



OSLO INTERNATIONAL SCHOOL

**LOWER SECONDARY
PROGRAMME GUIDE**



Lower Secondary curriculum framework

The Lower Secondary programme underscores OIS's commitment to providing a broad and balanced educational experience and, importantly, to supporting individual student development. Our aim is to educate for ethical, international citizenship and to lay the foundations for entry into our Upper Secondary International Baccalaureate Diploma programme.

The OIS philosophy

At the core of the framework lies the school's philosophy to develop in each student, through challenging programmes, their potential as knowledgeable, independent, life-long learners and as ethical, caring, international citizens, and its all-school core learner outcomes that tie the curriculum together:

- to attain, to the best of each individual's ability, high levels of understanding and competencies across a broad range of subjects
- to attain the essential knowledge, skills and attitudes to be life-long learners

- to be independent learners, active in their approach to their own learning.
- to be ethical international citizens of a

changing and challenging world

Beyond that core lies the second main aim of the curriculum, namely the end goal of supporting the successful completion of the IB Diploma Programme by all students. Since that programme demands of the student a broad selection of courses and a high level of knowledge and skills, the entire secondary curriculum is geared towards meeting these requirements to allow for success and future educational opportunities.

The OIS advantage

Ours are part of a vibrant and diverse community, with students from over 50 nations around the world. The Lower Secondary curriculum feeds directly in to the IB Diploma Programme, making the eventual transition to Upper Secondary easier, and paving the way for entry into further education at some of the most competitive universities in the world. The programme is

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broad and holistic and provides an excellent academic and experiential foundation upon which to build. As well as traditional subject classes, students have the opportunity to enter a range of academic and sporting competitions and to take part in a variety of trips, all aimed at building skills outside the classroom. Small class size is also advantageous, allowing for more focus on, and tailoring towards, individual needs.

Subjects and structure

All subject areas are taught by specialist teachers. The core subjects of English, Maths, Science, P.E. and Foreign Languages are taught all year round, whilst History and Geography are taught on a semester basis. Music, Theatre, Visual Arts and 21st Century Skills rotate on a trimester basis. PSHE (Personal, Social, Health and Economic education) is taught all year by an assigned contact teacher, who also acts as the liaison point for parents.

Assessment and expected outcomes

Students are continually assessed through coursework and periodic tests.

End of term exams are held bi-annually (in December and June), and serve to prepare students for more formal assessment in future years. By the end of the Year 7-10 curriculum, all students should have basic knowledge and skills required for Upper Secondary, as well as access to the maximum number of subject choices. The ultimate goals are the development of attributes in young people that will enable them to understand and manage the complexities of the world and help them to be better students, more competent adults, and more responsible global citizens.

Counselling support

Secondary school counsellors, with an educational background and mental health perspective, are available to respond to the challenges presented by our diverse student population. They do not work in isolation but, rather, are integral to the whole educational programme, aligning with the school's mission to support the academic achievement of all. Their mission is to help students and parents feel prepared for the new adventures ahead and reduce anxiety.

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Counselling services may include transition planning, organizational, study and test-taking skills, education in understanding self and others, coping strategies, peer relationships and effective social skills, communication, problem-solving, decision-making and conflict resolution. University counsellors are also on hand to give advice on further education and career choices. Students from Year 10 have the opportunity to meet with the counsellors and take some preliminary steps towards investigating what is available. The university counsellors can also help with subject selection for Upper Secondary.

Support for learning (SfL) and English B

Students who need additional academic support are given four lessons of SfL each week in mathematics and literacy. These lessons are in place of Geography/History in Year 7 and in place of French/Spanish in Years 8 to 10. Those teaching SfL belong to the Mathematics and English teams, which allows for a comprehensive overview of subject matter, and continued support in class, whenever needed.

The English B curriculum is designed for those students who require extra help with English as a second language. The course is aimed at developing reading, writing, listening and speaking abilities, as well as confidence building to communicate these skills inside and outside of the classroom.

Aiding the transition

At OIS, we aim to make the transition from Primary to Lower Secondary as smooth as possible by introducing a shift towards subject specific classes in Year 7. During this transition year, teachers work with students on practical issues and expectations, and help them develop the skills they need for success in future years. This includes teaching basic computer and organisational skills, as well as addressing social and wellbeing issues aimed at reducing anxiety and confusion. Clear academic targets are also discussed. Foreign language learning is introduced from Year 8, and subjects in Years 8 - 10 are vertically aligned so that the transition to Upper Secondary is seamless. An inspiration day is also held during Year 10 to help students transition to Pre-IB.

Framework overview - Year 7

Y7

SUBJECT	LESSONS PER WEEK
ENGLISH	6
MATHEMATICS	6
SCIENCE	5
HUMANITIES (History and Geography)	4
ARTS (Visual Arts, Music and Theatre Arts)	5
PE	4
PSHE	2
NORWEGIAN A,B and C	4
DIGITAL SKILLS/COMPUTER SCIENCE	2
GLOBAL STUDIES / SERVICE LEARNING	2

Framework overview - Years 8 to 10

Y8-10

SUBJECT	LESSONS PER WEEK
ENGLISH	5
MATHEMATICS	5
SCIENCE (Physics, Chemistry and Biology) <i>In Y8, the above are taught as combined science. In Y9-10, they are taught as separate trimester subjects.</i>	5
HUMANITIES (History and Geography)	4
FRENCH / SPANISH / EAL / SfL	4
ARTS (Visual Arts, Music and Theatre Arts)	4
PE	4
PSHE	2
NORWEGIAN A,B,C	4
21ST CENTURY SKILLS (Global Studies, Digital Skills and Service Learning)	2

Education for a better world



Through our broad and balanced curriculum, OIS students develop knowledge and skills that serve as the foundations for long-term, sustained success. The Lower Secondary curriculum prepares students well for the IB Diploma Programme and encourages them to be well-rounded, open minded, global citizens who value community engagement, growth and learning."

- Jennifer Anderson, OIS Head of Secondary

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