

Synchronous Cohorts - 2024/2025

Individual class schedules will be posted as they are created. Please check your Brightspace course shell for more information.

Synchronous classes begin the week of Sept 23-27 and end the week of June 9-13. There are no classes scheduled during the following weeks:

- Nov 4-8: HCOS staff meetings
- Dec 23-Jan 3: Christmas break
- Jan 20-24: Report card writing for teachers
- Mar 17-28: Spring break
- April 28-May 2: HCOS Connect

Please note that the final submission deadline for June report cards is Friday, June 13, 2025 at 9:00am.

Please see the [Grade 5-9 Synchronous Courses](#) and [Synchronous Courses 10-12](#) pages for more information on synchronous course expectations and completion dates.

Some courses have two cohort options on the schedule based on last year's enrollment numbers (e.g., English 9A and English 9B). Please enroll in the course in Encom, then your synchronous teacher will reach out at the beginning of September to determine which section you would like to attend. Cohorts may be combined closer to the start of September if student enrollment is lower than expected.

Grade 5

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30am		Spanish 5A	Spanish 5C		
9:45-10:15am		French 5A	English 5		
10:30-11:00am		Science 5		French 5B	

11:15-11:45am		Spanish 5B	Math 5		
Lunch					
1:00-1:30pm					
1:45-2:15pm					
2:30-3:00pm					

Grade 6

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30am				French 6B	
9:45-10:15am			English 6		
10:30-11:00am		French 6A	Math 6		
11:15-11:45am		Science 6	Spanish 6B		
Lunch					
1:00-1:30pm		Spanish 6A	Social Studies 6		
1:45-2:15pm					
2:30-3:00pm					

Due to popular interest, TechLAB courses are divided into two cohorts. Each cohort meets together for 30 minutes as an individual cohort, then 30 minutes with the other cohort in a larger group. For example, a student in TechLAB 7/8 Cohort A will meet with Mr Lamden on Tuesdays from 1:15-1:45pm, then Cohort B will join from 1:45-2:15pm. Cohort B will then continue with Mr Lamden from 2:15-2:45pm. This allows students to build relationships in smaller groups while still benefitting from large group instruction and discussion times. Once students are enrolled in TechLAB in Encom, Mr Lamden will reach out to let them know which cohort they should attend.

Grade 7

	Monday	Tuesday	Wednesday	Thursday	Friday
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9:00-9:30am	Social Studies 7	French 7A	Spanish 7B		
9:45-10:15am		TechLAB 7 9:45-10:45am		French 7B	
10:30-11:00am					
11:15-11:45am	Science 7		English 7A	English 7B	
Lunch					
1:00-1:30pm			Math 7		
1:45-2:15pm		Spanish 7A			
2:30-3:00pm					

Due to popular interest, TechLAB courses are divided into two cohorts. Each cohort meets together for 30 minutes as an individual cohort, then 30 minutes with the other cohort in a larger group. For example, a student in TechLAB 7/8 Cohort A will meet with Mr Lamden on Tuesdays from 1:15-1:45pm, then Cohort B will join from 1:45-2:15pm. Cohort B will then continue with Mr Lamden from 2:15-2:45pm. This allows students to build relationships in smaller groups while still benefitting from large group instruction and discussion times. Once students are enrolled in TechLAB in Encom, Mr Lamden will reach out to let them know which cohort they should attend.

Grade 8

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30am			Science 8B	English 8B	
9:45-10:15am	Social Studies 8		Spanish 8		
10:30-11:00am			English 8A		
11:15-11:45am		French 8A	French 8B		
Lunch					
1:00-1:30pm		Science 8A	Math 8B		

1:45-2:15pm		Math 8A	TechLAB 8 1:45-2:45pm		
2:30-3:00pm					

Due to popular interest, TechLAB courses are divided into two cohorts. Each cohort meets together for 30 minutes as an individual cohort, then 30 minutes with the other cohort in a larger group. For example, a student in TechLAB 8/9 Cohort A will meet with Mr Lamden on Wednesdays from 1:45-2:15pm, then Cohort B will join from 2:15-2:45pm. Cohort B will then continue with Mr Lamden from 2:45-3:15pm. This allows students to build relationships in smaller groups while still benefitting from large group instruction and discussion times. Once students are enrolled in TechLAB in Encom, Mr Lamden will reach out to let them know which cohort they should attend.

Grade 9

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30am					
9:45-10:15am		Math 9A	Math 9B		
10:30-11:00am	Social Studies 9		French 9		
11:15-11:45am		Science 9A	Science 9B	English 9B	
Lunch					
1:00-1:30pm		English 9A	Spanish 9	TechLAB 9 Cohort A: 1:15-2:15pm Cohort B: 1:45-2:45pm	
1:45-2:15pm					
2:30-3:00pm					

Grade 10

Some courses have two cohort options on the schedule based on last year's enrollment numbers (e.g., Science 10A and Science 10B). Please enroll in the course in Encom, then your synchronous teacher will reach out at the beginning of September to determine which

section you would like to attend. Cohorts may be combined closer to the start of September if student enrollment is lower than expected.

	Monday	Tuesday		Wednesday	Thursday	Friday
8:00-8:30am					Student Council 10	SEAL Program
8:30-9:00am						
9:00-9:30am		Spanish 10	French 10	Foundations and PreCalculus Math 10 B	Workplace Mathematics 10	
9:30-10:00am						
10:00-10:30am		Science 10 A			Social Studies 10	
10:30-11:00am						
11:00-11:30am	Humanities 10			Career Life Education	Science 10C	
11:30am-12:00pm						
Lunch						
1:00-1:30pm		ELA 10: Literary Studies and Composition		Science 10B		
1:30-2:00pm						
2:00-2:30pm		Foundations and PreCalculus Math 10 A				
2:30-3:00pm						

Grade 11

	Monday	Tuesday	Wednesday	Thursday	Friday

8:00-8:30 am					Student Council 11	SEAL Program
8:30-9:00 am						
9:00-9:30am						
9:30-10:00am		Spanish 11				
10:00-10:30am			French 11	Literary Studies 11		
10:30-11:00am						
11:00-11:30am	Humanities 11	Pre-Calculus 11		Foundations of Math 11		
11:30am-12:00pm						
Lunch						
1:00-1:30pm		Life Science 11				
1:30-2:00pm						
2:00-2:30pm						
2:30-3:00pm						
3:00-3:30pm				Workplace Math 11		
3:30-4:00pm						

Grade 12

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:30 am				Student Council 12	SEAL Program

8:30-9:00 am					
9:00-9:30am			Career Life Connections		
9:30-10:00am					
10:00-10:30am					
10:30-11:00am					
11:00-11:30am	Humanities 12	English First Peoples 12			
11:30am-12:00pm					
Lunch					
1:00-1:30pm		PreCalculus 12 (12:45-1:45)	BC First Peoples 12		
1:30-2:00pm					
2:00-2:30pm		Anatomy and Physiology 12			
2:30-3:00pm					