



**ALBANY**  
JUNIOR HIGH SCHOOL

**Year 10**  
**Options**  
Booklet

**2026**



# CONTENTS

Introduction  
Contact Details  
Core Subjects  
Making Your Selections  
Optional Courses

## TECHNOLOGY

Design and Visual Communication  
Digital Design  
Digital Technology  
Fabric Technology  
Food Technology  
Hard Technology

## THE ARTS

Dance  
Drama  
Music  
Photography  
Visual Art

## LANGUAGES

Japanese  
Mandarin  
Spanish  
Te Reo Māori

## ENGLISH

Film & Media Studies

## SOCIAL STUDIES

Business  
Geography  
History

## SCIENCES

Forensic Science  
Human Biology

## PHYSICAL EDUCATION

Sports Academy  
Sports Science





**Cushla Shepherd**  
Principal

### **INTRODUCTION**

Welcome to Albany Junior High School (AJHS). You want to choose a school community that provides informed pastoral, academic and social experiences for your son or daughter. At AJHS, our students' learning and wellbeing is central to everything we strive to achieve. Our Junior school's unique four year programme provides curriculum diversity, challenge, and personalised learning which fosters and supports the emerging adolescent's distinctive learning and personal needs. Our school is very proud to offer an inclusive, respectful, rich and authentic learning community where every student is encouraged to explore and develop their own, and others strengths and capabilities. We aim to develop the 'whole child' through a formative developmental stage of their life to equip them for our changing world. We welcome you and your family to join us at AJHS.

# CONTACT DETAILS

## HEADS OF LEARNING

|                             |  |
|-----------------------------|--|
| English                     | <a href="mailto:shelley.wilson@ajhs.school.nz">shelley.wilson@ajhs.school.nz</a>     |
| Mathematics                 | <a href="mailto:wendy.you@ajhs.school.nz">wendy.you@ajhs.school.nz</a>               |
| Social Studies              | <a href="mailto:janelle.byers@ajhs.school.nz">janelle.byers@ajhs.school.nz</a>       |
| Languages                   | <a href="mailto:kristin.noom@ajhs.school.nz">kristin.noom@ajhs.school.nz</a>         |
| Physical Education & Health | <a href="mailto:lucy.wikaire@ajhs.school.nz">lucy.wikaire@ajhs.school.nz</a>         |
| Science                     | <a href="mailto:martene.matthews@ajhs.school.nz">martene.matthews@ajhs.school.nz</a> |
| Technology                  | <a href="mailto:natalie.goslin@ajhs.school.nz">natalie.goslin@ajhs.school.nz</a>     |
| The Arts                    | <a href="mailto:pip.faulknor@ajhs.school.nz">pip.faulknor@ajhs.school.nz</a>         |



# CORE SUBJECTS 2026

- English
- PE & Health
- Mathematics
- Science
- Social Studies

## **ENGLISH core full year subject 10ENGL**

### **Subject Description**

English is the study, use, and enjoyment of the English language and its literature. This includes oral, written, and visual communication.

In the new English curriculum, Stage 4 is a two-year course spread over Year 9 and Year 10 which focuses on disciplinary English knowledge.

Knowledge areas and their associated practices include:

- Language Studies, in which students craft persuasive, expository, and creative texts
- Text Studies, in which students engage in text analysis and critical interpretation
- Oral Communication, in which students complete a variety of presenting and listening tasks

The emphasis of the new curriculum is to develop analytical, creative, and critical skills through deep engagement with texts.

Subject Donation: \$0

Additional costs for EOTC or optional class activities may apply.

## **PE & HEALTH core full year subject 10PEHE**

### **Subject Description**

This subject focuses on the promotion of physical fitness, overall health and wellbeing and provides students with a comprehensive understanding of the importance of physical activity, healthy lifestyle choices, and the development of essential skills to lead a physically active and balanced life. This course encompasses various areas, including fitness, nutrition, personal and social health, safety, and sports education with an emphasis on interpersonal skills.

Subject Donation: \$0

Additional costs for EOTC or optional class activities may apply.

# **MATHEMATICS core full year subject 10MATH**

## **Subject Description**

This subject enables students to develop generalisations of mathematical ideas and methods through the exploration of applications, the effective use of technology, and abstract reasoning. The goal of this subject is to help students use mathematics confidently to solve problems. Throughout this course students will develop their knowledge about number, algebra, measurement, space, statistics, and probability, and drawing on the practices of mathematics and statistics. Students will learn to communicate, make connections, reason mathematically, discover patterns, and use the technology available to them. The use of mathematical and statistical logic and reasoning enable students to identify and explain relationships and to justify conclusions.

**Subject Donation: \$0**

Additional costs for EOTC or optional class activities may apply.

# **SCIENCE core full year subject 10SCIE**

## **Subject Description**

Science uses the nature of science strand from The New Zealand Curriculum to teach ākonga what science is and how scientists work. In core Science students will study all four strands of the science national curriculum: Material World; Physical World; Living World as well as Nature of Science. The 'Material World' includes aspects of Chemistry; 'Physical World' includes aspects of Physics and Earth Science; 'Living World' includes aspects of Biology. Science requires learners to generate and test ideas and gather evidence in order to develop knowledge, understand it, and explain it. Scientists do this by making observations, carrying out investigations and modelling, and communicating and debating with others.

**Subject Donation: \$0**

Additional costs for EOTC or optional class activities may apply.

# **SOCIAL STUDIES core full year subject 10SOCI**

## **Subject Description**

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.

Through social studies, students develop understanding, knowledge, and skills in relation to social, cultural, economic, and political processes. This enables them to contribute to and participate in society as critically informed, ethical, and empathetic citizens with a concern for the well-being of communities and a commitment to a fair society for all.

The Year 10 course focuses on Kaitiakitanga/Sustainability, Te Tiriti o Waitangi and the Waitangi Tribunal, WW2, and Economic Activity.

**Subject Donation: \$0**

Additional costs for EOTC or optional class activities may apply

# OPTIONAL COURSES 2026

## Year 10 Options 2026

Choose 6 in total.

Each course will run for half a year, unless stated. There are no prerequisites.

You must select at least:

**ONE course from Technology,**

**ONE course from The Arts.**

Below is the timeline for the Options Selection Process, including what you need to do.

| Date                                   | Action   |
|--|--|
| End of Term 2                          | <ul style="list-style-type: none"><li>Options talks to Y9s from teachers during lesson time</li></ul>  |
| Start of Term 3                        | <ul style="list-style-type: none"><li>Email home to parents.</li><li>Options Booklet available on school website.</li><li>Talk with your parents, caregivers, Whānau teachers, and subject teachers about courses you are interested in doing next year.</li></ul> |
| <b>Wednesday 23rd July</b>             | <ul style="list-style-type: none"><li><b>Open / Options Evening</b></li></ul>  |
| Monday 28th July to Friday 12th August | <ul style="list-style-type: none"><li>Make your options selections by visiting the student portal.</li></ul>   |
| Monday 18th August                     | <ul style="list-style-type: none"><li>Option selection on portal closes. No further changes are possible after this point.</li><li>SLT will follow up with students who were absent.</li></ul>   |

*Please note: Option classes will only go ahead if a sufficient number of learners choose the course. We aim to provide our students with a wide range of learning opportunities and activities. There is a cost associated with many of these activities that we unfortunately need to pass on to you. The subsidies below contribute to the cost of any trips, visiting speakers, workbooks, subscriptions to online sites, consumables, etc. As these are optional activities, your child will miss out on participating in these extra activities if the subsidy is not paid. Please contact our Accounts Office if you would like to set up a payment plan or apply for financial aid from us.*

**TECHNOLOGY OPTIONS** : compulsory to select at least one

## **DESIGN AND VISUAL COMMUNICATION 10DVC**

### Course Description

Use 3D sketching, rendering, and model making to effectively communicate your design ideas. In this course, you'll explore innovative design briefs including sustainable tiny houses, public-use bus shelters, and personalised acrylic night lights. Learn architectural drawing techniques, develop digital prototypes, and apply stakeholder feedback to refine your ideas. Final outcomes include a detailed tiny house design and a custom laser-cut LED night light.

[more information...](#)

Course Donation: \$45

Additional costs for EOTC or optional class activities may apply.

## **DIGITAL DESIGN 10DIDE**

### Course Description

Digital Design is an exciting course that combines art, design, and technology. In just one semester, become proficient using Adobe software to manipulate images and unleash your creativity.

Explore sketching, storytelling and digital skills to create your unique story based art. Develop a character, experiment with software, and stretch your imagination.

Advance your Photoshop and Illustrator proficiency for graphic design. Delve into journalism, editing and magazine design. Collaborate with clients and photographers to design and produce captivating pages for the AJHS 2026 yearbook.

[more information...](#)

Course Donation: \$15

- Optional additional Adobe License Fee \$15
- Additional costs for EOTC or optional class activities may apply.

## **COMPUTER SCIENCE 10COMP**

### Course Description

Are you interested in creating digital products such as games, apps, websites, animations or images? Want to learn about AI and create an AI driven app? In Y10 we combine Computer Science concepts with creative and collaborative project work. We investigate existing digital products and learn how to manage product creation using online project management tools. For instance, you could use Blender to develop your ideas in a 3D space, create a video or animation, design and code a robot, learn the basics of electronics and Arduino or program a game. The possibilities are endless, and the choices exciting.

[more information...](#)

Course Donation: \$0

- Optional additional Adobe License Fee \$15
- Additional costs for EOTC or optional class activities may apply.

# FABRIC TECHNOLOGY 10FABR

## Course Description

Think of yourself as a designer or want to start your own fashion brand? This course will guide you step by step through the needed skills and knowledge to design, plan and produce a one off garment. You will learn to use the design process and modification of existing commercial patterns to create your own garments. You'll decide on fabric, colour, pattern, produce samples and make pattern adjustments like a designer.

[more information...](#)

Course Donation: \$75

Additional costs for EOTC or optional class activities may apply.

# FOOD TECHNOLOGY 10FOOD

## Course Description

HelloFresh, My Food Bag, Bargain Box and now YOUR Food Bag. Develop your own meal kit and dinner recipe using these businesses as a model. Expand your knowledge on human nutrition to ensure your meal is not only delicious but also nutritious for the whole family.

You will spend the second term making a gingerbread house with a unique theme. We will learn to make hard candy from scratch, model fondant, build a gingerbread house from your own template, make and use royal icing, plus much more! We will experiment with different materials and ingredients to find the best way to make each decoration for your house and create an intricate wonderland.

[more information...](#)

Course Donation: \$75

Additional costs for EOTC or optional class activities may apply.

# HARD TECHNOLOGY 10HARD

## Course Description

In this option, students will embark on a creative journey in designing a practical small furniture item for the home, such as a sweets dispenser, small side table, table top organiser, or a stool. Through a blend of sketching, brief writing, and hands-on crafting, they will conceptualise and develop their design, paying special attention to functionality and aesthetics. Utilising various finishing techniques, students will personalise their creations, adding visual appeal. This option offers a dynamic platform for students to explore their design sensibilities while honing their skills in hard materials technology.

[more information...](#)

Course Donation: \$65

Additional costs for EOTC or optional class activities may apply.

## **ARTS OPTIONS** : compulsory to select at least one

### **DANCE 10DANC**

#### Course Description

Year 10 Dance builds on the introduction to Dance that learners experienced in the Year 9 Dance programme and prepares learners for NCEA Level 1. They will recap what dance is, through genres such as Tap, Hip Hop, Latin, Jazz, and Cultural Dance. They will begin to use choreography elements to create their own performances.

[more information...](#)

Course Donation: \$40

Additional costs for EOTC or optional class activities may apply.

### **DRAMA 10DRAM**

#### Course Description

"All the world's a stage, and all the men and women merely players..." - and in Year 10 Drama, students take centre stage to explore the depth and diversity of performance. This course is for anyone who enjoys performing, building character, and working creatively with others.

Drama not only builds performance skills—it strengthens communication, teamwork, critical thinking, and confidence.

[more information...](#)

Course Cost: \$30 - Costume, scripts and theatre maintenance

### **MUSIC - 10MUSI**

#### Course Description

Within this course, you will have opportunities to perform and create music, as well as develop literacy skills in the universal language of music. Learners will develop valuable personal skills such as time management and collaborative teamwork. Year 10 Music is about freedom of choice and the right to self-expression. This course will challenge the learner to broaden their horizons and interact with their art at a deeper and more personal level. The music they create and perform is the learner's choice, and they are encouraged to breathe life into that which is meaningful to them.

[more information...](#)

Course Donation: \$25 - Instrument maintenance and specialist tutors

Additional costs for EOTC or optional class activities may apply.

# PHOTOGRAPHY      10PHOT

## Course Description

Get ready to take your photography skills to the next level! In this subject, you'll learn how to use a digital camera like a pro, explore manual settings, and snap stunning, high-quality shots. You'll also sharpen your editing skills, learn how to organise your work like a true creative, and get real-world experience by photographing school events and having your work featured in exhibitions and the yearbook..

[more information...](#)

Course Donation: \$60 (excludes DSLR camera, SD card and SD card reader).

Additional costs for EOTC or optional class activities may apply.

# TECHNICAL PRODUCTION      10PROD

## Course Description

This hands-on course is perfect for students who are curious about what happens behind the curtain. Technical Production offers a creative and practical introduction to the world of backstage roles in live theatre, music, dance, and multimedia performances.

Throughout the course, students will explore the technical side of putting on a show—learning how to operate lighting and sound equipment, design and build sets and props, manage backstage logistics, and bring creative ideas to life through costume, makeup, and multimedia effects. Whether you're interested in stage management, visual design, or the nuts and bolts of production, this course gives you the chance to take on real production roles and work as part of a team.

Collaboration, communication, and problem-solving are key to success, as students help shape and support live performances from concept to curtain call.

[more information...](#)

Course Cost: \$50 towards material needed for set, costume or prop design and maintenance of specialist equipment.

# VISUAL ART      10VART

## Course Description

Within this course, you will have opportunities to experiment with a variety of wet and dry media. Learners will explore a range of art disciplines and learn to generate, explore and communicate ideas. You will have the opportunity to discover, develop and apply new techniques in art making. Demonstrations help students work within a framework while encouraging freedom to generate individual ideas. This course has an emphasis on experiential learning and personal growth. Students are inspired by artist models and apply learned skills to their own works.

[more information...](#)

Course Donation: \$60 (excludes Visual Diary and Stationery/Personal Art Kit).

Additional costs for EOTC or optional class activities may apply.

# LANGUAGES OPTIONS

## JAPANESE 10JAPA

### Course Description

Within this course, you will review hiragana and learn how to read and write the Japanese script of katakana and a range of kanji (Chinese characters). You will actively watch and learn about anime related to the topic and study the amazing city of Kyoto - a city deeply influenced by Japanese culture and religions through intercultural language learning. You will be able to describe and express thoughts and recommendations about tourist activities in Japan and your own town. You will even create your own anime mascot. You will also feel confident reading maps and asking and giving directions politely in order to get around Japanese cities when you travel in the future.

[more information...](#)

Course Donation: \$5

Additional costs for EOTC or optional class activities may apply

## MANDARIN 10MAND

### Course Description

In this course, you will do inquiry learning on different aspects of travelling in China, such as the geography and history of China (The First Emperor & the Terracotta Army), major cities (Beijing, Shanghai, Hongkong, Xi'an, Chengdu, Guangzhou) with monuments (eg: the Great Wall), modern technology and ancient inventions, survival language when travelling in China, people and costumes, art and music (Chinese brush painting, calligraphy, and traditional Chinese music & CPOP). You will also learn about Chinese New Year, Lantern Festival, Dragon Boat Festival, and Mid-Autumn Festival traditions and customs.

[more information...](#)

Course Donation: \$5

Additional costs for EOTC or optional class activities may apply

## SPANISH 10SPAN

### Course Description

Within this course, you will research a Spanish speaking city and formulate questions for a TV game show. You will learn about what activities you can do while visiting a city.

[more information...](#)

Course Donation: \$5

Additional costs for EOTC or optional class activities may apply

# TE REO 10MAOR

## Course Description

This course is a discovery of Post-Colonial Māori warriors in the 1st and 2nd World War. This historical perspective of the Māori 28th Battalion will find us exploring the reasoning behind why so many Māori entered to support the British Empire in war. How did the Māori soldiers gain such respect and mana from friend and foe at Gallipoli, Italy, and East Africa? Discover the Haka and Waiata that to this day are used around the world. Discover the mastery that Māori displayed in battle.

[more information...](#)

Course Donation: \$30

Additional costs for EOTC or optional class activities may apply

# ENGLISH OPTIONS

## MEDIA STUDIES 10MEDI

### Course Description

Lights, Camera, Action! From MrBeast to Greta Thunberg to Cristiano Ronaldo. Welcome to the world of media content creation! Learn about screenwriting, social media influencing, marketing as an entrepreneur and revel in practical filmmaking. We look at how content is manipulated by its creators to influence audiences. With three exciting creative projects, you will discover the art of storytelling through the camera lens and develop brilliant cinematography skills! We will also look at a TV Series and develop an episode script, character and set design. Lastly, you will turn these practical skills into your own original film.

[more information...](#)

Course Donation: \$0

Additional costs for EOTC or optional class activities may apply.

# SOCIAL STUDIES OPTIONS

## GEOGRAPHY 10GEOG

### Course Description

New Zealand is a country defined by its water. We are surrounded by the ocean on the west and east of Auckland. Our landscape is carved by rivers, glaciers, and the ocean itself. In this course, we will learn about the water-based processes that change our environment. We will investigate how interactions with people have changed the landscape and how the rivers and oceans have changed us. We will also look at the issue of water accessibility, and its impact on our lives. Case studies from New Zealand and around the world will be used.

[more information...](#)

Course Donation: \$10

Additional costs for EOTC or optional class activities may apply.

## BUSINESS 10BUSI

### Course Description

New Zealand is a small nation at the bottom of the world that has had a proportionally huge impact on world innovation, business, design, and economies. We are a land of innovators and entrepreneurs. In this course, students will deepen their understanding of the world of business, economics, and accounting, and learn how our commercial world operates on a global scale and a small business scale too. Understand how the subjects of business, accounting, and economics inter-relate and overlap. Become skilled in the commercial business world. Our five topics are Legal Business Structures, Economics, Macro Economics, and Human Resources.

[more information...](#)

Course Donation: \$10

Additional costs for EOTC or optional class activities may apply.

# HISTORY 10HIST

## Course Description

Join our class as we journey into Ancient History. We'll learn about 'pre-history' - the first humans and early civilisations through to the Middle Ages. We'll investigate how humanity developed from cave dwellers to organised groups using tools and inventing plumbing and even the earliest toilets. This is an interesting course with many hands-on learning tasks. From Mesopotamia to the Romans - let's see what early civilisations really got up to.

[more information...](#)

Course Donation: \$10

Additional costs for EOTC or optional class activities may apply.

# PHYSICAL EDUCATION AND HEALTH OPTIONS

## SPORTS ACADEMY 10ACAD

### Course Description

Albany Junior High School offers a Sports Academy program for selected Year 9 and 10 students. This is to support students who endeavour to pursue Physical interests further beyond Health and Physical Education. We are committed to offering a wide variety of learning opportunities that are not specific to traditional sports to create an environment where all sportsmen and sportswomen can excel.

There is a trial process to be selected into the Sports Academy program. This is typically held at the end of term three and requires students to participate in a variety of challenging physical fitness tests and activities. The selection process is a thorough, objective process including but not limited to; fitness tests, problem-solving activities and teamwork challenges. Applications also take into consideration students' ability to collaborate, effort, attitude and their ability to uphold the expectations of an Academy student who are seen as role models and leaders across all areas of school.

[more information...](#)

Course Donation: \$330

Additional costs for EOTC or optional class activities may apply.

## SPORTS SCIENCE 10SPSC

### Course Description

This course is designed for students who are interested in improving their sports performance, based on having a better understanding of anatomy, basic physiology, nutrition and different types of fitness assessments, as well as participating in activities with an element of risk.

[more information...](#)

Course Donation: \$0

Additional costs for EOTC or optional class activities may apply.

# SCIENCE OPTIONS

## HUMAN BIOLOGY 10STAY

### Staying Alive

#### Course Description

Imagine being faced with a loved one collapsed and non-breathing on the floor or arriving home with a stage 4 skin cancer diagnosis. Would you know what to do??

This course will help you understand how the heart, lungs and skin function and what to do if they become diseased. Having this knowledge can be a game changer in a critical medical event. You will learn how to save lives!!

[more information...](#)

Course Donation: \$40

(includes organs for dissection, CPR & practical consumables)

Additional costs for EOTC or optional class activities may apply.

## HUMAN BIOLOGY 10MIND

### Amazing Mind

#### Course Description

Imagine being faced with a loved one suddenly falling to the ground, unconscious and jerking uncontrollably, or slurring their words and unable to move one side of their body. Would you know what to do??

This course will help you explore how your brain enables you to think, learn, create, make memories and feel emotion, whilst controlling every blink, breath and heartbeat. It will also teach you what to do if your brain/nervous system becomes diseased or injured. There is a special focus on spinal cord injuries to help you make safe choices as an adolescent this summer.....

[more information...](#)

Course Donation: \$30

(includes organs for dissection & practical consumables)

Additional costs for EOTC or optional class activities may apply.

## FORENSIC SCIENCE 10FSCI

#### Course Description

Think you've got what it takes to crack the case?

Step into the world where science meets investigation – where observation, analysis, and evidence come together to uncover the truth.

This course combines biology, chemistry, and physics to solve real-world problems within the context of criminal investigations. From analysing unknown substances to examining fingerprints, footprints, and handwriting, forensic techniques are used to collect, evaluate, and interpret evidence.

Get ready to think critically, follow the clues, and discover how forensic science can reveal the truth when all else fails.

[more information...](#)

Course Donation: \$40

(practical consumables)

Additional costs for EOTC or optional class activities may apply