



TIMARU GIRLS' HIGH SCHOOL
YEAR 10 COURSE BOOKLET 2026

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Compulsory Courses

With their form class everyone does:

- English
- Mathematics
- Physical Education & Health
- Science
- Social Studies

Option Courses

Year 10 students have three option courses. All option courses are timetabled for three periods a week for the whole school year.

Choosing option courses

Year 10 builds on the skills already covered in Year 9.

Make sure that you talk to your teachers and caregivers if you are not sure about your choices.

Classes will be timetabled where there is sufficient demand. It is also difficult to meet every combination of courses. However, we make every effort to try and satisfy all combinations. If not enough students choose a particular subject, then it will not be possible to offer it.

When filling in and returning course selection forms all students should be very thorough and careful in the choices they indicate to the school.

The funding received by schools only provides for the very basic curriculum delivery. We pride ourselves by offering enhanced learning opportunities for all students. To allow this we rely on contributions from parents/caregivers. These contributions are outlined in this course/options handbook and on stationery lists.

Other school fees are:

School Donation	\$190 1 child, \$290 2 siblings, \$365 3 siblings
PTA Subscription	\$15

Any such contribution paid is a donation and can be claimed annually as a tax credit using the Inland Revenue form IR526.

ENGLISH – 10ENGL

Course:	English Basics: grammar, punctuation, spelling and mechanics Read: analyse and respond to different written text such as • short text – poetry, short stories, prose, articles, blogs - extended text - novels, autobiographies View/Listen: study and respond to visual/oral text such as • feature films, short films, vlogs, podcasts, TV programmes, documentaries Write: different text types ranging from letters, poems, narrative, blogs, essays, reports, opinion pieces, reports, persuasives and speeches, reading responses
Skills covered:	• Thinking Critically – looking at ideas beyond the text • Communicating Clearly and Effectively – writing and presenting for an audience and a purpose • Listening pro-actively • Speaking confidently
Parental contribution:	\$11 Smart Lab – (TBC)
Next step:	NCEA Level 1 English
For further information:	See Ms Luyten – mluyten@timarugirls.school.nz

MATHEMATICS – 10MATH

Course:	Topics covered include: • Number and algebra • Geometry and measurement • Statistics
Skills covered:	• Thinking logically • Carrying out accurate calculations and sensible estimations • Processing and communicating information • Solving problems
Parental contribution:	Nil, but some standard equipment (e.g. a calculator) is required.
Next step:	NCEA Level 1 Mathematics or Mathematics for Life
For further information:	See Mrs Horne shorne@timarugirls.school.nz

PHYSICAL EDUCATION & HEALTH - 10PHED

Course:	Topics covered include: • Hauora/wellbeing • Alcohol & Drugs • Sexuality • Fitness Craze • Designer Game • Outdoor Education • Social Media and Devices
Skills covered:	• Development of Interpersonal Skills • Safety & Responsibility • Physical Skills & Coordination • Teamwork • Positive Communication • Navigation, Climbing Basics, Tramping
Cost :	Year 10 Camp – Term 4 approximately \$220 TGHS PE polo top \$44.50 ordered via the school
Next step:	NCEA Level 1 Health Studies, NCEA Level 1 Physical Education
For further information:	See Mrs Quinonez aquinonez@timarugirls.school.nz

SCIENCE – 10SCIE

Course:	Topics covered include: • Science of Life • Chemical Mysteries • May the Force be with you • Rock My World • Secret Life of Microbes • Circuit Breakers • Science of Sustainability
Skills covered:	• Carry out Science Investigations • Make Conclusions using science knowledge
Parental contribution:	\$25 Scipad workbook
Next step:	NCEA Level 1 Science
For further information:	See Mrs Lincoln - clincoln@timarugirls.school.nz

SOCIAL STUDIES – 10SOST

Course: Te Ao Tangata | Social Studies encourages students to observe, to wonder and be curious about people, places, and society, and to take an interest and engage in social issues and ideas. It also supports them to take an interest and engage with social issues at a local, national and global scale.

Students will develop understanding of the following “big ideas”:

- Māori history is the foundational and continuous history of Aotearoa New Zealand
- Colonisation and settlement have been central to Aotearoa New Zealand’s histories for the past 200 years
- People’s lived experiences have been shaped by the use and misuse of power
- People hold different perspectives on the world depending on their values, traditions, and experiences
- People participate in communities by acting on their beliefs and through the roles they hold
- Interactions change societies and environments.

The contexts for developing understanding of the “big ideas” will include:

- Culture and collective identity
- Sovereignty, organisation, and government
- Place and environment
- Economic activity

Skills covered:

Key social science skills developed in the course include:

- Asking rich questions to guide worthy investigations
- Thinking conceptually
- Collecting, analysing, and using sources
- Identifying values and perspectives
- Thinking critically about the past
- Communicating arguments and ideas using social science conventions

Parental contribution

\$20 social science skills workbook

Next step:

NCEA Level 1 Geography
NCEA Level 1 History

For further information:

Ms Robinson – srobinson@timarugirls.school.nz

OPTION S: Choose 3 of the following

OPTION COURSES

Art - 10ARTP

Guidelines:	Nil
Course:	• Drawing • Mixed Media • Printmaking • Painting
Skills covered:	• Developing practical knowledge in the Visual Arts. • Developing ideas. • Communication and interpretation. • Understanding the Visual Arts in context.
Parental contribution:	\$10 subject contribution.
Cost	\$42 Junior Art Pack purchased via Kindo
Next step:	NCEA Level 1 Visual Art
For further information:	See Mrs Rush – rrush@timarugirls.school.nz

Drama – 10DRAM

Guidelines:	Nil
Course:	This course builds on the student's knowledge and use of Drama techniques, elements and conventions. Although most of the practical tasks are group based, there is scope for individual performance also. Students need a positive attitude and a willingness to create and present pieces of theatre in a range of contexts.
Parental contribution:	Nil
Next step:	NCEA Level 1 Drama
For further information:	See Mrs Rush rrush@timarugirls.school.nz

Music – 10MUSC

Guidelines:	Nil
Course:	This course is designed for students with a passion for music. We focus on the development of instrumental, vocal, performance and song writing skills with the support of the itinerant scheme and extra-curricular ensembles. Students are encouraged to work individually and in small groups and will build on knowledge taught in the Year 9 music course. Suitable for beginners and experienced music students, this course is mostly practical and includes studies of many different ranges of musical topics and elements.
Parental contribution:	Nil
Next Step:	NCEA Level 1 Music
For further information:	See Mrs McNally – mmcnally@timarugirls.school.nz

JUNIOR ESOL – ESOL

Guidelines:	This course is designed for students with English as their second language who may, but not necessarily have, difficulty in their classes.
Course:	- ESOL classes provide extra assistance to students wanting to improve their English language skills, especially for those wanting to do NCEA in senior school. - The ESOL teacher will assist ESOL students with class material where needed or required. - There is provision for students to move to higher levels as they progress.
Skills covered:	This course covers the different areas of English language learning – Speaking, Listening, Writing and Reading.
Next Step:	NCEA Level 1 ESOL
For further information:	See Mrs Sahana – ssahana@timarugirls.school.nz

Te Reo Māori – 10MAOR

Guidelines:	Year 9 Te Reo Māori or in consultation with Learning Area Head (LAH)/Teacher in Charge (TIC)
Course:	Year 10 Te Reo Māori students learn to: - Communicate, including comparing and contrasting, about habits, routines and customs. - Communicate about events and where they take place, give and follow directions. - Communicate, including comparing and contrasting, about how people travel. - Communicate about immediate past activities. Topics may include: myself and my whānau, marae, my school and classes, local iwi, celebrations.
Skills covered:	- Whakarongo - Listening - Pānui - Reading - Tuhituhi – Writing - Kōrero - Speaking
Parental contribution	\$15 Workbook – Māori to go Book 2
Next step:	NCEA Level 1 Te Reo Māori
For further information:	See Ms Greenaway – hgreenaway@timarugirls.school.nz or Ms Luyten– mluyten@timarugirls.school.nz

Design & Visual Communication – 10DEST

Guidelines:

Year 9 Design Technology (or with LAH approval)

Course:

- Basic drawing skills – sketching and drawing skills
- Perfume bottle design development and model making
- Architecture and interior design unit and model making
- Landscape design

This course introduces students to key design and visual communication skills through hands-on, creative projects. Students learn to apply design thinking as they explore product and spatial design challenges, using freehand sketching, instrumental drawing and digital design tools.

Parental contribution:

\$20 subject contribution

Next step:

NCEA Level 1 Design & Visual Communication

For further information:

See Miss Simpson – lsimpson@timarugirls.school.nz

Digital Technologies – 10DIGI

Guidelines:

Year 9 Digital Technologies or with LAH approval

Course:

The Year 10 course has been designed to give students the opportunity to learn skills that are needed to participate in a digital society. The course incorporates the newly revised Digital Technologies curriculum and covers its two strands. Designing and Developing Digital Outcomes (DDDO) and Computational Thinking (CT). Students participate in a range of activities, including both individual work with assessment opportunities and collaborative group work.

Topics covered may include:

- Computational thinking concepts such as binary data, file management, HCI, hardware, software and OS
- Graphic design using Adobe Creative Suite (Photoshop, InDesign, Illustrator)
- Web and App Design
- Software programming using HTML and CSS, JavaScript and Python
- Robotics
- 3D computer modelling & animation
- Game design/programming

Parental contribution:

Nil

Next step:

NCEA Level 1 Digital Technologies

For further information:

See Miss Simpson – lsimpson@timarugirls.school.nz

Financial Literacy – 10FINL

Guidelines:	Nil
Course:	In Year 10 Financial Literacy ākonga will develop their financial capabilities to support ākonga to participate in economic life. Ākonga will gain the knowledge, skills, and competencies to make good money management decisions across a range of financial contexts. Financial Literacy is essential to Improve the financial well-being of individuals and society.
Skills covered:	In becoming financially literate and capable, students will develop: • knowledge and understanding of financial information and processes • personal financial management competencies • recognition and development of their personal values, which make it possible for them to achieve their personal goals • an awareness of others' values and priorities, which will enable them to participate meaningfully in the community.
Parental contribution:	\$20 workbook and Moneytime subscription
Next step:	Level 1 Commerce
For further information:	See Mrs MacLeod – amacleod@timarugirls.school.nz

Food Studies – 10HOME

Guidelines:	Nil
Course:	The course aims to develop confidence and independence in the foods area. Equal emphasis is placed on theory and practical work. Units of work may include: • Back to Basics – completing practical activities in a safe, hygienic manner. • Taking Action with Meals – developing interpersonal and advocacy skills in promoting positive eating patterns. • Sharing Kai with my Family and Friends – completion of a shared meal based on interpersonal and societal influences on food choices. • Creative Sushi – using the new digital curriculum to focus on food preparation, presentation and eating habits of another culture. • Creative Cupcake Challenge.
Parental contribution:	\$150
Next step:	NCEA Level 1 Health Studies or Level 1 Hospitality
For further information:	See Mrs Nimmo fnimmo@timarugirls.school.nz

Materials Technology – 10MTEC

Guidelines:	Year 9 Materials Technology (9MTEC) or with LAH approval
Course:	Boxer shorts – pattern drafting and construction, including a stencil design. Messenger bag – incorporating a unique applique design. Patchwork cushion – construct a personalized cushion using applied design methods.
Skills covered:	Introduction to pattern drafting. Technological/design practice. Practical skills using specialist classroom equipment.
Cost:	\$50 for take home materials
Next step:	NCEA Level 1 Materials Technology
For further information:	See Mrs Lissington – tlissington@timarugirls.school.nz

Subjects Available in 2026*

Year 9 The aim of the junior secondary curriculum at Year 9 is to provide a broadly-based foundation for learning, with a view to more specialised study options at Year 11 to 13. The base curriculum at Year 9 is a compulsory requirement		
Year 9 pupils will have three periods a week in: - English - Health and Physical Education - Mathematics - Science - Social Studies		
They will also complete a rotation of the following courses: Art, Design and Visual Technology, Digital Technologies, Drama, ESOL, Financial Literacy, Food Studies, Literacy, Te Reo Māori, Materials Technology, Music, Numeracy, Tikanga Māori		
YEAR 10 The aim of the junior secondary curriculum at Year 10 is to provide a broadly-based foundation for learning, with a view to more specialised study options at Years 11 to 13. The base curriculum at Year 10 is a compulsory requirement		
Year 10 pupils will have three periods a week in: - English - Health and Physical Education - Mathematics - Science - Social Studies		
They will also make three choices from their Year 9 rotation courses. They will have 3 periods a week in their choice courses: Design & Visual Communications, Digital Technologies, Drama, Financial Literacy, Food Studies, Materials, Technology, Music, Te Reo Māori, Visual Art, Junior ESOL		
YEAR 11 Students must study English, Mathematics with 4 other courses.	YEAR 12 Students study 5 subjects and have 5 periods of study.	YEAR 13 Students study 5 subjects and have 5 periods of study.
NCEA Level 1 Agricultural Science Commerce Design & Visual Technology Digital Technologies Drama English Geography Health History Hospitality Materials Technology Mathematics or Mathematical Studies Music Physical Education Science Te Reo Māori Visual Arts	NCEA Level 2 Accounting Agricultural Science Ara Dual Enrolment Biology Chemistry Design & Visual Communication Digital Technologies Drama Economics English Food & Nutrition Gateway Geography Health History Life Science Materials Technology Mathematics or Mathematical Studies Music Outdoor Education Pathway Physical Education Physics Te Reo Māori Tourism Visual Arts – Painting	NCEA Level 3 Accounting Agricultural Science Ara Dual Enrolment Biology Chemistry Design & Visual Communication Digital Technologies Drama Economics English Literature Food & Nutrition Gateway Geography Health History Life Science Materials Technology Mathematics with Calculus Mathematics with Statistics Music Outdoor Education Pathway Physical Education Physics Te Reo Māori Tourism Visual Arts - Painting
*Note: all choices are subject to enrolment numbers and as the timetable permits		
FOUNDATION SKILLS – a course available only through completion of an application and interview process	GATEWAY – a course available only through completion of an application and interview process ARA DUAL ENROLMENT – a course available through completion of an application and interview process	

COURSE ENQUIRIES... Who to see

Arts	Mrs Rush	Sciences	Mrs Lincoln
English	Ms Luyten	Social Sciences	Ms Robinson
ESOL	Mrs Sahana		Commerce – Mrs MacLeod
Health & PE	Mrs Quinonez		Financial Literacy – Mrs MacLeod
	Home Economics – Mrs Nimmo		Geography – Ms Robinson
	Outdoor Education – Mrs Quinonez		History – Mr Dawson
Languages	Ms Luyten		Tourism – Mr Dawson
	Te Reo Māori – Ms Greenaway	Technology	Mrs Lissington
Mathematics	Mrs Horne	Career Education	Mrs Shaw