

# Synchronous Cohorts - 2026/2027

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 2-6: HCOS staff meetings
- Dec 21-Jan 1: Christmas break
- Jan 18-22: Report card writing for teachers
- Mar 15-26: Spring break
- April 26-30: HCOS Connect

Please note that the final submission deadline for June report cards is Friday, June 11th, 2027 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	English 5	
9:45-10:15am	French 5A		Math 5		
10:30-11:00am	French 5B				
11:15-11:45am					

<b>Lunch</b>					
1:00-1:30pm				<b>Science 5</b>	
1:45-2:15pm					
2:30-3:00pm					

## Grade 6

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

## Grade 7

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

## Grade 8

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
9:00-9:30am		<b>French 8A</b>	<b>Science 8B</b>		
9:45-10:15am			<b>French 8B</b>		

10:30-11:00am		<b>Spanish 8A</b>			
11:15-11:45am		<b>Math 8A</b>	<b>Math 8B</b>		
<b>Lunch</b>					
1:00-1:30pm		<b>Science 8A</b>	<b>English 8A</b>	<b>English 8B</b>	
1:45-2:15pm		<b>TechLAB 8A</b>	<b>Spanish 8B</b>	<b>TechLAB 8B</b>	
2:45-3:15pm			<b>Socials 8</b>		

## Grade 9

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

## Grade 10

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
8:00-9:00am			<b>HP: PHE 10</b> optional monthly meeting the 3rd week	<b>Student Council 10</b>	
9:00-10:00am		<b>Foundations &amp; PreCalculus Math 10 A</b> <hr/> <b>Science 10A</b>	<b>Career Life Education</b>	<b>English First Peoples 10</b>	

10:00-11:00am	<b>SEAL Program</b> 10:30-11:30am		<b>Foundations &amp; PreCalculus Math 10 B</b> 10:15-11:15am	<b>Social Studies 10</b>	
11:00-12:00pm		<b>Core French 10</b> <hr/> <b>Hum10</b> select Tuesdays, ends at 12:15pm		<b>Science 10C</b>	
<b>Lunch</b>					
1:00-2:00pm		<b>Spanish 10</b>	<b>Science 10B</b>		
2:00-3:00pm				<b>Workplace Mathematics 10</b>	
3:00-4:00pm				<b>ELA 10: Literary Studies and Composition</b>	

**Unstuck and On Target: Executive Functioning for Teens** (2 credit, semestered course)

**Fall Session:** Cohort A- Mondays at 3:00 PM & Cohort B- Tuesdays at 1pm: Sept 14 - Jan 11 (No class Oct 12)

**Winter Session:** Cohort A-Tuesdays at 1pm & Cohort B-Wednesdays at 1:00 PM - Jan 27 - June 2 (No class Mar 17, 24, & Apr 28)

## Grade 11

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
8:00-9:00am			<b>HP: AL 11</b> optional monthly meeting the 3rd week	<b>Student Council 11</b>	
9:00-10:00am		<b>Core French 11</b>	<b>Pre-Calculus 11B</b>		
10:00-11:00am	<b>SEAL Program</b> 10:30-11:30am	<b>Pre-Calculus 11A</b>	<b>Literary Studies 11</b>		
11:00-12:00pm	<b>Hum11</b> select Mondays, ends at 12:15pm		<b>Foundations of Math 11</b>	<b>Life Sciences 11</b>	

Lunch					
1:00-2:00pm		<b>Spanish 11</b> 1:30-2:30pm			
2:00-3:00pm				<b>Workplace Math 11</b> 2:30-3:30pm	
3:00-4:00pm					

## Grade 12

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00am			<b>HP: AL 12</b> optional monthly meeting the 3rd week	<b>Student Council 12</b>	
9:00-10:00am			<b>PreCalculus Math 12</b>	<b>Anatomy &amp; Physiology 12</b> 9:30-10:30am	
10:00-11:00am	<b>SEAL Program</b> 10:30-11:30am				
11:00-12:00pm	<b>Hum12</b> select Mondays, ends at 12:15pm		<b>Career Life Connections</b>	<b>BC First Peoples 12</b>	
Lunch					
1:00-2:00pm				<b>English First Peoples 12</b>	
2:00-3:00pm					
3:00-4:00pm					

Revision #11

Created 8 May 2026 15:32:38 by Sherie Seddon

Updated 17 June 2026 00:04:45 by Sherie Seddon