

Synchronous Cohorts - 2025/2026

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 22-26 and end the week of June 8-12. There are no classes scheduled during the following weeks:

- Nov 3-7: HCOS staff meetings
- Dec 24-Jan 2: Christmas break
- Jan 19-23: Report card writing for teachers
- Mar 16-27: Spring break
- April 27-May 1: HCOS Connect

Please note that the final submission deadline for June report cards is Friday, June 12th, 2026 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 5B	French 5B	
9:45-10:15am		Science 5	Math 5		
10:30-11:00am					

11:15-11:45am		English 5	French 5A		
Lunch					
1:00-1:30pm					
1:45-2:15pm					
2:30-3:00pm					

Grade 6

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

Due to popular interest, TechLAB courses are divide into two cohorts. Mr. Lamden will host two synchronous meetings per week for each grade of TechLAB. Students will be assigned to a cohort with one required 40 minute meeting time, and will be encouraged to join the other weekly meeting for the final 20 minutes. Students can request to be in either Cohort A or Cohort B to fit around other commitments like CC+. Example: You are in Grade 7 TechLAB and are assigned to Cohort A, which meets on Monday mornings at 10:30 am. Every week, you will attend that class for 40 minutes. For the first 20 minutes of class, Mr. Lamden will open with prayer, talk about the week's assignments, and you might have a small group discussion. At 10:50 am, students from the other TechLAB 7 cohort will join for games, activities, discussions, and to ask questions. Cohort B meets on Tuesdays at 10:30am. You are welcome to join that cohort at 10:50 for 20 minutes of games, activities, discussions, and to ask questions, which is different from what you experienced in Cohort A. You are not required to attend this second weekly meeting; however, you probably won't want to miss it!

Grade 7

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

Due to popular interest, TechLAB courses are divide into two cohorts. Mr. Lamden will host two synchronous meetings per week for each grade of TechLAB. Students will be assigned to a cohort with one required 40 minute meeting time, and will be encouraged to join the other weekly meeting for the final 20 minutes. Students can request to be in either Cohort A or Cohort B to fit around other commitments like CC+. Example: You are in Grade 8 TechLAB and are assigned to Cohort A, which meets on Tuesday mornings at 11:20 am. Every week, you will attend that class for 40 minutes. For the first 20 minutes of class, Mr. Lamden will open with prayer, talk about the week's assignments, and you might have a small group discussion. At 11:40 am, students from the other TechLAB 8 cohort will join for games, activities, discussions, and to ask questions. Cohort B meets on Wednesdays at 10:30am. You are welcome to join that cohort at 10:50 for 20 minutes of games, activities, discussions, and to ask questions, which is different from what you experienced in Cohort A. You are not required to attend this second weekly meeting; however, you probably won't want to miss it!

Grade 8

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30am			Science 8B		

9:45-10:15am	Socials 8		French 8		
10:30-11:00am		Spanish 8	TechLAB 8B 10:30-11:10am		
11:15-11:45am		TechLAB 8A 11:20-12:00pm			
Lunch					
1:00-1:30pm		Science 8A	English 8A	English 8B	
1:45-2:15pm		Math 8A	Math 8B		
2:30-3:00pm					

Due to popular interest, TechLAB courses are divide into two cohorts. Mr. Lamden will host two synchronous meetings per week for each grade of TechLAB. Students will be assigned to a cohort with one required 40 minute meeting time, and will be encouraged to join the other weekly meeting for the final 20 minutes. Students can request to be in either Cohort A or Cohort B to fit around other commitments like CC+. Example: You are in Grade 9 TechLAB and are assigned to Cohort A, which meets on Monday mornings at 11:20 am. Every week, you will attend that class for 40 minutes. For the first 20 minutes of class, Mr. Lamden will open with prayer, talk about the week's assignments, and you might have a small group discussion. At 11:40 am, students from the other TechLAB 9 cohort will join for games, activities, discussions, and to ask questions. Cohort B meets on Wednesdays at 11:20am. You are welcome to join that cohort at 11:40 for 20 minutes of games, activities, discussions, and to ask questions, which is different from what you experienced in Cohort A. You are not required to attend this second weekly meeting; however, you probably won't want to miss it!

Grade 9

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30am					
9:45-10:15am		Math 9A	Math 9B		
10:30-11:00am	Socials 9	French 9	Spanish 9		

11:15-11:45am	TechLAB 9A 11:20-12:00pm	Science 9A	Science 9B TechLAB 9B 11:20-12:00pm		
Lunch					
1:00-1:30pm		English 9A		English 9B	
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
8:00-9:00am				Student Council 10	
9:00-10:00am		Science 10A	Foundations & PreCalculus Math 10 B	ELA 10: Literary Studies and Composition	
10:00-11:00am			Workplace Mathematics 10	Social Studies 10	
11:00-12:00pm	Hum10 Async Bimonthly ends at 12:15pm	Core French 10	Career Life Education	Science 10C	
Lunch					
1:00-2:00pm	SEAL Program	Spanish 10	Science 10B		
2:00-3:00pm		Foundations & PreCalculus Math 10 A			

3:00-4:00pm					
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Grade 11

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00am				Student Council 11	
9:00-10:00am		Core French 11	Literary Studies 11 9:30-10:30am	Life Science 11 9:30-10:30am	
10:00-11:00am					
11:00-12:00pm	Hum11 Async Bimonthly ends at 12:15pm	Pre-Calculus 11	Foundations of Math 11		
Lunch					
1:00-2:00pm	SEAL Program	Spanish 11 1:30-2:30pm			
2:00-3:00pm				Workplace Math 11 2:30-3:30pm	
3:00-4:00pm					

Grade 12

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00am				Student Council 12	
9:00-10:00am		English First Peoples 12	Career Life Connections		
10:00-11:00am		BC First Peoples 12			

11:00-12:00pm	Hum12 Async Bimonthly ends at 12:15pm			Anatomy & Physiology 12	
Lunch					
1:00-2:00pm	SEAL Program	PreCalculus Math 12 12:45-1:45pm			
2:00-3:00pm					
3:00-4:00pm					