International School of the Sacred Heart

High School Curriculum Guide

Grades 9 – 12

Growing with Courage and Confidence
Since 1908

Our Five Goals

of the Sacred Heart Philosophy of Education

A personal and active faith in God

A deep respect for intellectual values

A social awareness which impels to action

The building of community as a Christian value

Personal growth in an atmosphere of wise freedom

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Welcome

Welcome to High School!

In today's dynamic and ever-changing world, it is a real privilege to be preparing young women for the future, and here at the International School of the Sacred Heart we support our girls as they aim high to achieve their full potential. A Sacred Heart graduate understands her abilities and power, and knows how to use her talents and strengths to contribute positively to society.

If you are wondering whether single sex education is for your daughter, you may wish to consider the over 200-year legacy of Sacred Heart schools in educating and empowering young women. As the oldest all-girls international school in Japan, ISSH has advocated for girls' education since 1908, and each day, we experience first-hand the power of such a transformative learning environment for girls from diverse backgrounds. In my time here, I have seen how each girl learns to find her own voice, develops her own interests, and becomes confident to make decisions that are right for her. Girls' schools specialize in girls: we tailor every aspect of teaching and learning to girls, purposely developing their confidence and potential, and we empower them to pursue whichever direction their talents lead them.

Girls are powerful role models for one another; this is something that is noticeable at our school every day. When younger Sacred Heart students look up to older girls who are loving and kind leaders on the sports field and in the classroom, they grow up believing they can do it too. The 2023 UNDP Gender Social Norms Index indicate that societal biases against women remain, which makes it even more important for girls to grow up in an environment where they develop the self-confidence to fight biases that hold society back from developing to its full potential.

The building of a sense of community is integral to a Sacred Heart education, as illustrated in Goal 4 of our Five Goals. The power of school belonging will come as no surprise considering analysis of 2018 PISA data showed students at all-girls schools reported a far greater sense of well-being and stronger feelings of belonging at their school than girls from co-ed schools (AGSA & MMG, 2018). Students especially feel a sense of school belonging when they feel "personally accepted, respected, included, and supported by teachers and other adults in the school social environment" (Goodenow & Grady, 1993). Such respect and inclusion is baked into ISSH's philosophy of education, and we are proud to see how a sense of belonging at ISSH builds self-efficacy, improves health and mental well-being and increases academic performance in our girls.

The 2020 AGSA report The Girls' School Edge: A comparison of outcomes for girls from single-sex and co-educational schools using PISA data from 2015 and 2018, provides strong support for the value of an all-girls schooling environment and adds to the growing body of international research

that shows unequivocally that girls' schools provide distinct advantages over co-educational schools. Girls at single-sex schools are also less likely to have to wait for their teacher to quiet the class before teaching (33% to 22%). ISSH prides itself on being an educational environment where girls are provided with a safe space committed to educating and empowering them to speak up about gender justice.

Our well-rounded high school program prepares each girl to attend the university of her choice and we take great pride in a 100% university acceptance rate every year. The highly academic and supportive college-program excites, challenges and stimulates each girl to become a critical thinker who is unafraid to question the status quo. Our teachers encourage curiosity and finding joy in learning for its own sake, and make themselves available to provide one on one time to ensure each girl is supported to achieve her full potential. The Advanced Placement program is well-suited to the needs of our girls, as it offers the flexibility to tailor the curriculum to the student, not the other way around.

Our school has had a global outlook long before 'global citizenship' became a trend in education. Established in France in 1800, brave sisters from the Society of the Sacred Heart ventured to North America and further around the world to advance women's education. Therefore, International Mindedness is at the heart of the Sacred Heart experience. Through both the curricular and extracurricular programs, students develop ways of thinking and acting based on a belief that we can make our interdependent world a better place. In accordance with our third Sacred Heart goal, "With a global perspective, our school develops internationally minded citizens with critical consciousness, language facility, intercultural literacy and the will and confidence to act for the common good throughout their lives."

Outside of the classroom we offer a robust range of extra-curricular activities — from athletics to the arts to social action, Sacred Heart girls enthusiastically lead activities and events, singing in the choir, pushing themselves on the sports field, advocating for causes dear to them — the possibilities are endless.

With absolute confidence, I can say that Sacred Heart is a place where girls thrive. I am constantly impressed and delighted by the loving kindness and achievements of our girls. It is a joy to welcome our alumnae back to Sacred Heart when they return to visit.

If you wish your daughter to be a feisty, resilient and confident woman in the future, come and visit the school to see for yourself.

Charmaine Young
High School Principal

Curriculum Overview

High School Students at ISSH study at five core subjects (English, mathematics, foreign language, science, and social studies) along with a variety of additional courses including visual and performing arts, physical education, personal education, values, and our options program, which allows students to choose from a wide range of topics in their areas of interest. A variety of Advanced Placement (AP) courses are offered to students mainly in Grades 11 and 12. Students are required to earn a total of 22 credits to receive a graduation diploma.

English	4 credits	1 credit per year
Mathematics	3 credits	1 credit per year
Foreign Language	3 credits	1 credit per year
Science	2 credits	1.5 credits per year
Social Studies	2 credits	1 credit per year
Elective Subjects	3 credits	G11 &12 only
Values	1 credit	½ credit per year
Arts	1 credit	½ credit per year
Physical Education	1 credit	½ credit per year
Options	1 credit	½ credit per year
Theory of Knowledge	½ credit	G12 only
Personal Education	½ credit	½ credit per year

For more detailed information about the mechanics of our high school program, please check out our High School Profile, which can be found on our website.

English

High School English at ISSH aims to develop strong competency in both understanding and analyzing written texts and expressing ideas and opinions with confidence and fluency. Students gain an understanding of literary styles and themes, and how literature connects to the culture in which it was written. They also practice expounding on their thoughts and sharing the analysis of literary works in written format through in-class and formal long-form essays, forum posts, journal entries, and short answers, and out loud through oral presentations and class discussions. The final aim of the curriculum is to equip girls with strong communication and literacy skills to prepare them for both tertiary education and the real-world challenges they will face after their time at ISSH.

Students in Grades 9 and 10 will all take Origins of World Literature and Literature in the Western World, while Juniors and Seniors have the option of selecting either the Grade 11 World Literature and Grade 12 Reading and Writing for College courses, or to take AP courses for their English credits.

Grade 9: Origins of World Literature

Grade 9 girls study the beginnings or origins of several major literary traditions and their connection to the cultures that produced them. The course is designed to enhance vocabulary development and reading comprehension, and increase students' understanding of a variety of writing structures.

Students read a variety of fiction and non-fiction aimed to prepare them for higher level English study, as well as for the PSAT and SAT. Excerpts from Homer's *Iliad*, Sophocles' *Oedipus Rex* and *Antigone*, medieval poetry and drama, and 20th and 21st Century texts related to aspects of ancient literature are a few examples. Students will develop a critical understanding of some of the dominant themes expressed in the early world literary traditions of Greece and Judeo-Christianity, and apply that understanding to the modern world's language, culture, and literature. They will learn to express this understanding in critical expository writing, oral presentations, and class discussions, and hone their writing skills through a focus on in-class essay, formal essay, journal, and creative writing formats.

Grade 10: Literature in the Western World

Building on their 9th Grade study of the origins and archetypes of Western literature, 10th Grade students analyze how Western literature developed to the twentieth century. Grade 10 English focuses on improving writing, building vocabulary and increasing the sophistication of critical reading—skills which will help students to prepare for PSATs, SATs, and APs.

Students will read a variety of texts including Shakespeare's *Macbeth*, J.B. Priestley's *An Inspector Calls*, William Golding's *Lord of the Flies*, George Orwell's *Animal Farm*, and Kazuo Ishiguro's *Never Let Me Go*. Analyzing these works, they will develop a critical understanding of some of the dominant themes expressed in American and European literature, and distinguish and critique the different literary forms, styles, and techniques with which these writers experiment. Enhancing critical reading skills is a key focus in Grade 10. Students will also hone their abilities to write for different purposes and audiences, and will gain confidence expressing their thoughts in oral presentations and in-class discussions, as well as through multimedia presentations.

Grade 11: World Literature

Grade 11 English focuses on broadening students' literary understanding by examining a variety of themed units including Postcolonialism, Feminism, and Magical Realism. Each unit involves an investigation of cultural representations in world literature in translation, as well as in media and non-fiction from around the world. Students read widely and deeply, and are asked to consider not only the literary features of the texts but the ways in which values and beliefs are preserved and transmitted through culture. Writing is also emphasized, with occasions for students to develop their academic essay styles in forms such as the literary analysis and response essay.

Grade 11: AP Language and Composition

AP Language and Composition is a course in rhetoric designed to prepare students to read analytically and write effectively in university and in life. The class studies a variety of prose from various periods with attention to rhetorical structures, modes, strategies, argumentation, and voice with a focus on nonfiction genres. Students hone close reading and rhetorical analysis of effective writing and tackle composition assignments using various rhetorical modes, persuasive strategies, stylistic devices, and tones. Students will learn to confidently evaluate their own writing as they strengthen their rhetorical range and control.

Grade 12: Read and Write for College

This course focuses on reading and writing a variety of contemporary fiction and nonfiction texts. Readings, in English and in translation, engage students in the critical analysis of texts, and serve as models and inspiration for creative work aimed at a variety of audiences and serving different purposes. Academic writing is reviewed and practiced extensively with a particular emphasis on skills and forms which transfer across disciplines at the college level. Students will gain confidence in various forms of academic writing, as well as communicating their thoughts and ideas through oral presentations and class discussions.

Grade 12: AP Literature and Composition

This challenging course prepares students for the rigors of university level literature studies as they engage in the careful reading and critical analysis of the larger elements of literary works' structure, style, and themes as well as the finer elements of figurative language, imagery, symbolism, and tone. The historical and cultural context of important works, in addition to an introduction to literary theory and criticism, challenge students to think deeply. They will also practice varied approaches to thinking and writing critically about literature through formal and informal presentations, debates, creative projects, and short and long essays.

Mathematics

The math curriculum at ISSH provides students with a strong foundation for university. Our courses are designed to enable students to meet and exceed admission requirements for tertiary institutions in most countries through careful compilation to ensure that diverse high school mathematics topics are covered, along with those required for the PSAT and SAT mathematics examinations. An integrated approach is emphasized, and technology is fully incorporated into the syllabus — all students are taught how to use a TI-84 Plus CE graphics calculator.

Grade 9 and 10 students are divided into Enriched and Standard groups after careful consideration by the Head of Department. Each group covers the same core curriculum, allowing students to make a smooth transition from one group to the other where necessary. Students are then placed into one of the Grade 11 courses based on teacher recommendation, continuing their studies in alignment with their future goals through a variety of both AP and non-AP options in Grade 12.

Grade 9 Mathematics

Students learn core concepts in the areas of computation, algebra, geometry and measurement, and probability and statistics, creating a strong foundation for their high school careers. They cover topics such as:

- Principles of coordinate and plane geometry
- Solving linear and simultaneous equations
- Calculating area, perimeter, and volume
- Calculating mean, median, mode, and standard deviation
- Calculating the angles and areas of triangles

Grade 10 Mathematics

The focus of the Grade 10 year is Algebra, with emphasis on equations and inequalities, including:

- Absolute value equations
- Linear systems and matrices
- Linear programming
- Quadratic functions
- Factoring and complex numbers
- Polynomial functions
- Rational exponents and radical functions
- Inverse functions, including exponential and logarithmic functions
- Trigonometric functions and laws

Grade 11: Algebra 2 / Statistics

This course has been developed to provide a balance of the three key areas of Algebra, Problem-Solving, and Statistics. It offers Grade 11 students the opportunity to build upon their knowledge of Algebra, to strengthen their skills in Problem-Solving, and to gain a broad foundation in Introductory Statistics.

This course is a good preparation for the SAT test, as well as for college mathematics. After consultation with their teacher, students may continue with the Senior Math course or with AP Statistics in Grade 12.

Grade 11: Precalculus

Students who have already reached a high level of achievement in Algebra 2 and Trigonometry topics in their Grade 10 courses will be placed in Precalculus in preparation for studying Calculus in Grade 12.

Academic achievement in this course grants students the foundational knowledge necessary to take AP Calculus at the AB level or AP Statistics in Grade 12, in addition to being well prepared for SAT Math Subject tests and university mathematics courses.

Grade 12: Senior Math

This course is for students who want to strengthen their skills and broaden their knowledge of mathematics without taking another AP course. Students will develop a strong understanding of deductive reasoning for SAT preparation and gain the opportunity to further their knowledge of Algebra and mechanics units. This course also guides students to expand on their knowledge by conducting an original research project, further strengthening their research skills and challenging them to complete a long-term project which will help prepare them not just academically but also for the time management and planning skills they will need in their futures.

AP Statistics

This college level course is equivalent to one semester of a non-calculus-based introductory university statistics course, and aims to provide students with a strong knowledge of the foundations of statistics. Students learn to choose methods for analyzing data for statistical inference, and emphasis is placed on conceptual understanding and interpretation. The AP Statistics course at ISSH aims to both prepare students for success on the AP exam and support students in developing a deep understanding of the subject matter. It is particularly recommended for students aiming to study social sciences in university.

AP Calculus AB and BC

Two levels of Calculus are offered through the AP program: Calculus AB, which can be generally equated with the first semester of calculus at an undergraduate university, and Calculus BC, which, likewise, generally equates to the second semester.

Calculus AB is an accelerated and demanding course that covers basic introductions to limits, derivatives, and integrals. The course is designed to develop a strong foundation of knowledge in core calculus topics, and to prepare students for success on the AP Calculus examination at the AB level.

Calculus BC is available for students who have passed the AP Calculus AB examination in Grade 11. The course content covers all of the topics required for the BC examination, including integration by parts, Taylor series, parametric equations, vector calculus, and polar coordinate functions, as well as a review of the AB topics, and extensions of some topics in preparation for further study in university.

AP courses at ISSH aim not only to prepare students for their exams, but also to support each student in working toward a deep understanding of the subject material.

Languages

The study of an additional language at Sacred Heart is integral to our commitment to International Mindedness. Students not only learn the skills to communicate in their language of choice, both through writing and speaking, but also develop cultural competencies as they delve deeper into the traditions and cultural background of the countries linked to their language of choice. Students have the option of studying Japanese (as a first or second language) and French.

French Language

Language as communication, both written and spoken, is a key concept to the French program. All students are placed according to their proficiency in the language skills of reading, listening, speaking and writing. At all levels, students are encouraged to extend their language skills beyond the program when possible. Students in French will learn to read, to speak and to write about a variety of topics. Grammar, sentence structure and vocabulary are presented in dialogues, descriptions, short stories, poems, small plays, drill exercises, educational games, songs, as well as using videos and Internet resources. The levels taught are in line with DELF's exams of French Ministry of Education and the levels of the Council of Europe' s Common European Framework of Reference for Languages (CEFRL).

Within the study of the language, students will also get to discover French culture, as well as other cultures included in the French speaking world known as La Francophonie. Each year, the French Department focuses on one country from the Francophonie and organizes events and workshops in relation to this country, in order to deepen the understanding of students, as well as to make the language alive.

AP French is offered to students in Grades 11 and 12. The course is designed to have students understand and achieve a level of spoken and written French comprehensible to any native readers and speakers of the French language, in a variety of contexts authentic sources. It will allow students to become proficient in reading, writing, speaking and listening in preparation for the AP French Language Exam and for further studies of the language. The course content reflects intellectual interests shared by students and teachers: social current events, literature, sports, and more.

Japanese as a First Language

Our course for native Japanese speakers aims to develop strong communicative and literacy skills, and follows the Japanese language curriculum program used in the Japanese schools. Students engage in a balanced program that incorporates development in the four language skills.

Building on skills gained in their English classes, students develop critical thinking, as well as linguistic sensibility and sensitivity through reading fiction and nonfiction, appreciating poetry, and writing on varied topics. They learn to read and write the necessary *kanji* to gain a strong foundation in Japanese literacy, and gain fluency in relevant and accurate expressions in writing and speaking. Students are given the opportunity to connect their studies with their own experiences and interests and to foster a positive attitude to Japanese culture and other cultures. They engage in oral presentations such as skits, speeches, interviews, as well as written essays and other writing projects to develop confidence in expressing themselves in Japanese.

Japanese as a Second Language

Students who would like to learn Japanese as a second language are placed in different levels according to their language ability. The aim of these courses is for students to acquire sufficient competence in Japanese to meet their communicative needs, to gain knowledge and appreciation of Japanese culture, and to enjoy using the language so that they may become life-long learners. Whether beginners or intermediate learners of Japanese, special focus is placed on developing all four skills: listening, speaking, reading, and writing, including *hiragana*, *katakana*, and *kanji*.

Through making connections to their daily lives and interests, as well as to Japanese cultural events and the world around them, students learn in an interdisciplinary way that fosters international mindedness. They are challenged to express their thoughts and ideas in Japanese through role-plays, skits, interviews, essays, journals, projects, presentations, and more.

AP Japanese Language and Culture

This course is aimed at students interested in receiving college credit and furthering their Japanese studies at the university level. The dual goal of this course is to prepare students for success on the AP Japanese Language and Culture exam, and to provide them with an introduction to the areas of study typically covered in university language courses in order to build a strong foundation for future study. Students focus on reading and listening comprehension, interpersonal communication skills, presentational skills, and *kanji* knowledge.

English Language Acquisition in High School at ISSH

For students with limited experience learning in an English-language environment, ISSH offers an English Language Acquisition (ELA) course to help students to refine their academic English language skills using materials from the mainstream classes to further support proficiency and understanding. While focus is placed on developing all four language skills (listening, speaking, reading and writing), the main aim is to help students to read and write a range of academic texts such as narratives, recounts, procedures, explanations, research reports and literary essays.

A student's growth in English is monitored on a regular basis through reading journals, weekly diaries, vocabulary tests and a variety of oral, reading and written tasks. Effort and in-class participation are also important criteria in the assessment of progress. Once a student has acquired a level of competency that allows her to function in the content areas along with her peers, she may transfer from the program to take either Japanese or French.

Science

Science at ISSH is presented as a field of enquiry rather than just as a body of knowledge. Therefore, the courses emphasize the development of the skills of scientific investigation as well as the acquisition of knowledge and the understanding of scientific concepts. Laboratory work constitutes an important part of each course.

All students in Grades 9 and 10 take courses in Biology, Chemistry, and Physics separately with specialist teachers. Two science streams are offered: the Regular course and a Core course for students who benefit from extra support and guidance to consolidate key concepts. Upon completion of the required Grade 10 science courses, students have completed their required science credits to graduate from Sacred Heart. A variety of advanced and AP science courses are offered to students in Grades 11 and 12. These courses focus on providing deeper conceptual understanding and providing breadth of experience with scientific investigation in the laboratory and through research.

Grades 9 and 10 Biology

These courses cover core biology concepts, including the characteristics and organization of living things, diffusion and osmosis, ecology, the circulatory, nervous, and respiratory systems, evolution, and genetics. Laboratory explorations are a major component of these courses.

Advanced Biology (Grade 11 or 12)

Covering topics such as cell structure, biochemistry, molecular genetics (DNA etc), this course provides students with the factual knowledge and analytical skills to deal critically with the rapidly changing science of biology.

AP Biology (Grade 12)

Focusing on topics such as ecology, animal behavior, further molecular genetics, DNA technology, developmental mechanisms and photosynthesis, this course aims to build a strong foundation of knowledge and develop the critical and analytical skills students need to engage with biology at a higher level, and and prepares them to sit the AP Biology exam at the end of G12. The also covers aspects of animal and plant physiology that are no longer in the AP curriculum, but are commonly found in other advanced biology courses such as IB Higher Level or A-level.

Grades 9 and 10 Chemistry

Bridging from topics studied in Grade 8 Physical Science, Grade 9 and 10 Chemistry review core concepts such as atoms, elements, compounds and the periodic table and cover topics such as chemical bonding and symbols, formulae and equations, rates of reaction, atomic structure and stoichiometry, and organic chemistry.

Advanced Chemistry (Grade 11 or 12)

An introduction to general chemistry, this course serves as a preparation for either AP Chemistry or university level Chemistry study. Practical lab work and analysis play a vital role, providing hands-on experience for higher level courses.

AP Chemistry

This course expands on the topics studied in Advanced Chemistry and takes them to the deeper level, ensuring students gain fluency in the knowledge needed for the AP exam and develop the analytic skills to support them in future higher level study. The course covers complex topics in the areas of reactions, states of matter, structure of matter, and laboratory and chemical calculations. Hands-on explorations and experiments in the laboratory give students the experience with handling tools and chemicals to imbue confidence in their skills for high-level chemistry courses in university and beyond.

Grades 9 and 10 Physics

Building on the concepts studied in Grade 8 Physical Science, the Grade 9 and 10 courses cover fundamental topics including radioactivity, kinematics, dynamics, energy, waves, heat, light, and magnetism. Use of the Vernier interfaces, sensors, and software is introduced into their lab work.

AP Physics I and II

Two levels of Physics are offered through the AP program. AP Physics I covers the main areas of university level physics knowledge, such as kinematics and Newton's laws, rotational dynamics, gravitation and circular motion, and an introduction to electricity. Practical work, including the use of computers for data collection and analysis, forms an important part of the course.

AP Physics II builds on the areas studied in AP Physics 1 and introduces new topics such as electrostatics, thermodynamics, electro-magnetism, and topics in Modern Physics. Practical work with the Vernier sensors continues to play a vital role in the course.

These courses prepare students for success on the AP Physics exams, and for future study.

Environmental Science (non-AP)

This course is offered every other year for students with an interest in environmental issues or who wish to study a broad course covering aspects of science that have direct relevance to society. This course prepares students to tackle real-world issues and take part in well-informed discussion of such issues as pollution, population growth, recycling, conservation and energy use. In addition, current affairs issues related to environmental science may be studied. Class discussion of the issues forms an important part of the course, as does the development of research and presentation skills.

Anatomy and Physiology (non-AP)

This course is offered every other year for students seeking to further their knowledge of the structure and function of the human body beyond G10 Biology. Topics include the major body systems such as integumentary, skeletal, muscular, nervous; how the body systems work together to provide homeostasis; neuroscience; medical technologies and bioethics. Practical work, including dissection, is vital to the course. This non-AP course does not have significant overlap with the Advanced Biology courses, and is focused on enhancing knowledge of the human body.

Social Studies

The program of study for social studies at ISSH is designed to give students a working knowledge of history and world issues in order to develop their ability to tackle world issues and engage in meaningful discussion of current events. After completing the compulsory courses in Grades 9 and 10, students may choose from a range of higher level and AP courses aimed to further enhance specialized knowledge in a variety of areas of study.

Grade 9: Colonialism and Development

This course is designed to introduce students to the concept of development and developing nations and to assess the impact of colonization in the 19th and 20th centuries. The main units of study integrate themes such as:

- Measuring and assessing development
- The colonization of of Africa and India, and the aftereffects thereof
- Development issues in the 21st century.

Course objectives include learning to interpret statistical data and engage in research, and to analyze current events in relation to history. The course also aims to foster an understanding of development problems and solutions, and create a framework for students to gain appreciation of cause and effect in history, and for interpretations of historical events and differences in point of view. Students write essays, conduct research, debate, engage in class discussion, and more.

Grade 10: Key Themes of the 20th Century

This course introduces students to the history of East Asia, North America and Europe in from the Industrial Revolution to the end of the Cold War. Focus is placed on developing students' understanding of comparative and transnational historical events, enabling them to develop their analytical skills, and challenging them understand the relationships between historical events. Topics include:

- Germany: Versailles to Russo-German War
- Russia: 1905 Revolution to Soviet-German War
- Japan: Meiji Restoration to the Pacific War
- China: Treaty of Nanjing to Cultural Revolution
- United States: Louisiana Purchase to Imperialism
- Cold War: 1945-1989

Essays and research projects, class debates, and presentations are key to the course.

AP European History

AP European History is a challenging course that investigates Europe's trajectory from a group of scattered monarchies to its role in shaping global history and culture. Students gain fluency in analyzing primary and secondary sources, developing historical arguments, making historical connections, and applying reasoning to solve historical questions. The course challenges students to investigate long-range themes and connections through themes, including economic and commercial development, culture and the arts, and technological and scientific innovations. The course prepares student for success on the AP exam and higher level history study.

AP World History: Modern

The AP World History: Modern course fosters a greater understanding of the evolution and interaction of human societies. Students apply historical thinking skills and assess major themes in world history from 1200 C.E. to present. A great introductory college-level history course, its themes include:

- Development and Interaction of Cultures
- State Building, Expansion, and Conflict
- Creation, Expansion, and Interaction of Economic Systems.

Students are challenged to analyze sources, participate in class discussions, and write extensively, preparing them for the AP exam.

AP Macroeconomics and Microeconomics

Two separate AP exams are offered for Macro and Microeconomics, which may be taken separately or together in the same year. AP Macroeconomics focuses on the creation and manipulation of analytical models that explain phenomena such as unemployment, inflation, the need for international trade, and paths to economic development. Using these models, students are challenged to consider fiscal and monetary policies in relation to various economic problems, and gain understanding of the link between macroeconomics and the uncertainty of human behavior. They will gain a strong fluency in core concepts to prepare them for the AP exam.

AP Microeconomics develops a foundation in the fundamental concepts of economics, such as scarcity, opportunity costs, production possibilities, specialization, and comparative advantage. Students gain a strong understanding of the nature and functions of product markets; factor markets; and efficiency, equity, and the role of government. They will model economic situations using visual representations, and make connections to their daily lives, analyzing real-life phenomena such as price fluctuation for online retailers. The course prepares students for success on the AP exam and future study.

International Relations (non-AP)

This course is designed to foster an understanding of how nations develop and prioritize foreign policy. Students examine a variety of topics including international relations and politics, the workings of international organizations and the United Nations. Particular emphasis is placed upon Japan and its changing role in world affairs, and the USA and China as superpowers. Topics will be examined from the historical, social, economic and political viewpoints and include case studies. Should the US engage with a Taliban government in Afghanistan? Should Japan isolate or engage with North Korea? Should governments boycott the Olympics or sports events due to human rights violations? Should MEDCs pay to mitigate the impact of climate change?

A main focus of this course will be in class discussions and debates aimed to foster critical thinking skills. Students participate in Model United Nations conferences and practice the skills of diplomacy. They are challenged to read widely, develop policy analysis, foster political awareness, and analyze world news.

Fine and Performing Arts

After engaging in an exploration of a variety of fine and performing arts in the Middle School curriculum, High School students at ISSH select one fine or performing art that they wish to pursue each year. Courses are offered in a variety of subject areas within visual arts, music, and culinary arts. Students who are interested in pursuing arts at a higher level may select from a variety of AP courses as the capstone of their arts study at ISSH.

Music

Music at ISSH is offered through all four years of high school including both non-AP and AP options at the highest level. Interested students are encouraged the supplement their curricular music courses with extracurricular music groups such as Chamber Strings or Vocal Ensemble, Options courses (see page 21), and additional courses such as High School Band and High School Choir.

Music in Grade 9 asks students a series of fundamental questions to drive critical understanding, such as, “how do we listen to music?” “what do we listen for in music?” and, “how do musicians create mood and effect in their music?” By learning to identify the mood of a piece of music, students are challenged to identify the elements that create that effect. Through focused listening activities, in-class performances, and composition assignments, students increase their ability to appreciate and convey meaning through music. They investigate music from a variety of time periods, style, functions, and cultures, and discover why, regardless of setting, music is a vital part of human experience.

Grade 10 music builds on the foundation established in Grade 9, and serves as an exploratory music course that allows students at all levels of musicianship to broaden their skill and interest levels. Students improve their sight-reading and critical listening skills, deepen their understanding of music theory, and compose original musical works. Class activities include singing and instrumental playing, guided listening tasks, analysis of recorded and written music and composing using both traditional and online tools. All of the skills and knowledge acquired provide an excellent foundation for the Grade 11/12 AP Music Theory course.

The Grade 11 and 12 non-AP music courses are designed for musicians with a solid background as instrumental or vocal performers who would like to deepen their understanding of music theory. Activities include the study of basic rudiments, sight-singing, aural training, visual score analysis, composition and focused listening. Through these activities, students work to deepen their understanding of the syntax and vocabulary of music, refine their performance technique, enhance their compositional skills, and develop aural skills such as sight-singing and dictation. Students are permitted to progress through the course material at their own pace, since levels of musical understanding vary considerably based on prior experience. More motivated students are guided through the requirements of the AP Music Theory syllabus and are encouraged to sit the exam in the spring.

The AP Music Theory course corresponds to one to two semesters of typical, introductory college music theory coursework that covers topics such as musicianship, theory, and musical materials and procedures. Musicianship skills, including dictation and listening skills, sight-singing, and harmony are an important part of the course. Through the course, students develop the ability to recognize, understand, and describe basic materials and processes of tonal music that are heard or presented in a score. Development of aural skills is a primary objective. Performance is also part of the curriculum through the practice of sight-singing. Students learn basic concepts and terminology by listening to and performing a wide variety of music. Notational skills, speed, and fluency with basic materials are emphasized. This course is designed to prepare students for success on the AP Music Theory exam, and for further study of music in tertiary education.

Visual Arts

ISSH offers courses in both 2D and 3D visual art and design, as well as Computer Graphics. Courses in 2D and 3D art are offered through Grade 12, including three AP visual arts courses. Students are encouraged to pursue art through extracurricular activities such as Artscape and Options courses (see page 21)

2D Art and Design

Students who elect to study 2D art in Grades 9 and 10 are encouraged to enjoy and appreciate art while developing the necessary skills to enable the realization of successful works of art. Students complete projects that give them experience in the areas of color theory, painting from observation, and design. Emphasis is placed on both creativity and skill development. Students learn to use art materials, equipment, and techniques with confidence and proficiency, and to develop and hone observational skills as well as the ability to create thoughtful, original, and well-composed finished pieces.

In Grade 11, students have the option to choose between a 2D Art course aimed at students who do not plan to submit an AP portfolio, and the Pre-AP Drawing & 2D Art and Design course. Non-AP 2D Art offers the opportunity to work in many areas of art including drawing, painting, printmaking, photography, and design. In semester two, under teacher guidance, students work on projects of their own choosing, providing the opportunity for in-depth exploration of concepts that are of interest to each student. Project guidelines are open-ended, and students are expected to use their original ideas as the basis for their work. This course aims to provide a strong foundation for students who wish to study art related fields in the future.

Pre-AP Drawing & 2D Art and Design is intended for students who intend to submit their portfolio for AP evaluation at the end of Grade 12, and is designed to develop in students the degree of motivation

and time management needed to meet the AP Art and Design portfolio requirements in either Drawing or 2D Art and Design. The first semester serves as a foundation and focus on projects that cover a range of techniques, tools and experimentation with ideas and materials. The second semester is student-driven and reflects the sustained investigation element of the AP Studio Art portfolio.

In Grade 12, Non-AP Grade 12 2D Art is offered alongside AP Drawing or AP 2D Art and Design. The non-AP course is structurally similar to the course offered in Grade 11, providing students with the freedom to explore topics, media, materials, and themes of their own choosing and further explore their artistic areas of interest.

There are two AP courses offered in the area of 2D Art: AP Drawing and AP 2D Art and Design. Unlike traditional AP course, which culminate in an exam at the end of the school year, students in AP Art and Design courses are awarded AP scores based on the submission of a portfolio. AP Drawing focuses on drawing and painting, with focus applied to the composition of lines, colors, and shapes used in the drawing or painting instead of the design itself. AP 2D Art and Design centers around areas such as graphic design, photography, collage, printmaking, and more. Portfolios are graded based on the design of the works, rather than the composition. At ISSH, the first semester of the AP courses serve as a foundation and focus on projects that cover a range of techniques, tools and experimentation with ideas and materials, while the second semester challenges students to develop and apply skills of inquiry and investigation, practice, experimentation, revision, communication, and reflection to create works for their portfolios, bringing their own ideas to create original works.

3D Art and Design

The Grade 9 and 10 3D Art courses focus on exploring and expanding students' knowledge of 3-D art materials through functional and sculptural artwork. They use traditional materials as well as have the opportunity to experiment with unconventional and recycled materials such as found objects to develop meaning in their artwork. In Grade 9, students work to develop a personal voice through the creative process, and then in Grade 10, they utilize a sketchbook to record their creative process, ideas and material explorations, and cultivate creativity and inspiration by studying new artists and movements to expand their knowledge of art and visual culture.

In Grade 11, students have the option to enroll in a 3D Art and Design class aimed at students not looking to take the AP in Grade 12, or in Pre-AP 3D Art and Design. The Grade 11 Non-AP 3D Art and Design course is dedicated to strengthening and broadening knowledge and skills related to 3D art media. Students engage in problem-solving, experimentation and independent research to develop a repertoire of strategies to strengthen critical and creative thinking as well as aesthetic perception. Utilizing a sketchbook for independent research to document ideas, material explorations, and their creative process as well as investigate historical and contemporary artist styles of 3-dimensional art, students with build a strong foundation of both knowledge and artistic voice in the realm of 3D art. The artwork created during this course may be used to supplement university portfolio requirements.

Pre-AP Art and Design course is dedicated to strengthening and broadening knowledge and skills related to 3D art media. Students engage in problem-solving, experimentation and independent research to develop a repertoire of strategies to strengthen critical and creative thinking as well as aesthetic perception. Through conducting independent research to document ideas, material explorations and their creative process and investigating historical and contemporary artist styles of 3-dimensional art, students broaden and deepen their repertoire while developing their own voice and style.

In Grade 12, Non-AP Grade 12 3D Art is offered alongside AP 3D Art and Design. The non-AP course is structurally similar to the course offered in Grade 11, providing students with the freedom to explore topics, media, materials, and themes of their own choosing and further explore their artistic areas of interest.

The AP Art and Design course corresponds to college and university foundations courses. It is dedicated to the development of a portfolio of work based on a student-selected area of artistic investigation. Throughout the year, students will engage in a process of personal discovery to find their voice and communicate original ideas, while developing advanced technical skills in 3D media. The culminating of student portfolio will include media explorations, research, written documentation and final artworks.

Computer Graphics

This introduction to digital art is offered to students in Grade 9. Students gain fluency in digital art tools such as Photoshop CS, developing a variety of skills through the productions of digital images and building a foundation of knowledge regarding the program's menus, brushes, erasers, layers, layer modes, text options, selection tools, and more. Students develop an appreciation of what is possible using image editing software, and explore the computer as a means for artistic expression. They create a written and visual log in order to reflect on the image editing process in general and their own progress in particular. They are also challenged to gain confidence in their self-teaching ability to allow them to acquire new skills on their own.

Food Technology

And hands-on course in the culinary arts, Food Technology is offered in Grades 11 and 12. Students learn about food science and nutrition, food safety and hygiene, the processes and skills needed to make foods into edible products, and how new food products are developed and marketed. An introduction to the hospitality industry is also covered. Students gain key skills and knowledge through a wide range of cooking, demonstration and research activities.

Additional Courses

These courses are offered as non-credit courses through High School, and are essentially extended extracurricular activities, meeting outside of class hours as well as during one period a week.

High School Band

This Band, formed by open audition, usually comprises of vocalists, keyboards, bass, guitars, drums, and other solo instruments. The group rehearses in the school band room, which boasts a full digital recording studio, and performs at large live stage sets four times during the year. Making professional quality audio and visual recordings is a key component of the course, which includes a one-day workshop to shoot a music video. Opportunities are given within the program for students to master technical equipment, instruments, and video and sound editing.

High School Choir

The Choir at Sacred Heart is open to all High School students and is comprised of a large group of dynamic singers who perform many times throughout the year. Choir provides students with an opportunity to improve their musical and singing skills and allows them to participate in the recreation of great works of choral music, from Renaissance to Broadway. Participation in the choir is a pre-requisite to auditioning for the small select Vocal Ensemble. Many opportunities for solo work are also possible for members of the choir.

Computer Science

At ISSH, Technology and Computer Science courses are intended to give students a practical foundation of knowledge that will prepare them to succeed in a world of ever-changing technological advances, and to provide a forum for students with an interest in Computer Science to study at a higher level. Students take Coding in Grades 9 and 10 and have the opportunity to continue on to either AP Computer Science A or the non-AP Introduction to Computer Programming in Python in Grades 11 and 12. Students with a strong interest in Computer Science are also encouraged to enroll in relevant Options courses (see page 21).

Grade 9 Coding

The main objective this course is to introduce students to the basic concepts behind coding apps and games. Students will learn concepts such as input, processing, output, and storage along with app-specific terminology such as event-driven programming. Students will learn basic coding structures such as conditionals and functions. They will write code using a block-like coding language that mimics the JavaScript programming language in Grade 9, and proceed to using HTML, CSS, and JavaScript in Grade 10.

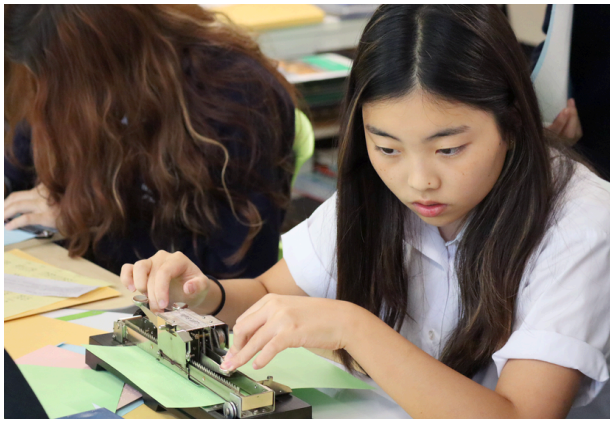
AP Computer Science A

AP Computer Science A introduces students to computer science with fundamental topics that include problem solving, design strategies and methodologies, organization of data (data structures), approaches to processing data (algorithms), analysis of potential solutions, and the ethical and social implications of computing. The course emphasizes both object-oriented and imperative problem solving and design using the Java programming language.

Introduction to Programming in Python

This course covers the basics of computer programming and serves as a foundation for further learning in this area. It is designed for students with no prior experience. The course covers abstract concepts such as variables, data types, loops, conditionals, and various data structures, among others, which can be applied to almost any programming language. Students learn how to think like a programmer and how to control this powerful technology.

Values



The Values program at ISSH encourages students to discover values inherent in Sacred Heart education, and to define the values by which they live: to show concern and respect for all people, to understand and respect world religions, and to reflect on what type of impact they want to make on the world. All students in High School take two Values courses a year. Courses include:

- **Action for the Blind:** Students learn directly about visual impairments from a blind guest teacher.
- **Christianity and Sacred Heart Schools:** Students dig into their history, values, and teachings.
- **Ethics:** Students study and critique ethical theories and discuss real world ethical issues.
- **Introductory Psychology:** A foundation in topics such as social influence and brain development.
- **Japanese Religions:** Focusing mainly on the Japanese indigenous religion, Shinto, this course studies the relationship between the religion, and Japanese history and traditions.
- **Moral Decision Making:** Students define, examine, and clarify their own personal moral code.
- **Peace Studies:** Students identify and explore the inequalities at the root of global conflict.
- **Prayer and Meditation:** Students take time to reflect, pray, and learn to center their lives.
- **Refugees and Human Rights:** Students examine and discuss systemic human rights' abuses and those with refugee status in the world today.
- **The Social Action Project:** Students identify and research a problem, prototype a solution, and get feedback, tracking their process and enacting social change.

Options

The Options program aims to broaden students' educational experiences by giving them the opportunity to enroll in classes relevant to their particular areas of interest or future aspirations. Students enjoy taking the opportunity learn a variety of new skills, including practical ones—in this way, the Options program encourages a love of learning. Many Options courses also develop group skills and cooperative learning, and many encourage the creative use of the imagination.

Options courses include:

Communication and Language

- Debate
- Journalism
- Mandarin for Beginners
- Yearbook

Technology and Computer Science

- AI Foundations
- Introduction to Computer Aided Design
- Introduction to Programming in Java
- Robotics

Hobby and Practical

- Active Option—Sports and Recreation
- First Aid

Music and Performing Arts

- Jazz Dance
- Musical Theatre
- Speech and Drama
- Vocal Music

Academic

- Writer's Lab
- SAT English Preparation
- SAT Math Preparation

Visual Arts and Film

- Filmmaking
- Photography
- Wheel Throwing

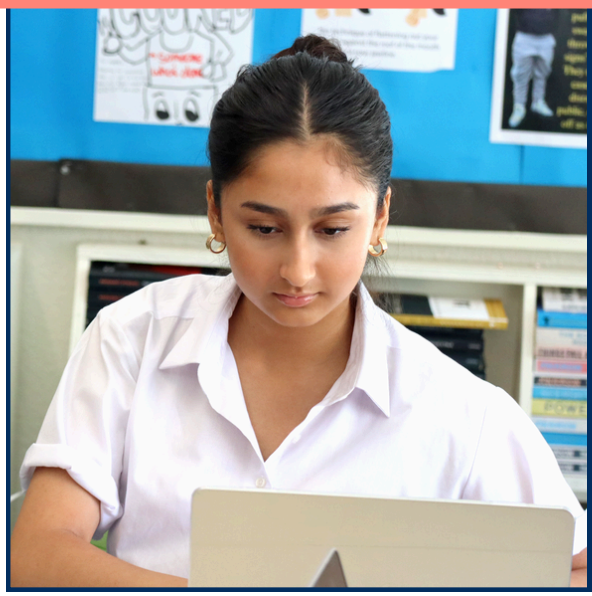
Physical Education

High School PE is focused on developing lifelong fitness and healthy attitudes that benefit students. Students are guided through physical activities that strengthen and enhance their understanding of physical health by using a variety of fitness and health disciplines that promote lifelong fitness and well-being. Throughout this course students participate and develop an understanding of collaboration skills, rhythm and dance, invasion games and leadership, net/wall games and sports science. These units incorporate project based learning to allow students to use their own interests, work with others and use a range of technologies to support their learning throughout each unit.

Personal Education

The personal education program focuses on developing self-awareness, self-confidence and personal responsibility. It concentrates on the skills of working with and relating to others and being able to cope with the demands of an increasingly changing society and world. A range of issues are explored that relate to physical, social and emotional well-being, as well addressing issues of interest and concern to students, such as vocational awareness.

Financial Literacy



The Grade 12 Financial Literacy course educates students about the essentials of personal finance. Students will learn about topics such as banking, personal accounts, saving and investment, managing money, and the basics of credit, debt and borrowing. Students actively participate in a variety of activities and projects that give them first-hand experience with a variety of personal finance topics, engaging in presentations, quizzes, budgeting practice, and financial research. This course prepares students to make informed and responsible financial choices in their lives after High School.

Electives

Students in Grades 11 and 12 have three periods for elective courses built into their weekly schedules. These elective periods give students the opportunity to personalize their program of study and tailor their courses to their interests and future ambitions. A variety of high-level and AP courses are offered in each elective block. For more information about AP courses at ISSH, see page 25.

Elective offerings include the following courses. Each course description may be found on the respective page for its subject area.

- Advanced Biology
- AP Biology
- Advanced Chemistry
- AP Chemistry
- AP Physics I
- AP Physics II
- Anatomy and Physiology
- Environmental Science
- Intro to Computer Programming in Python
- AP Computer Science
- AP Seminar
- AP Research
- AP Macroeconomics
- AP Microeconomics
- International Relations
- AP World History
- AP European History
- AP Statistics
- AP Music Theory
- AP Studio Art: Drawing Portfolio
- AP Studio Art: 2D Design
- AP Studio Art: 3D Design
- AP Music Theory
- Grade 11 and 12 Music

Theory of Knowledge

The Theory of Knowledge course questions the basis of knowledge. How do we know what we know? How do we justify our claims to know something? Students will critically reflect on the methods that we use to gain knowledge and how they are used in different disciplines. They come to appreciate the strengths and limitations of the various ways in which we justify knowledge.

Over the course of this Grade 12 class, students discuss whether there is such a thing as certain knowledge, or whether knowledge must always be uncertain and relative. They are challenged to become more aware of the personal, ideological and cultural biases that affect the way people view the world, and examine their own biases. This course prepares students to tackle higher level philosophical questions in the next stage of their education, and to better understand the way that they and others interact with the process of learning and knowing.

A discussion-based course, Theory of Knowledge centers around either whole-class or small-group discussions. Students also develop their ability to look back on classroom discourse and express themes and topics clearly and critically through written reflections on the ideas discussed in class.

Advanced Placement

Advanced Placement (AP) is a program based in the United States and Canada which offers university-level curricula and examinations to high school students. Universities around the world may grant course placement, course credit, and/or exemption to course requirements to students who earn certain scores on the AP exams. While AP is a US program, universities worldwide recognize its academic rigor.

At ISSH, AP courses represent some of the highest level options for study. These courses can be an excellent way for students to challenge themselves academically and gain valuable college-level skills. We proudly offer an array of enriching AP courses, including:

<table>
<tr><td rowspan="2">English Language and Composition</td><td>World History</td><td>Computer Science A</td></tr>
<tr><td>European History</td><td>Music Theory</td></tr>
<tr><td rowspan="2">English Literature and Composition</td><td>Research</td><td>Drawing</td></tr>
<tr><td>Seminar</td><td>2D Art and Design</td></tr>
<tr><td>Calculus AB</td><td>Research</td><td>3D Art and Design</td></tr>
<tr><td>Calculus BC</td><td>Biology</td><td rowspan="2">Japanese Language and Culture</td></tr>
<tr><td>Statistics</td><td>Chemistry</td></tr>
<tr><td>Macroeconomics</td><td>Physics 1</td><td rowspan="2">French Language and Culture</td></tr>
<tr><td>Microeconomics</td><td>Physics 2</td></tr>
</table>

AP Capstone Diploma

The AP Capstone is a diploma program centered around two AP courses: AP Seminar and AP Research. Designed to complement other AP courses that the AP Capstone student may take, AP Seminar and AP Research are intended to develop an understanding of the interdisciplinary nature through a student's AP experience. Instead of teaching specific subject knowledge, these two courses aim to highlight interconnectedness between any and all AP courses, and to develop the critical thinking, research, collaboration, time management, and presentation skills students need for college-level work.

AP Seminar

Students in this course explore the complexities of real-world topics and issues by examining a wide variety of perspectives: using an inquiry framework, students learn to understand and analyze academic texts, audiovisual resources, and artistic works. They synthesize information from multiple sources, develop their own perspectives in written essays, and deliver persuasive oral and visual presentations. Ultimately, this course aims to equip students with the skills to analyze and evaluate information with accuracy and precision in order to craft and communicate persuasive evidence-based arguments.

AP Research

In this course, students explore their own passions through academic research. Students employ research and inquiry methods to develop, and conduct a deep investigation into a topic of personal interest. The course culminates in an academic paper and a presentation with an oral defense. In this course, students further develop the skills acquired in AP Seminar by learning research methodology, employing ethical research practices, and analyzing and synthesizing information. Students reflect on their skill development and document their processes through a process and reflection portfolio.

International School of the Sacred Heart

Learn more about our High School curriculum here!

Interested in joining our community?
Apply today!

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