

TRINITY CATHOLIC COLLEGE

YEAR 10 OPTION CHOICES for 2026

Dear Parents/Caregivers of current Year 9 Students and new students to the College,

COMPULSORY CORE SUBJECTS IN YEAR 10

Religious Education

English

Mathematics

Health and Physical Education

Science

Social Studies

CHOOSING YOUR THREE OPTIONS FOR YEAR 10, 2026:

In addition to the compulsory subjects, students **choose THREE options**. Each of these options is studied for five periods a fortnight for the whole year.

We are keen to encourage our Year 10 students to continue to have as much breadth as possible in their learning. Students are encouraged to choose some option subjects that may support their leisure interests. However, please be aware that some Year 10 option subjects may be pre-requisites for further study in Year 11 for NCEA.

The numbers of students who may study some option subjects may be restricted due to space limitations in some specialist facilities. Where there are too many students wanting to take a subject the school will select students for the course based on Year 9 grades, mix and balance of options chosen by the individual student.

This is our students' main opportunity to select Year 10 option subjects. After the deadline for the return of Option Sheets, acceptance into a subject with restricted numbers may depend on vacancies. While we try to keep to our option choices as listed, we cannot guarantee to run all courses at this level or at senior levels if low student numbers make the course not viable. If this happens, an alternative course would have to be chosen.

Please discuss the following Options and remind students that they must have entered their choices online by Friday 5th September 2025.

Instructions for Students signing into Choose options

Log in to Helix via your internet browser <https://student.helixsms.co.nz> not your phone app.

Click on 'my summary' at the top then click on Options tab (second tab along) then find 'next year' on the right to click on. This ensures you are choosing for 2026.

Your list of options will populate. From here, you will choose your options. These can be saved and edited until September 5. ***Students will need to enter their subject choices online no later than Friday 5th September.***

CHOOSING – PLANNING – CONSIDER SOME LONG-TERM GOAL-SETTING

Please read the short descriptions provided below for the Year 10 option choices for 2026.

We encourage students and parents to consider planning and goal-setting beyond Year 10. Think about how goal-setting and the information on the grid at the end of this document may affect possible choices at a later date, at the same time as choosing the Year 10 options.

Check out the Senior course information on our website for further assistance in your course selection, including information on any prerequisites required for courses in Years 11, available on our website www.trinity.school.nz under the “Curriculum” tab, “Years 11 – 13”, “Subjects”.

Note that at Year 11 only two options will be chosen. The other subjects are compulsory. The two options in Year 11 may be chosen after consideration is given to the following conditions:

- Some Year 11 options do not have prerequisites from Year 9 or Year 10
- Some Year 11 options are derived from the compulsory subjects at Year 10, e.g. Social Studies leads to Geography and History as options in Year 11, and are being offered for the first time at that level
- Some Year 11 options must have been studied in Years 9 and 10, in particular languages if students wish to pursue them further

Your Decision-Making Pathway

Choosing subjects can feel complex, but it's a journey with clear steps. Follow this path to build a course list that aligns with your goals, interests, and the practical requirements for your future studies.



Step 1: Start with You

What are your passions and natural talents?



Step 2: Look to the Future

Where do you want your studies to lead you?



Step 3: Check the Map

What are the rules, prerequisites, and entry requirements?



Step 4: Build a Balanced Toolkit

Avoid specializing too early and keep your options open.



Your Ideal Course List

A selection that is engaging, strategic, and empowering.

More material and pamphlets about various careers are available from our Career Advice office staff – Ms Amelia Bresanello (extension 237) or Mrs Paula Dodds (extension 236) .

Many Thanks
Steve Read
Deputy Principal

YEAR 10 OPTIONS – 2026 – A BRIEF OUTLINE OF EACH COURSE

(Head of Department noted)

Art – (Mr Pickles):

The Year 10 Art option provides students with the opportunity to explore a wide range of interesting art practices. These include:

- Painting- Exploring two-point perspective.
- Painting – Pop Art, studying the paintings of Roy Lichtenstein to create a comic strip inspired painting.
- Print making – wood block and dry point etching
- Drawing – a range of processes and procedures
- Māori design motifs are incorporated into mixed media work and the woodblock printing process
- 3-Dimensional Design – Imaginative creature developed in clay.

The creative experiences gained from this programme give students a solid skill base from which to successfully enter NCEA Levels through Years 11 to 13.

Digital Technology (Mr Turner):

The Year 10 Digital Technology course continues the work in year 9, and allows for anybody wanting to begin here. It is open to all students.

It gives the student an opportunity to experience digital design, programming, electronics, and robotics. The work will be practical and project based. Students will be working with Arduino microprocessors and a variety of sensing and control devices. They will be working with the MBot robot and will have the opportunity to explore others as well. They will be given projects to work on and will document their progress with digital media of their choosing (Desktop publishing, slides, or a movie)

Students will gain a comprehensive understanding and experience of different programming environments for each of these projects and find out how these technologies are used now and might be in the future.

The course covers the new curriculum and gives a good introduction to work they might do in the senior school

Drama (Miss Ward):

This Drama option offers the opportunity to explore experiences involving performance and production. You will:

- Participate in a variety of co-operative and theatre games
- Develop and design production elements including lighting, sound, music, costume and stage sets
- Apply drama techniques and conventions to devised dramas & texts
- Explore the skills of acting for film and television
- Explore site specific theatre -offsite
- Conclude with a performance and/or technical role in a significant production

Economics (Ms Armstrong):

From the skills, knowledge and attitudes developed in Economics you will be better able to understand and take an active part in the world around you. You will:

- Develop an understanding of elementary economic concepts.
- Explore the real world of “Going Flatting”.
- Develop a better understanding of the New Zealand economy and appreciate that individuals hold different value positions.
- Be able to predict and plan changes in your local area, nationally and globally and complete “Be The Change Maker” programme with a focus on sustainability.
- Complete Enterprise Studies Programme and participate in a school Market Day.
- Participate in Growing NZ Innovation team challenge.
- Learn about successful local business and take part in field trips.

French:

This is a continuation of the Year 7 - 9 Course. A further three stories will form the basis of the teaching programme. Basic grammar will also form an integral part of this year's work in preparation for the Year 11 NCEA Level One Course. It is recommended that only students who studied this language in Year 7 - 9 would be able to choose it in Year 10.

Design & Visual Communication (Mr Earl):

This course develops students' skill and knowledge in Design and Visual Communication. Opportunities are provided for students to:

- Develop drawing skills using two- and three-dimensional drawing technique.
- Gain comprehensive knowledge and application of the Design Process
- To apply the design process to Architectural and Product design briefs
- Develop skill and accuracy in the presentation of design ideas and concepts
- More in-depth use of computer aided design including 3D printing, product design with Fusion 360 and Architectural design with ArchiCad
- Study in this course will prepare students for NCEA Level 1 Design and Visual Communication Achievement standards in Year 11, and further studies through to Level 3 in year 13.

Music (Ms Watts/Mr Grant):

The Year 10 course consists of developing skills in performance, whether from beginner level or our more advanced players, as part of a group or individually. Students are encouraged to prepared live performances for authentic events held in school or in the community, like RockQuest. There is a student-directed research project on a music topic that interests them. They will getting creative through songwriting and composition – incorporating music technology and EDM styles as well as the more classical, or songwriting genres. Students are assessed through tasks throughout the year – there is no end-of-year exam. Study in this course will prepare students for NCEA Music.

Sports Studies (Mr Harris):

This course provides students with the opportunity to explore Sport and improve skills. The course will have a practical base but also include some theory work. The focus will be on:

- Developing a wide skill base
- Learning to train – fitness programs and exercise physiology
- Physical conditioning in general and specific to your chosen sport
- Anatomy – bones, muscles and joints
- Coaching of peers
- Looking at ideas which support your skills and fitness, e.g. sports nutrition, sports injuries

Places in this course are likely to be limited, and preference will be given to students who have previously demonstrated a commitment to sport. Study in this course will prepare students for Level 1 Physical Education Achievement Standards in Year 11, and further studies through to Level 3 in Year 13.

Year 10 Te Tupuranga

Tēnā koe

Speaking Te Reo Māori (Māori language) to Level 3-4 and discovering a deeper level of Tikanga Māori (Māori culture) are the aims for this course. Students will learn a variety socio-cultural topics and develop proficiency in speaking, writing, reading and listening through a range of topics. Students will also experience a wānanga (EOTC experience) based locally or in our wider rohe (area). Nau mai, haere mai ki te kaupapa Māori!

- He Tangata Rongonui: Completing research on a well-known Māori person
- Kei te Kura (At School): Discussing activities and routines at school
- Te Taiao (The environment): taking part in an EOTC trip outside the classroom.
- Te Tunu kai (Cooking food): Making a cooking video with instructions in te reo Māori
- Ngā Hākinakina (Sports): Planning/ leading a game in te reo Māori

Note: Although beneficial, Year 9 Māori Studies is not a prerequisite for this course.

Technology – Hard Materials (Mr Earl):

This course provides students with the opportunity to explore materials technology and apply skills in designing and manufacturing products, using a range of materials, tools and processes. Students will:

- Design their own solutions relating to design briefs
- Choose and use materials, tools and equipment skilfully and safely
- Develop skills with Engineering and Wood-based projects.
- Develop pride in their achievements through the manufacture of self-designed projects

Study in this course will prepare students for NCEA Level 1 Technology Achievement Standards in Year 11, and further studies through to Level 3 in Year 13.

Technology - Food and Nutrition (Miss Lewis):

A mix of theory and practical classes which are based on the Health and Technology Curriculums.

Contents of the course include:

- Cultural foods
- Food safety and hygiene
- Burgers
- Food and Nutrition guidelines
- Recipe modification

The course costs for food consumed or taken home is yet to be confirmed – approx. \$125

Year 10 Technology – Food & Nutrition is a good preparation for NCEA Level 1 Food & Nutrition.

Textiles Technology (Miss Lewis):

Students learn essential skills for completing basic garments and items. The course uses the Design Process where students are encouraged to design and make their own work based on a theme. Time each week is spent doing practical work with some time spent on designing.

Previous classes have made hooded sweatshirts, bags, sleepwear, and wearable arts.

As part of this sustainability and recycling of fabric items will be explored to create new and exciting products.

Students will need to purchase their own fabric for their projects.

The course cost of \$20 is to cover the cost of smaller take home projects.

Year 10 Textiles is good preparation for NCEA Level 1 Materials and Processing Technology.

Subjects and associated Qualifications offered at Trinity Catholic College in 2026

SUBJECT	QUALIFICATIONS		
	NCEA L1	NCEA L2	NCEA L3
Art/Art Practical	Yes	Yes	
Art – Painting			Yes
Art – Printmaking			Yes
Art – Photography		Yes	Yes
Art History			Yes
Biology		Yes	Yes
Building & Construction		Yes	Yes
Chemistry		Yes	Yes
Dance		Yes	Yes
Commerce	Yes	Yes	Yes
Design & Visual Communication	Yes	Yes	Yes
Digital Technologies	Yes	Yes	Yes
Drama	Yes	Yes	Yes
Earth & Space Science		Yes	Yes
English	Yes^	Yes^	Yes
ESOL	Yes	Yes	Yes
French	Yes	Yes	Yes
Geography	Yes	Yes	Yes
Health & Recreation	Yes*		
History	Yes	Yes	Yes
Te Ao Haka	Yes		
Te Reo Maori	Yes	Yes	Yes
Mathematics Extension	Yes^	Yes	
Math Internal	Yes^		
Maths - Statistics	Yes^	Yes	
Math with Calculus			Yes
Statistics & Modelling			Yes
Mechanical Engineering		Yes	
Music	Yes	Yes	Yes
Outdoor Education		Yes	Yes
Physical Education	Yes	Yes	Yes
Physics		Yes	Yes
Religious Education	Yes*	Yes*	Yes*
Science	Yes^		
Science Applied	Yes^		
Skills for Work & Living	Yes	Yes	
Technology – Hard Materials	Yes	Yes	Yes
Technology – Textile Design	Yes	Yes	Yes
Technology Food & Nutrition	Yes	Yes	Yes
Tourism & Travel		Yes	Yes

* Compulsory Course

^ Compulsory Course: Offered as 1 of 2 or 3 within the subject area at this level