health/Physical Education 9

EXTRA-CURRICULAR ACTIVITIES

We provide opportunities for students to try out for a variety of athletic teams or to be involved in a number of different clubs throughout the school year. Some teams compete at junior (Grades 9 & 10) and senior (Grades 11 & 12) levels. Those successful in making the team represent the school in league and tournament play. Participants are expected to be involved fully in the practice and game schedules, and/or to attend all meetings involved with a particular sport/club activity. We also offer a large number of clubs and groups for students to be involved with. They are listed below.

RHSAA SPORTS

Badminton

Basketball

Cross Country

Curling

Football

Golf

Hockey

Soccer

Track & Field

Volleyball

Wrestling

CLUBS / GROUPS

Art Club

Book Club

Canteen

Drama and Improve

St. Faustina Swim

Mega Volley/ RIT

Minor officials - scorekeepers

One Acts

Peer Tutoring

Praise and Worship

RoyalMart

SRC

Team Manager/Athletic Trainer

“That’s Possible” Theatre

Yearbook

COMPULSORY SUBJECT DESCRIPTIONS

Arts Education 9

Divided into three sections, the class includes:

Art Explores the fundamentals of art and art appreciation. Class projects are directed toward developing the students' shift toward right-mode thinking. Students work on 2-dimensional pieces, primarily in pencil.

Music Focused on an introduction to the basics of sound and the elements of music, students study basic theory, guided listening, and basic composition technology. The course culminates with a guitar-playing unit.

Drama Introduces the basic elements of drama. Students learn skills in the areas of improvisation, speech and rudimentary acting. Imagination and the development of self-esteem and confidence are emphasized.

Catholic Studies 9

Journeying in Faith with Community- The aim of Catholic Studies is for students to understand, value, and engage in their faith so that they may hear an invitation, or deepen their commitment, to live as followers of Jesus Christ. Throughout all grades, students investigate, apply and reflect on various aspects of these actions which call upon the Church to: proclaim Jesus Christ, worship Christ through the sacraments, form a communion of people, give witness, and serve. The Catholic Studies 9 curriculum focuses in part on the importance of community in supporting and deepening one's faith. Students examine how the Catholic Church helps guide us in our ongoing faith journey.

English Language Arts 9 (2 semesters)

English Language Arts is taken in both semesters. It provides students with the opportunity to study literature and develop listening, speaking, reading, and writing skills with emphasis on the following four themes: A9: *All That I Am – Search for Self; Conflicts and Decisions – Do the Right Thing; Norse and Indigenous Narratives*; B9: *Imagining the Future – Exploring New Worlds; Surviving and Conquering; Exploring Love and Loyalty; and Our Shared Linguistic Roots*. Literature is combined with specially designed tasks to allow students to use language as a means of discovery, communication, and learning.

Health/Physical Education 9

Students will spend half a semester in Health 9 and half a semester in Physical Education 9. The health program provides students with knowledge in a variety of area so they may make informed decisions. Topics covered include decision making, sexual health, chronic illness, addictions, healthy eating, tragic death and suicide. The physical education program promotes lifelong participation through engagement in health and skill related components of fitness, complex skills, games and strategies, and body management. Students will participate in a variety of co-operative activities outdoors, in the gymnasium and in the weight room.

Mathematics 9 (2 semesters)

Mathematics 9 is a full year course so it is taken over both semesters. It is the final course of the middle years math curriculum that continues to build and refine the skills learned in previous grade levels and sets the foundation for future math courses.

Science 9

Science is a required area of study in Saskatchewan's Core Curriculum. This class consists of four units. In the area of Physical science, there is a unit on *Electricity* and another on *Atoms and Elements*. In the area of Life science, there is a unit on *Cellular and Human Reproduction*. Finally, in the area of Earth and space science, there is a unit entitled *Exploring Our Universe*.

Social Studies 9

Major units of study in the course are *Time, Change, Causality, and Culture*. This course fosters understanding of the origins of customs and beliefs existing within Canadian society, how these customs and beliefs have become engrained within cultures, and how customs and beliefs influence our behavioral patterns. This course examines cultural "roots" from the ancient Middle East and Europe, as well as from North America.

GRADE 9 PAA ELECTIVE: SELECT ONE

Each PAA 9 Course is half a semester of Career Studies and half a semester of one of the following: Interior Design, Computer Technology, Foods, or Industrial Arts. In the Career Studies portion of the course, students will complete the Young Worker's Readiness Certificate, explore the MyBluePrint Program, research future career pathways and write a resume.

PAA Survey 9: Career Studies/Computer Technology

In the Computer portion of the course, students will learn introductory skills in photography, graphic design, and video production. Students will be introduced to basic technical skills in the use of cameras and photo editing. They will also be introduced to multimedia and graphic design tools that can be used for audio, video, and animation creation.

PAA Survey 9: Career Studies/Food Studies

In the Foods portion of the course, students will learn about basic kitchen equipment, food safety, kitchen safety and sanitation, basic baking skills, knife skills, and nutrition. Each topic is taught through a variety of recipes giving the students an opportunity to practice the skills they have learned in class.

PAA Survey 9: Career Studies/Industrial Arts

The Industrial Arts portion provides students with the knowledge and skills for general hand and power tools used in both trades and everyday life. Students learn about woodworking, sheet metal and design trades, and they will create a display shelf, tote tray and CO2 dragster racecar. Students will wrap up their Industrial Arts section with a drafting short course using our Industry leading AutoCAD Design Software.

PAA Survey 9: Career Studies/Interior Design

In the Interior Design portion of the class, students will learn about the roles and responsibilities of interior designers, gaining insight into their professional practices. They will explore the elements of design and analyze how these are applied to create visually appealing and functional spaces. Additionally, students will study how interior designers and decorators utilize the principles of design to transform environments effectively.

EARLY BIRD AND/OR NOON CLASSES (BOTH-SEMESTERS)

All students may enroll in Choral and/or Band and/or Vocal Jazz (after auditioning), and/or Instrumental Jazz (after auditioning), in addition to the subjects they are taking.

Choral 9

A place for everyone, this class combines friendship and teamwork with singing and performance. Students learn singing technique and basic music theory. During the year, they participate in numerous events such as the Christmas concert and music festivals. Spanning the entire school year, the class is a popular subject choice for many students.

Band 9

Band 9 is a fourth-year level instrumental music class, which builds on the skills students learned while they were in grade 6 to 8 band in elementary school. If an interested student was not enrolled in band during elementary school, please contact the Riffel band teacher prior to enrolling to determine if this class is an eligible option. Please note that the following instruments are not eligible band instruments: guitar, violin, drum kit, or piano.

In this class, students participate in full band rehearsals and small group lessons, as well as having the opportunity for solo or small ensemble projects. Through practice and performance, students will learn: different styles of music and musical concepts, music theory, and increased technical skills on their instrument. The band is involved in multiple activities and performances during the year - including public concerts, festivals, school activities, retreats, and tours.

Instrumental Jazz 9

Instrumental Jazz is an extension of the band program, and therefore students must be enrolled in Band 9 to be eligible to register for this class. Auditions are required.

This class is an ensemble-based group that rehearses once per week. This course is a magnet course as rehearsals take place on a weekday evening at LeBoldus High School (transportation is not provided). Eligible instruments are: saxophone, trumpet, trombone, and rhythm section. Please contact the Riffel band teacher for more information on eligibility for this program.

The class focusses on jazz repertoire, improvisation, and jazz pedagogy. Students are expected to practice the repertoire on their own between rehearsals. The jazz band is involved in multiple activities and performances during the year - including public concerts, festivals, school activities, retreats, and tours.

Vocal Jazz 9

Vocal Jazz is an extension of the choral program; therefore, enrolment in choral is also required. The class focuses on jazz repertoire including swing, ballad, Latin, and blues. Students examine the techniques used by various musicians who have made outstanding contributions to jazz, and apply these techniques to their own vocal jazz training. They also work in small groups for a Coffeehouse performance.