

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 12, 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
9:00-9:30 am		Spanish 5A	Spanish 5B	French 5B	
9:45-10:15 am		Science 5	Math 5		
10:30-11:00 am					
11:15-11:45 am		English 5	French 5A		
Lunch					
1:00-1:30 pm					
1:45-2:15 pm					
2:30-3:00 pm					
3:15-3:45 pm					

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

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 Cohort A will meet with Mr Lamden on Tuesdays from 10:30-11:00 am, then Cohort B will join from 11:00-11:30 pm. Cohort B will then continue with Mr Lamden from 11:30-12:00 pm. This allows students to build relationships in smaller groups while still benefiting 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
9:00-9:30 am	Social Studies 7				
9:45-10:15 am		Spanish 7A	Spanish 7B		
10:30-11:00 am		TechLAB 7A 10:30-11:30	French 7A	French 7B	
11:15-11:45 am	Science 7	TechLAB 7B 11:00-12:00	English 7A	English 7B	
Lunch					
1:00-1:30pm			Math 7		
1:45-2:15pm					
2:30-3:00pm					
3:15-3:45 pm					

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 Cohort A will meet with Mr Lamden on Tuesdays from 10:30-11:00 am, then Cohort B will join from 11:00-11:30 pm. Cohort B will then continue with Mr Lamden from 11:30-12:00 pm. This allows students to build relationships in smaller groups while still benefiting 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
9:00-9:30 am			Science 8B		
9:45-10:15 am	Social Studies 8		French 8		
10:30-11:00 am		Spanish 8	TechLAB 8A 10:30-11:30		
11:15-11:45 am			TechLAB 8B 11:00-12:00		
Lunch					
1:00-1:30pm		Science 8A	English 8A	English 8B	
1:45-2:15pm		Math 8A	Math 8B		
2:30-3:00pm					
3:15-3:45 pm					

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 Cohort A will meet with Mr Lamden on Tuesdays from 10:30-11:00 am, then Cohort B will join from 11:00-11:30 pm. Cohort B will then continue with Mr Lamden from 11:30-12:00 pm. This allows students to build relationships in smaller groups while still benefiting 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
9:00-9:30 am					
9:45-10:15 am		Math 9A	Math 9B		
10:30-11:00 am	Social Studies 9	French 9	Spanish 9	TechLAB 9A 10:30-11:30	
11:15-11:45 am		Science 9A	Science 9B	TechLAB 9B 11:00-12:00	
Lunch					
1:00-1:30pm		English 9		English 9	
1:45-2:15pm					
2:30-3:00pm					
3:15-3:45 pm					

Grade 10

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00- 8:30 am				Student Council 10-12	
8:30- 9:00 am					
9:00- 9:30 am		Science 10A	Foundations and PreCalculus Math 10	ELA 10: Literary Studies and Composition	
9:30- 10:00am					
10:00- 10:30 am			Workplace Math 10	Social Studies 10	
10:30- 11:00 am					
11:00- 11:30 am	Hum10 Asynchronous Bimonthly Ends at 12:15pm	Core French 10	Career Life Education (tentative)	Science 10C	
11:30- 12:00pm					
Lunch					
1:00- 1:30pm		Spanish 10	Science 10B		
1:30- 2:00pm					
2:00- 2:30pm		Foundations and PreCalculus Math 10	SEAL Program (tentative)		
2:30- 3:00pm					

Grade 11

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00- 8:30 am				Student Council 10-12	
8:30- 9:00 am					
9:00- 9:30am		Core French 11			
9:30- 10:00am			Literary Studies 11	Life Science 11	
10:00- 10:30am					
11:00- 11:30am	Humanities 11 Asynchronous Bimonthly Ends at 12:15pm	PreCalculus 11	Foundations of Math 11		
11:30- 12:00pm					
Lunch					
1:30- 2:00pm		Spanish 11			
2:00- 2:30pm			SEAL Program (tentative)		
2:30- 3:00pm					
3:00- 3:30pm					Workplace Math 11
3:30- 4:00pm					

Grade 12					
	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00 am				Student Council 10-12	
8:30-9:00 am					
9:00-9:30 am		English First Peoples 12	Career Life Connections		
9:30-10:00 am					
10:00-10:30 am		BC First Peoples 12			
10:30-11:00 am					
11:00-11:30 am	Hum12 Asynchronous Bimonthly Ends at 12:15pm			Anatomy and Physiology 12	
11:30-12:00 pm					
Lunch					
1:00-1:30 pm		PreCalculus 12 12:45-1:45			
1:30-2:00 pm					
2:00-2:30 pm			SEAL Program (tentative)		
2:30-3:00 pm					

Revision #2

Created 6 May 2025 13:23:26 by Sherie Seddon

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