



Academia Stella Maris

Virtus et Honor

ASM aims to support each student along their path to academic and personal success through the development of their intellect and God-given gifts while promoting virtue and strong character as the foundation of their purpose-filled life in Christ.

For students in grades 1-9, each day of the week is given a particular focus or theme which allows the schools to support full-time students while also welcome part-time students who select between 1-4 full days of the week to attend. Program scheduling and content are subject to change based on staffing and enrollment.
Note the days of the week highlighted in light yellow.

Depending on the age and subject matter, ASM teachers utilize aspects of the well-known Montessori, Charlotte Mason and Classical Education models as students develop a strong foundation in mathematics, classical literature, phonics and language arts, memory work, music and art, science, history and cursive writing. Our bilingual curriculum offers most subjects in French (science, social studies and language arts) and the rest in English. Chapel, Mass and school-wide activities occur in a bilingual environment.

All subjects are taught with the Catholic faith in mind.

		JK/SK	Grades 1 - 5	Grades 6 - 9
LANGUAGE ARTS	English	<p>READING First Start Reading (<i>Memoria Press</i>) Students experience a balanced, age-appropriate approach to phonics and reading, and a serious focus on correct pencil grip and letter formation.</p> <p>PHONICS Jolly Phonics A comprehensive programme, based on the proven, fun and multi-sensory synthetic phonics method that gets children reading and writing from an early age.</p>	<p>Grade 1 & 2: WRITING First Language Lessons - Level 1 (<i>Well-Trained Mind</i>) A grammar study using copywork, narration, picture study, and other classical techniques to develop the student's language ability.</p> <p>Grade 3 - 5: WRITING Structure and Style for Students - Level A (<i>IEW</i>) Incremental, and effective writing lessons. The curriculum provides clear daily assignments and includes vocabulary words and literature suggestions.</p> <p>GRAMMAR English Grammar (<i>Memoria Press</i>) <i>English Grammar Recitation</i> covers capitalization and punctuation through recitation. Students recite the rules and demonstrate their correct use through dictation of model sentences. Students will master (and be able to recite fluently) 31 grammar rules, 10 capitalization rules, and 15 punctuation rules.</p> <p>SPELLING Traditional Spelling (<i>Memoria Press</i>) A comprehensive, phonetic approach to teaching spelling which incorporates reading, writing, and dictation of spelling words. Provides students with an extensive mastery-based study of phonics for spelling and reading.</p> <p>LITERARY ANALYSIS Grades 1 - 6 Classical texts are studied at all levels.</p>	<p>WRITING Structure and for Students - Level B (<i>IEW</i>) Incremental and effective writing lessons. The curriculum provides clear daily assignments and includes vocabulary words and literature suggestions.</p> <p>GRAMMAR English Grammar (<i>Memoria Press</i>) <i>English Grammar Recitation</i> continues with memorization of facts first as the necessary preparation for the logic-level skills of diagramming and analysis. It covers common capitalization and punctuation rules, and approximately 150 grammar facts in a logical and systematic sequence. This builds in later grades to teach phrases and verbals and expand upon nouns and pronouns, additional grammar facts and a focus on clauses, specifically the three types of subordinate clauses.</p> <p>SPELLING Traditional Spelling (<i>Memoria Press</i>) A comprehensive, phonetic approach to teaching spelling which incorporates reading, writing, and dictation of spelling words. Provides students with an extensive mastery-based study of phonics for spelling and reading.</p> <p>LITERARY ANALYSIS Windows to the World (<i>IEW</i>) <i>Windows to the World</i> provides a solid grounding in literary analysis—what to look for when we read a work of literature, the literary devices commonly used by authors and why they work well, and how authors succeed in conveying tone, theme, character, irony, point of view, and so forth. With this course they will learn to annotate, analyze, and appreciate literature.</p>
	French	<p>PHONICS Jolly Phonics Used along with other phonetic-based programs.</p> <p>HANDWRITING ABC Boom! A multi-sensory handwriting method designed for children in the early years of education. It helps provide a solid foundation in handwriting and fosters the automatic motor skills that will help prevent problems with letter reversal, letter direction and handwriting speed.</p> <p>The program uses multisensory activities (auditory, visual, hands-on, and movement) to teach the strokes (strokes are the lines that you draw to make letters), which form all 26 letters.</p>	<p>Grade 1 & 2: READING & WRITING Alphabétique (<i>Pearson</i>) & L'Écriture par Étapes</p> <p>We take into account the rhythm of the students by offering: - texts tailored to promote the learning of the reading - mini-tasks of writing to ignite a love for writing - more resources of manipulations and vocabulary cards</p> <p>Grade 3 - 6: READING & WRITING Texto (<i>Pearson</i>) & L'Écriture par Étapes</p> <p>Each level targets these reading strategies: - make predictions - understand the punctuation marks - hot to remember the essential details - recognize words that replace others - understand the meaning and relationship between words - understand new words - how to read between the lines As these strategies are developed, students gradually acquire mastery of them and become more and more competent and autonomous readers.</p> <p>Students analyze and learn how to write different types of texts: descriptive, narrative, poetic, incitative, playful, testimony, procedure, argumentation.</p> <p>GRAMMAR Grammaire de base (<i>Pearson</i>)</p> <p>Learning stages follow each other so that knowledge is built on a solid foundation. Lexicon, spelling, conjugation, syntax and punctuation, organization and consistency of text are studied according to the level of instruction.</p>	<p>Grade 7 - 9: READING & WRITING Texto (<i>Pearson</i>) & L'Écriture par Étapes</p> <p>Includes learning of reading strategies using numerous literary and current texts, all accompanied by comprehension activities. Students analyze and learn how to write different types of texts: descriptive, narrative, poetic, incitative, playful, testimony, procedure and argumentation.</p> <p>GRAMMAR L'Express Grammatical</p> <p>Students are taught to review their texts in a perfectly independent way. The tools and program used are designed specifically to help students in writing situations throughout their high school, it contains the essential rules of grammar: syntax punctuation spelling a grammatical text of the lexicon text</p>
	Latin	<p>Grade 1 - 6: SPELLING L'orthographe au Quotidien</p> <p>Students are challenged on a weekly basis with a list of words introducing phonetic rules as well as grammar rules of the language. The difficulty of words progresses as children progress through the levels of study. Children start with simple word lists that focus on the sounds of the language and evolve with each year of study.</p>	<p>Grade 1 - 9 LITERARY ANALYSIS Grades 1 - 9</p> <p>Classical texts are studied at all levels (GR.1 to 9) e.g. Les Fables de la Fontaine, Le Petit Prince, Notre Dame de Paris, Les trois mousquetaires, etc. Contemporary texts with specific themes are also studied. These themes are explored during the term. eg. Collection La Cabane Magique</p>	<p>Grade 7 - 9: SPELLING Dictée Une Belle Façon</p> <p>Students are challenged on a weekly basis with literary texts that they must study. These texts help students learn to write less complex words as well as develop their vocabulary and literary style</p>
		<p>MONDAYS - Literary Analysis & Reading (EN) // TUESDAYS - Grammar (EN) // FRIDAYS - Writing (EN)</p>		
		<p>WEDNESDAYS - Literary Analysis, Spelling & Grammar (FR) // FRIDAYS - Writing (FR)</p>		
		<p>Ecclesiastical Latin Adapted for Gr. 6 - 9 students</p>		
		<p>MONDAYS</p>		

		JK/SK	Grades 1 - 9
FAITH	Catechism	<p>CATECHISM Catechesis of the Good Shepherd</p>	<p>CATECHISM Faith & Life Series, Baltimore Catechism & Catechesis of the Good Shepherd The Catholic faith and the Catechism of the Catholic Church (CCC) are woven, studied and presented throughout the whole curriculum in every subject. The students are immersed in the beauty of catholicism in every discipline and through each program.</p> <p>FAITH IN ACTION Daily chapel & prayer time, activities and Quests to grow in faith</p> <p>MASS Holy Mass offered at school on Thursday afternoons (English/French)</p>
		<p>TUESDAYS - Catechism // THURSDAYS - Mass // DAILY - Chapel & Prayer (EN/FR)</p>	

		JK/SK	Gr 1 & 2	Gr 3 & 4	Gr 5 & 6	Gr 7 - 9	
SOCIAL STUDIES	Social Studies	<p>SS JK/K The Gentle + Classical Kinder</p> <p>Level 1 and 2 lead children into a relationship with Christ, a relationship with God's creation, and a loving relationship with education.</p> <p>It offers units that integrates themes around Motor skills, Language and Arts, Sciences, Math, Social Studies, Scriptures and Catechism, Virtues and Manners.</p> <p><i>Topics covered include:</i> days of the week, months of the year, My family Mommy's name is..., Daddy's name is..., My town is..., My province is..., My country is..., Canada Day, Careers and Vocations: policemen, firemen, doctors, military, priests, sisters, married life, Settlement, Pilgrims, Natives, etc....</p>	<p>SS Gr 1 & 2 Our Catholic Identity</p> <p>Taught in French, students in these grades may cover (depending on year):</p> <p>Grade 1: Traditions and Celebrations Past Generations A Flower to Remember My Environment The Earth and God's creation My Country, My Province In Harmony with Nature and God My Responsibilities and My Rights Rules and The 10 Commandments World Around the World</p> <p>Grade 2: My Local Community / Living in a Community My Responsibilities at Home, At School, in the Community Essential Services The Natural Environment of My Community Cardinal Points Our Natural Resources Organization of my Community Observing Cultures The history of my community Characters and important events in the history of my community My place in my community My contributions / My commitment I describe myself amid My identity World Map Canada's Cultural Diversity / Communities</p>	<p>SS Gr 3 & 4 Escales (<i>Pearson</i>)</p> <p>Taught in French, students in these grades may cover (depending on year):</p> <p>Grade 3: Iroquoiens, Algonquiens and Incas around 1500, important events between 1500 and 1745 in Canada including exploration, trade and the settlers, & the Iroquoiens around 1745;</p> <p>Grade 4: French Society in New France around 1645, Important Events between 1645 and 1745 such as trade, expeditions, new industries and the intercolonial wars, Canadian Society in New France around 1745 and the 13 colonies.</p>	<p>SS Gr 5 & 6 Escales (<i>Pearson</i>)</p> <p>Taught in French, students in these grades may cover (depending on year):</p> <p>Grade 5: Important Events between 1745 and 1820 including the Quebec Act, American War of Independence and Upper/Lower Canada, Life in Canada around 1820, events between 1820 and 1905, life in Quebec around 1905 and Canadian societies around 1905;</p> <p>Grade 6: Life in Quebec around 1905, Important events between 1905 and 1960 including WWI and WWII, the Great Depression and post-war period, events 1960-1980, life in Quebec around 1980, Quebec and Cuba 1980, Mi'kmaq and Inuit;</p>	<p>SOCIAL STUDIES Espace Temps - Histoire (<i>Pearson</i>)</p> <p>Taught in French, students may cover (depending on year):</p> <p>Prehistory, First civilizations, Ancient Greece, Roman Empire, Christianization, Urban Rise during Medieval Time; Renaissance, French and American Revolution, Industrialisation, Liberty and civil rights</p>	
			<p>*NB* For Grades 1-6: <i>History and Geography are mixed in the program. Includes exploration of different civilizations</i></p>				<p>GEOGRAPHY Espace Temps - Géographie (<i>Pearson</i>)</p> <p>Taught in French, topics covered may include:</p> <p>Natural parks, Cities facing natural risks, Tourism, Metropolises, Agricultural territories, Heritage cities, Forest territories, Industrial territories, Energy territories, Agricultural areas at risk, Indigenous territories</p>
		<p>WEDNESDAYS - Social Studies (taught mainly in French)</p>					

		JK/SK	Gr 1 & 2	Gr 3 & 4	Gr 5 & 6	Gr 7 - 9	
MATH	Mathematics	<p>SK Number Skills K</p> <p>Aid your child's curiosity in numbers while building a strong arithmetic foundation at his early age.</p> <p>Your child will learn numbers concepts from 1-100 and practical skills including telling time, bill and coins value, using the calendar, and much more.</p> <p>Written and oral evaluations are also provided in the book to measure how well your child grasps these important concepts. The colorful pages will make learning numbers enjoyable for your child as he works through the book.</p>	<p>1 Abeka Arithmetic 1 Concepts include counting, writing and reading numbers, place value, addition and subtraction, money, graphs, measurements, time, temperature, and fractions. Applications to real-life situations and daily thinking questions stretch the students' reasoning ability.</p> <p>2 Abeka Arithmetic 2 Concepts taught or reviewed in Arithmetic 2 include counting, place value, addition and subtraction, money, time, graphs, simple geometry, multiplication and division, and Roman numerals. Students will apply the skills and facts they have learned as they complete word problems that are based on concrete situations. New material is built on prior learning and encourages students to think through new concepts.</p>	<p>3 Abeka Arithmetic 3 Extensive work is provided in multiplication, long division, and multi-step story problems. Students will tackle fractions, equations, measurement conversions, graphs, and simple geometry. Practical problems on the daily work pages reinforce new concepts, and ample review problems promote student success.</p> <p>4 Abeka Arithmetic 4 The four basic processes are taught and reviewed, as well as multiplying and dividing by two-digit numbers, estimation, square measures, writing decimals as fractions, and simple geometry. A major emphasis is on working with proper and improper fractions; adding, subtracting, and multiplying fractions; and finding the least common denominator. Students will continue to solve multi-step word problems which encourage the application of concepts being learned.</p>	<p>5 Abeka Arithmetic 5 Problem-solving strategies are scattered throughout the text to help students acquire the skills necessary to be expert problem solvers. Emphasis is placed on topics such as whole numbers, fractions, decimals, measurement and algebraic equations, and basic geometric problems.</p> <p>6 Abeka Arithmetic 6 Each student an abundance of practice problems and review exercises to help each student master important arithmetic skills and concepts. Almost daily story problems and frequent problem-solving strategies are featured, providing practical application for real-life situations. Arithmetic 6 takes students from the known to the unknown as they study fractions, decimals, proportions, percents, prime factoring, algebraic equations, measurement, basic geometry, and beginning banking.</p>	<p>7 Saxon 8/7 Reviewing arithmetic calculation, measurements, basic geometry, and other foundational concepts and skills. At the same time, Math 8/7 includes extensive pre-algebra exercises, preparing the student for upper-level mathematics.</p> <p>8 Saxon Algebra 1/2 Algebra 1/2 represents a culmination of pre-algebra mathematics, covering all topics normally taught in pre-algebra, as well as additional topics from geometry and discrete mathematics (used in engineering and computer sciences).</p> <p>9 Saxon Algebra 1 Algebra 1 covers all topics in a first-year algebra course, from proofs, statistics, and probability to algebra-based, real-world problems. With Algebra 1, students begin developing the more complex skills and understanding required for high school level mathematics.</p>	
			<p>MONDAYS & TUESDAYS</p>				

		JK/SK	Gr 1 & 2	Gr 3 & 4	Gr 5 & 6	Gr 7 - 9	
SCIENCES	Science & Nature Study	<p>Science The Gentle + Classical Kinder</p> <p>Level 1 and 2 lead children into a relationship with Christ, a relationship with God's creation, and a loving relationship with education.</p> <p>It offers units that integrates themes around Motor skills, Language and Arts, Sciences, Math, Social Studies, Scriptures and Catechism, Virtues and Manners.</p> <p><i>Topics include: Tadpoles, Fish, Birds, Butterflies, Spiders, Bees, Dinosaurs, Farm Animals, Forest Animals, Savanna Animals, Ocean Animals, Plants, Trees, Flowers, Mushrooms, Fruits and Vegetables, 4 Seasons, etc....</i></p>	<p>1 Science de la Nature 1</p> <p>Study of these following themes: Characteristics and needs of living species, Four senses, Characteristics of objects and materials, Seasonal Changes</p> <p>2 Science de la Nature 2</p> <p>Study of these following themes: the animal kingdom, properties of solids, liquids and gas, movement, the properties of air and water</p>	<p>3 Éclair de Génie 3 A city without a dump, is that possible? Why is it dangerous to live in certain parts of the world? Is it always hot in a desert? Why not take shelter under a tree during a thunderstorm? On which planet in the solar system would a kangaroo jump the highest? How does a plane fly? How long will I grow up? Is it possible to pop a glass while singing? Can heat be used for anything other than heating? How does a magnetic crane work? An electric game to test your knowledge!</p> <p>4 Éclair de Génie 4 Millipedes, woodlice and earthworms: friends or enemies of the ground? If the bees disappeared, what would it do? Should we be afraid of carnivorous plants? How can animals live outside all winter? Eating well: what does that mean? What do the Sun, water and wind have in common? Is energy everywhere? How do the boats float? Why save water? Why should we recycle paper? How to lift a friend heavier than me on a seesaw?</p>	<p>5 Éclair de Génie 5 Why do the leaves fall in the fall? How can a plant move? Why do some cheeches have holes? Where does the sea go when the tide is low? Why is the sky blue during the day and red at sunset? Does global warming cause natural disasters? How do you clean water after an oil spill? Oops! more light in my room. What can be the problem? Why have we been using plaster for thousands of years to build houses? What do a bicycle have in common and that of a manual fan?</p> <p>6 Éclair de Génie 6 Is a city without a dumping ground possible? Why is it dangerous to live in certain regions of the world? Is it always hot in a desert? Why not take shelter under a tree during a thunderstorm? On which planet of the solar system a kangaroo would jump the highest? How does an airplane fly? When will I grow up? Is it possible to burst a glass while singing? Can heat be used for anything other than heating? How does a magnetic crane work?</p>	<p>7 Science de la Nature Secondaire 1 Ecosystem Interactions (ie. Ecosystems and their Components) Ecological Succession Preservation of Ecosystems) Particle Theory of Matter (ie. Volume, Boiling and melting points, Scientific theories, The particulate theory, Temperature and heat, Insulators and thermal conductors), Forces and Structures (ie. Natural and manufactured structures, the centre of gravity and stability of structures, Internal and external forces, failure of materials) & Earth (ie. The earth's structure, the earth's composition, Rocks cycles, Mineral Resources and Its Impacts, The Importance of Soil, Plate tectonics)</p> <p>8 Science de la Nature Secondaire 2 From Cells to Systems (ie. The Characteristics of Living Things, Microscope and Cells, Cell Membrane and Particle Movement, The Specialization of Cells, The Circulatory System), Optical (ie. Light sources, the properties of light, Electromagnetic radiation, Reflection and refraction, Mirrors and lenses, Point of an image) Fluids (Fluids and solids, Viscosity, Fluid flow, The density of the pressure, Hydraulic and pneumatic systems), Water Systems (ie. Freshwater and saltwater, Sea currents and climate, Water Cycle and Flow, Tides, Floods, Drinking-Water and Water Treatment)</p>	
			<p>NATURE STUDY Charlotte Mason</p> <p>Nature study lays the foundation for science lessons. Spending time outdoors with guided observations and nature notebooking through a variety of styles and mediums.</p>				
		<p>THURSDAYS - Nature Study (English) & (French)</p>					

		JK/SK	Grades 1 - 9
ARTS	Art	<p>ARTS The Gentle + Classical Kinder</p> <p>Music, plays and crafts related to each theme of the gentle and classical Kinder curriculum</p>	<p>VISUAL ARTS Seton Art</p> <p>Art appreciation is taught using beautiful, inspired resources such as Seton's <i>Art Series Collection</i>.</p>
	Music/Theatre	<p>MUSIC/THEATRE Musical Productions</p> <p>Students prepare 2 musicals or theatre presentations a year, chosen by our art teacher, through which concepts in music notation, singing, acting and stage production are being taught.</p>	<p>FRIDAYS - Art, Music & Theatre</p>

		JK/SK	Grades 1 - 9
PE	Physical Education	<p>ALL GRADES</p> <p>PE classes are run outside.</p> <p>Throughout the year students can be introduced to cross country running, soccer, basketball, volleyball, baseball, tennis, snowshoeing, and a diversity of other team sports etc....</p> <p>We encourage students leadership through PE classes by allowing children to lead classes with the help of teachers and sharing with others their talents.</p>	<p>MONDAYS, TUESDAYS, THURSDAYS, FRIDAYS</p>