



*Le Châtelard*

*High School Annual Course 2023-2024*

## **ACADEMIC PROGRAM**

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## I. INTRODUCTION

Le Châtelard offers a curriculum with the majority of subjects taught in the French Language.

As a solid academic preparation for university, the Academy promotes the development of a set of skills and habits necessary to tackle higher learning, such as:

- Search and love for truth
- Clear and solid mental structure
- Development of an inquiring spirit, scientific knowledge
- Reflection, critical, and creative thinking
- Cognitive development, to learn efficaciously how to learn
- Effective organizational, managerial, and decision making abilities
- Development of study skills
- Goal setting
- Clear and precise oral and written expression
- Making the most of personal talents in post-graduate horizons
- Greater awareness about social and environmental concerns
- Openness to other cultures

In addition, Le Châtelard offers an integral formation based on the following teaching-learning process:

- **To Teach:** We develop the student's intellectual faculties while transmitting the knowledge. Students learn to think with order and express themselves clearly. They form the habit of studying on their own using proven techniques to understand, reflect on and assimilate course themes.
- **To Educate:** A complete teaching-learning process goes beyond mere teaching so as to educate and perfect the entire person. The intelligence is integrally developed in harmony with all the other faculties of the human person: senses, emotions, imagination, memory and will.
- **To Form:** We help students to acquire human maturity, manifested by a stable and balanced personality. Their capacity to make prudent decisions and upright judgements of people and events is the fruit of a hierarchical scale of moral values.



## II. DIPLOMAS AND CERTIFICATES

Students will also have the opportunity to receive the following diplomas:

- Le Châtelard Diploma
- Cordon Bleu Home Culinary Certificate
- Cambridge First Certificate in English (FCE) (*optional*)
- *Diplôme Élémentaire de Langue Française* (DELF)
- *Integra Mulier*
- Honor Roll
- Academic excellence
- Fraternity Award

## III. ACADEMIC CURRICULUM

### 10th GRADE

- |                       |   |
|-----------------------|---|
| 1) Artistic Education | 9) Human Formation                      |
| 2) Biology            | 10) <i>Le Cordon Bleu</i> Culinary Arts |
| 3) Computer Science   | 11) Mathematics                         |
| 4) Chemistry          | 12) Reading and Writing                 |
| 5) English            | 13) Physical Education                  |
| 6) Ethics and Values  | 14) Social Participation                |
| 7) French             | 15) Social Sciences (First Semestre)    |
| 8) History            |   |

**Artistic Education:** Students should be able to reproduce models and figures as well as relate the different types of shapes. Through the observation of details, the use of perspective, and the selection of drawing materials, students shall be acquainted with general artistic activity and design. The course aims to stimulate the powers of observation and abstract thinking through practical exercises, such as: sketches of natural and man-made objects, proportionality, use of primary and secondary colours for the creation of tones, use of contrast and the diverse surface qualities.

**Biology:** The first semester is dedicated to Life Science. They learn about the evolution theory, cells' structure and processes, cellular preservation (reproduction, interaction and organisation); viruses and cell invaders. The second semester focuses on Health Science. The chapters covered are the concept and definition of health and disease; the structure and function of the human body; balanced diets, malnutrition and its consequences; stress; heart attacks; immunology and disease prevention.



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**Computer Science:** This is an application based course. Students will have to acquire the knowledge, skills, behaviors and critical thinking needed in topics related to internet use / new technologies, office software and image processing.

**Chemistry:** This course gives the students an understanding of the role of chemistry in life and science. During the academic year, students will have to acquire the knowledge, skills, behaviours and critical thinking needed in topics related to: matter, energy-matter interaction, atomic models, the periodic table, chemical bonds and molecules, balancing equations, mole and concentration, mixtures and separation, pollution, macromolecules, organic chemistry.

**English:** The aim of this course is to prepare students to the *Cambridge English: First*, commonly known as *First Certificate in English*. They work on enhancing their written and spoken English at an upper-intermediate level (level B2 of the Common European Framework of Reference for Languages), and develop the following skills: understand the main ideas of complex pieces of writing, keep up a conversation on a fairly wide range of topics, produce clear, detailed writing, control vocabulary and grammar, including perfect use of irregular verbs and understand the meaning of a range of spoken material.

**Ethics and Values:** This course aims at helping students to look for truth and to act accordingly. They will reflect on man's search for transcendence and discover God's revelation. They will get to understand better and live out the sacraments of the Church and the commandments. They will also learn to analyze specific problems and situations related to the practice of values and take a closer look at the relationships between Ethics and Science and will learn more about Bioethics.

**French:** French offers students' four basic language skills: reading comprehension, conversation, pronunciation and writing, grammar. An introduction to the French and Swiss cultures provides an excellent source to apply what they have assimilated. Students will be prepared to present the DELF examinations and should be able to obtain the B1 or B2 level at the end of the year.

**History:** This course is aimed at teaching the students to interpret history with a critical eye by the methodical analysis of our modern world history. Course contents include: World War I and the Russian Revolution; World War II and the European Dictatorships; the Rise of two powerful blocks, the end of colonialism and the Cold War.

**“Savoir Vivre”:** The purpose of this course is to develop the potential of the student so as to become a self-assured and confident woman. The classes of personal presentation encourage the students to develop positive self-image and self-esteem. The classes of protocol provide the students with the tools necessary so as to be at ease in whatsoever situation they find themselves in. The themes covered include: courtesy, table dressing and decoration, precedence at table, the importance of image and body language, musical appreciation and nutrition.



**Le Cordon Bleu Culinary Arts:** World-class chefs introduce students to the delights of French cooking. After three practical and written examinations the *Cordon Bleu Cooking Certificate* is awarded at the course's conclusion. This course focuses on preparation of entrées and meats, menu programming, the preparation and presentation of buffets and deserts.

**Mathematics:** Mathematics provides a solid basis for the students' cognitive development. The following notions and operations are taught: real numbers, inequalities, exponentials and roots, fractions, solving first degree equations and determining their geometric interpretation, solutions for three unknown factors, second degree equations, graphic representation of second degree equation linear equations, algebraic methods, the Pythagorean theorem, trigonometry formulas.

**Reading and Writing:** Students should increase their textual comprehension in the areas of information, style and ideology and distinguish these multiple forms in literature. The value of reading and writing as creative processes will naturally mature through proof-reading personal errors as well as by selection and precision in word usage. Other course objectives include documentary research applied to personal projects, the use of bibliography and synoptic charts, techniques for narrative, poetic and essay reading and punctuation usage.

**Physical Education:** Exercise provides an excellent means for maintaining physical and mental fitness that come through the release of inner tensions. Competition contributes positively to building coordination skills, concentration, and a spirit of team work and discipline. Students receive a general physical preparation which will benefit them during individual and team sports.

**Social Participation:** Students confront everyday situations from many points of view as is the humanistic point of view which considers values, human rights and ethical notions. Social Participation offers knowledge of the basic elements of society in order to make mature judgements with the perspective of justice in society. This skill requires: targeting principle problems of society, identifying diverse social strata and lifestyles, integral proposals that are in keeping with national, political, educational and cultural needs. This course additionally provides opportunities to value the richness of cultural differences.

**Social Sciences:** During this course, students are to understand the relationship between the person and culture and reflect on how their own. Contents includes the definition of Social Sciences; different fields within the Social Sciences; society, work and the human person; the person, society and its dynamic structure; the economy and its basic elements; organisation for the production of fundamental economic needs; labour economics and unemployment; the enterprise and its social function; social stratification; role of the state.



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### 11th GRADE

- |  |  |
|--|--|
| 1) Artistic Education                  | 10) Literature   |
| 2) Biology                             | 11) Mathematics  |
| 3) Computer Science                    | 12) Physical Education   |
| 4) English                             | 13) Physics  |
| 5) Ethics and Values                   | 14) Social and Economic Structures<br>(2 <sup>nd</sup> semester) |
| 6) French                              | 15) Social Participation   |
| 7) History                             | 16) Vocational Guidance  |
| 8) Human Formation                     |  |
| 9) <i>Le Cordon Bleu</i> Culinary Arts |  |

**Artistic Education:** Students should be able to reproduce models and figures as well as relate the different types of shapes. Through the observation of details, the use of perspective, and the selection of drawing materials students shall be acquainted with general artistic activity and design. The course aims to stimulate the powers of observation and abstract thinking through practical exercises. The artistic exercises consist of: sketches of natural and man-made objects, proportionality, use of primary and secondary colours for the creation of tones, use of contrast; the diverse surface qualities, attention to detail, harmony and space, recreation of nature compositions with landscape perspectives.

**Biology:** The purpose of this course is to provide students with a thematic study of the life and environmental sciences. Students are introduced to major themes, including: identification of the characteristics and components of living beings, cells: uniqueness and diversity, metabolism of living beings, biodiversity and ways to protect it, different types of cells and organisms reproduction, principles of heredity, similarities and differences between man and animals.

**Computer Science:** This is an application based course. Students will have to acquire the knowledge, skills, behaviors and critical thinking needed in topics related to internet use / new technologies, office software and image processing.

**English:** The aim of this course is to prepare students to the *Cambridge English: First*, commonly known as *First Certificate in English*. They work on enhancing their written and spoken English at an upper-intermediate level (level B2 of the Common European Framework of Reference for Languages), and develop the following skills: understand the main ideas of complex pieces of writing, keep up a conversation on a fairly wide range of topics, produce clear, detailed writing, control vocabulary and grammar, including perfect use of irregular verbs and understand the meaning of a range of spoken material.

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**Literature:** The students come to understand, interpret, enjoy and appreciate literature for its aesthetic and cultural value. The course will cover: literary styles; observation and representation of the tale; descriptive narration; different levels of reading; the implicit and the explicit; portrayal of physical and psychological time and space.

**Mathematics:** Mathematics provides a solid basis for the students' cognitive development. This course covers: parabolic and elliptic definitions, alternating parameter graph analysis, the hyperbola's definition and elements, graphing of the variable points of an equation, analysis of variations in the graph as parameters vary and the inverse is taken, second degree equations, trigonometric functions, circles and proofs for certain functions, sines and cosines, exponential and logarithmic functions, decimal and natural logarithms, geometric location of exponential functions and logarithms.

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building co-ordination skills, concentration, a spirit of team work and discipline. Students receive a general physical preparation which will benefit them during individual and team sports.

**Physics:** The course is devoted to classical physics. During the academic year, students will have to acquire the knowledge, skills, behaviours and critical thinking needed in the following areas: physical quantities (International System of Quantities and their corresponding SI units), significant digits, measurements and scientific notation, vectors, kinematics and motion, force (Newton's laws) and universal gravitation, temperature and heat, electric charge and electric field, electrical potential and electric energy, electromagnetic induction, Faraday's laws.

**Social and Economic Structures:** The students should gain an overall view of the major paradigms underlying the social-economic structure of societies. Major themes include: economic imbalances and the political system; economic crisis and standards of living; national debts; devaluation's, inflation and financial speculation; public spending policy; employment; poverty; economic development and privatisation; the globalisation of commerce; the balance between human and natural resources; demographic tendencies; the job market; modern democratic systems.

**Social Participation:** Students are given an integral vision of the causes and implications of social problems within an international, political and economic context. Through this study, students grow in the awareness of their personal role and responsibility before the multiple needs of society. Students will actively participate in seeking the integral improvement of society and searching for alternative solutions to local, national or international problems.

**Vocational Guidance:** This course encourages students to think about their future and help them to discover who they are: their interests, skills, abilities, hopes, values, qualifications and experiences to date. It also aims at assisting students in discovering and achieving the career of their choice. Through a series of exercises, worksheets and discussions the student tries to evaluate herself and her goals for the future. Practical advice is given about how to take the next step towards their chosen paths, as well as the skills of writing and presenting themselves in resumes and interviews.





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#### **IV. ELECTIVE COURSES**

Le Châtelard offers sports and artistic courses as an additional touch to the formation of our students. The elective course fee includes two weekly sessions first and third term and one weekly session on the second term (ski season).

On campus:

- Basketball
- Kickboxing
- Zumba
- Tennis
- Hip-pop dance
- Soccer
- Dance
- Spinning
- Pottery

Off campus:

- Alpinism
- Ice Skating (second term only)
- Swimming
- Horse-back riding (1<sup>st</sup> and 3<sup>rd</sup> trimester)
- Golf

Some of these courses are not available the whole year.

Elective courses are chosen according to the availability before the beginning of the term and no changes will be possible until the following term. Students are expected to attend all the sessions.

#### **Ski Season**

During the months of January, February and March, the girls go skiing every weekend with qualified monitors to help them learn and improve their ski level.

#### **V. WORKS OF CHARITY**

At Le Châtelard we believe that true happiness and personal fulfillment is related to helping others. That is why we have included to our program different works of charity. Throughout the year they have special moments where they experience self-giving at nursing homes, orphanages, social and spiritual projects, among others.