

STURGEON HEIGHTS SCHOOL

COMPLEMENTARY COURSES GRADES 7 TO 9



2011 - 2012



Option/Complementary Courses for Junior High Students at Sturgeon Heights School

Our philosophy regarding complementary courses is that students access these courses to explore areas of interest, develop skills and round out their school and life experiences. The school, under the advisement of school council, has given careful consideration regarding the initiative to offer some high cost options. We do feel that some of our families appreciate having access to programs now being offered in other schools in St. Albert but would like to remain loyal to our school. We believe students should explore a range of options and also have the ability to delve deeper into some programs of interest as they progress through their junior high years.

When selecting options it is important to realize that not all your choices may be possible in one year due to scheduling conflicts, class size limitations and our philosophy of giving priority to students in their final year of junior high. Students have 9 trimester opportunities with up to two courses per trimester over the three years they are in junior high to access the courses they desire. Therefore students can take up to 18 different options in their junior high at our school. We recommend students plan a well rounded selection of courses over the three years to explore the arts, sciences, academic, second language and fitness programming available as complementary courses at Sturgeon Heights School.

Our option courses will fit with our report card periods. Trimester 1 options will begin the week of September 12 and end the week of November 25; trimester 2 options will begin the week of November 28 and end the week of March 9; trimester 3 options will begin the week of March 12 and end the week of June 15.

Generally there will be three categories of options for students; 1) those which will meet 2 blocks per week for one trimester (1 unit); 2) those that will meet 2 blocks per week for 2 trimesters (2 units); and 3) those that will meet 2 blocks per week for 3 trimesters. (3 units)

Each student will enroll in 6 units of option courses. In order to achieve balance and ensure efficiency in option programming, there will be minimum and maximum sizes as guidelines for the courses. This minimum and maximum class size will vary from course to course. Students would identify their first 6 units of study when registering and then also identify 3 units of alternatives in the event a particular course is either cancelled due to low enrollment or is over subscribed.

Some of the off-campus programs will spill over into the recess/lunch breaks.

Each of these option courses we offer is in some way an extension or reinforcement of learning based on major curriculum areas or a defined area of study which may be continued through high school years.

Proposed option offerings for the 2011/12 school year

1. One trimester (one unit) courses include:
 - a. Applied Technology (1 unit)
 - b. Art (1 unit)
 - c. Basketball (1 unit)
 - d. Choral Music (1 unit)
 - e. Drama (1 unit)
 - f. Drama Production (1 unit)
 - g. Entrepreneurship (1 unit)
 - h. Field Sports (1 unit)
 - i. Fit 4 Life (1 unit)

- j. Fit 4 Life – Dance (1 unit)
 - k. Foods Intro (1 unit)
 - l. Foods Advanced (1 unit)
 - m. Foods Culinary Arts (1 unit)
 - n. Horsemanship (1 unit)
 - o. Interactive Science (1 unit)
 - p. Outdoor Education (1 unit)
 - q. Robotics (1 unit)
 - r. Volleyball (1 unit)
2. Two trimester (two unit) courses include:
 - a. French (2 units)
 3. Three trimester (three unit) courses include:
 - a. Concert Band Beginners (3 units)
 - b. Concert Band Advanced (3 units)
 - c. Leadership (3 units)

Fees for Option Courses:

The following options have fees that are also subsidized with instructional dollars:

- Concert Band Beginners \$45.00
- Concert Band Advanced \$40.00
- Foods Intro \$25.00
- Foods Advanced \$25.00
- Foods Culinary Arts \$25.00
- Drama \$10.00
- French 7 / 8 / 9 \$ 5.00
- Art \$16.00
- Outdoor Education (to be determined depending on Outdoor Ed camp)

The following options do not have a fee:

- Applied Technology
- Basketball
- Choral Music
- Entrepreneurship
- Field Sports
- Fit 4 Life - Dance
- Interactive Science
- Robotics
- Student Action and Leadership
- Volleyball

We offer the following options with full user fees. Due to the high costs of these opportunities, it is the feeling of the school and the school council that the participants should cover full costs of program plus transportation:

- Fit 4 Life \$100.00
- Horsemanship \$300.00

Each of these options has fees for facility and/or certified instructor plus bus transportation based on the number of times the sessions would meet. The costs for each of the options are based on 20 students in each program. The intent of these courses is to fit with the societal focus to develop fitness in students and to encourage lifelong physical activity.

*Please read the course descriptions that follow and make your selections on the registration form at the end of this document.

NOTE: There are class size limitations on all option courses.

Applied Technology

PRE-REQUISITE: NONE

OPEN TO ALL JUNIOR HIGH STUDENTS

FEE:

There is no fee for this course



Applied Technology is a computer course that focuses on particular softwares and skills, as opposed to the traditional word-processing curriculum. Applied Technology will look at digital photography and Photoshop, video and editing suites, and website design. Students in this option are encouraged to bring their own laptops to class.

Art

PRE-REQUISITE: NONE

OPEN TO ALL JUNIOR HIGH STUDENTS

FEE:

There is a \$16 fee for this course

The Art option allows the students to develop technical skills as well as express themselves personally. Line, value, texture, space, shape: these terms will be learned as students are given the opportunity to explore the basic elements of art design. The focus of this hands-on class is on developing the basics of drawing and painting. A variety of media will be used throughout the term including pencils, charcoal, pastels, tempera, and watercolor



Basketball

PRE-REQUISITE: NONE
OPEN TO ALL JUNIOR HIGH STUDENTS

FEE: There is no fee for this course

This course is designed as a physical fitness program and to develop leadership skills through the sport of basketball. The course will provide an excellent opportunity to strengthen basketball skills and for students to further their understanding of game strategies and officiating abilities. There will be classroom instruction on skills, rules and strategies. Beginners and advanced players are welcome.



Choral Music

PRE-REQUISITE: NONE
OPEN TO ALL JUNIOR HIGH STUDENTS

FEE: There is no fee for this course

In this 25-hour option, students will learn to sing and perform choral selections in various styles and arrangements. Performance opportunities may be provided and students are expected to participate in order to complete the course. No testing or auditions are required – only a willingness to try your best and have fun! Music rehearsed may be in preparation for a Spring musical presentation.



Concert Band Beginners

PRE-REQUISITE: NONE
OPEN TO ALL JUNIOR HIGH STUDENTS

FEE: There is a \$45.00 fee for this course plus the cost of Band Camp



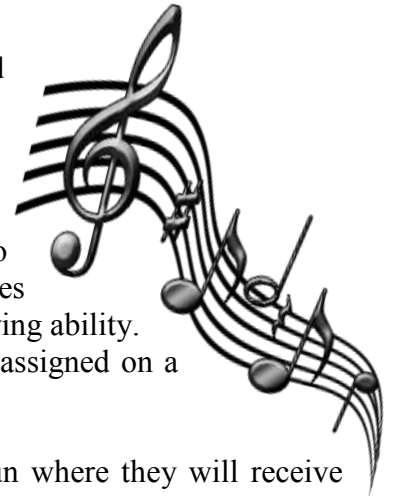
Students will take band in a group lesson format for 75 hours in order to develop the skills required to learn to play a woodwind, brass or percussion instrument. They will also learn basic music theory, which will enable them to read and understand musical scores. Instruments are provided by the School Division free of charge on a limited basis. Students will be assigned instruments within the parameters of creating a balanced band so that the group can perform concert band repertoire. The band students will attend a Division Beginner Band Workshop early in the year free of charge. In March they will attend a two-day band camp at Camp Nakamun where they will receive expert instruction provided by professional clinicians. The cost of the camp is \$80.00, which will be collected later in the year. This is a performance-based option and students will be performing in scheduled concerts.

Concert Band Advanced

PRE-REQUISITE: CONCERT BAND BEGINNERS

FEE: There is a \$40.00 fee for this course plus the cost of Band Camp

Students will take band for 75 hours to further develop the skills required to play a woodwind, brass or percussion instrument. This class is open to Grade 8 and Grade 9 students who are second or third year players on their instruments. No beginners will be placed in this class. Students will build on their playing abilities developed in beginning band and will progress to a Grade 2 or higher musical playing ability. The school will provide instruments to students free of charge and they will be assigned on a seniority basis and in consideration of forming a balanced ensemble.



In March the band students will attend a two-day band camp at Camp Nakamun where they will receive expert instruction provided by professional clinicians. The cost of the camp is \$80.00, which will be collected later in the year. This is a performance-based option and students will be performing in scheduled concerts.

Drama

PRE-REQUISITE: NONE

OPEN TO ALL JUNIOR HIGH STUDENTS

FEE: There is a \$10 fee for this course



The primary objectives for dramatic studies are to enhance student confidence and imagination through active expression. Students explore various forms of drama through simple games and exercises. Some themes of interest include improvisational theater, stage plays, characterization, comedy-theater, and staging. Students may be involved in producing the yearly school play. Come join in the fun!

Drama Production

PRE-REQUISITE: NONE

OPEN TO ALL JUNIOR HIGH STUDENTS

Mandatory additional after school rehearsals the final week of the option, as well as evening shows

Must be willing to attempt singing

FEE: There is a \$10 fee for this course

Must provide own costume (simple costume suggestions will be given)

“Cause I have wings and yes I can fly. Around the moon and beyond the sky.” Horton

Join in the adventures of Horton, the Who’s and the other animals in the jungle of Nool for this year’s drama production – Seussical JR. A cast of 40 students will be acting and singing in this year’s musical. Ten spaces in this class are reserved for the lighting and stage crew. This class is an opportunity for students to experience the time, energy and talent that goes into a theatre production.



Entrepreneurship

PRE-REQUISITE: NONE

OPEN TO ALL JUNIOR HIGH STUDENTS

FEE:

There is no fee for this course



In this 25-hour course students will have an opportunity to explore the steps to becoming successful in business. Students will compare and assess a variety of venture opportunities and ideas, investigate career paths and possibilities where opportunities and challenges lie. The course will involve guest speakers who operate successful businesses. This will be an opportunity for students to plan, think and begin to implement a small business.

Field Sports

PRE-REQUISITE: NONE

OPEN TO ALL JUNIOR HIGH STUDENTS

FEE:

There is no fee for this course

This course is designed as a physical fitness program and to develop leadership skills through the sports of soccer, lacrosse, and flag football. The course will provide an excellent opportunity to strengthen skills and for students to further their understanding of game strategies and officiating abilities. There will be classroom instruction on skills, rules and strategies.



Beginners and advanced players are welcome.

Fit 4 Life

PRE-REQUISITE: NONE
OPEN TO ALL JUNIOR HIGH STUDENTS
FEE: There will be a \$100 fee for this course



Quality of life is enhanced when individuals maintain a healthy life style. Fitness for Life emphasizes active living with a focus on the value of physical activity, making responsible choices, and committing to a healthy life style. A sedentary life style is becoming increasingly more common among our student population. To counteract this, it is our desire to introduce students to information and activities that they may come to embrace in their lifelong pursuit of a healthy life style. This course is designed to include all levels of ability and will include field trips to facilities such as fitness centers, wall climbing centers, skating rinks, curling rinks and other activity-based facilities.

Fit 4 Life – Dance Program

PRE-REQUISITE: NONE
OPEN TO ALL JUNIOR HIGH STUDENTS
FEE: There is no fee for this course



So you think you can dance? Dance has weaved its way into our mainstream media and become a popular fixture on television and in films. Dance is also a way in which cultures celebrate their diversity and unique heritage. Students in this course will mainly study jazz, hip hop, and folk dance, but will also be exposed to other styles of dance including ballet, modern, and tap. There will be a focus on improving dance technique, flexibility, musicality, choreography, performance, and self-confidence. Previous dance experience is not required – only a willingness to put in your best effort and try new things! As students come into the dance program with varying levels of technical skills, level of dance experience will be matched with the appropriate level of instruction.

Foods Intro

PRE-REQUISITE: NONE
OPEN TO ALL JUNIOR HIGH STUDENTS
FEE: There is a \$25 fee for this course



We know that “You are what you eat!” Canada’s Food Guide to Healthy Eating assists you to make wise food choices. The students will gain knowledge relating to food safety, and safe handling of tools and equipment. The knowledge and skills gained in Introductory Foods will be used to produce nutritious edibles from grain products, vegetables and fruits, milk products, and meat and alternatives. The students will be able to describe food choices in relation to Canada’s Food Guide to Healthy Eating.

Foods Advanced

PRE-REQUISITE: FOODS INTRO

FEE: There is a \$25 fee for this course

Success in preparing foods depends on understanding recipes and equipment, care in handling food, as well as safe and efficient work habits. The students will continue building on their knowledge relating to food safety, and safe handling of tools and equipment. The focus of this course will be on gaining skills in the planning and preparing the elements of a formal meal. These skills will be used to produce delicious appetizers, salads, main dishes, and desserts. Bon appetit!!



Foods Culinary Arts

PRE-REQUISITE: FOODS INTRO

FEE: There is a \$25 fee for this course



Culinary art is the art of preparing/cooking foods. Culinary artists are responsible for skillfully preparing meals/foods that are pleasing to the palate as well as to the eye. Culinary artists have the potential to find careers in restaurants, franchise, specialty foods or become food stylists, critics, etc. The possibilities are endless. Culinary Arts will introduce students to some basic principles and hands-on experience. Student will need to work with others to communicate ideas, solve problems, demonstrate use of food safety/sanitation, plan effectively, prioritize tasks, and learn to compensate for defects and failures. In this introduction to Culinary Arts, students will also learn to display creativity and flair in the presentation of foods using appropriate garnishes or techniques. Students will be required to do some preparatory work at home for classes.

French

PRE-REQUISITE: NONE

OPEN TO ALL JUNIOR HIGH STUDENTS

FEE: There is a \$5 fee for this course

Bienvenue! In this year-long course students will have an opportunity to develop communication skills in French and learn about French culture around the world. There is no prerequisite French language ability to take this class; just a desire to learn. The emphasis throughout the year will be on oral communication skills with grammar integrated into the units.

Students will be required to supply their own French dictionary (**LAROUSSE: Dictionnaire School Francais-Anglais**). Some of the units students will study include weather, holidays, community, sports and exercise, housing and animals. Best of all, for the culminating activity students will sample French cuisine!



Bienvenue! In this dual-term course students will have an opportunity to develop communication skills in French and learn about French culture around the world. The class is composed of four key elements of the French language; Communication (Representation and Writing), Language (Speaking), Culture, Language Learning Strategies. Some of the units covered include weather, holidays, community, sports and exercise, housing and animals. Students will have a culminating fieldtrip where they are able to practice their French skills.

Horsemanship

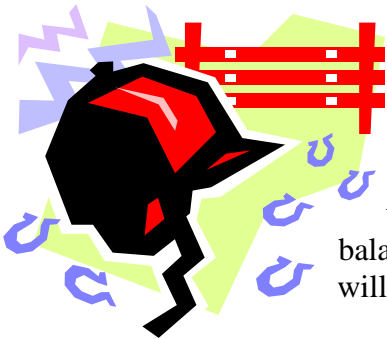
PRE REQUISITE: NONE

OPEN TO ALL JUNIOR HIGH STUDENTS

FEE:

\$300.00

(10 riding lessons - \$250.00 (**This is a great deal as 10 lessons x 45 min. each typically costs \$420.00**) and busing to the stables - about \$50.00)



ASTM certified Horse Riding Helmets, horse, tack, and equipment are provided but students will need to provide their own footwear with 1/2" heel (ex. hiking boot, rubber boot, western boot, paddock boot, English riding boot)

Do you love horses, want to learn more about them, and learn to ride? Then join the horsemanship option! In the spring trimester, a comprehensive program balancing theoretical classroom information and practical stable and riding experience will be offered to students of all riding abilities. **No experience is necessary.**

Once a week, **theoretical information** will be delivered by Mrs. Fahl in the classroom at SHS. Students will learn about horse safety, care, breeds, riding skills, and English disciplines based on Alberta Education's Agriculture 1040 course outline. Then, once a week, students will be bussed to **Horse Sence Stable** (located approximately 2.5km north of SHS) during the last block of the day for **2 ½ hours** of riding lessons and stable experiences. They will learn about handling, grooming, saddling, be paired with a suitable equine partner and given a group lesson (approximately 45 minutes) by Sonya Steiner LeRoy. At the stable, Mrs. Fahl will supervise and engage students in tasks and activities that apply classroom lessons in practical ways when it is not their turn for a riding lesson. For example, they may identify horse markings and anatomy, name the parts of tack while cleaning it, describe and demonstrate appropriate ways to safely approach, restrain, and move a horse, and discuss health issues. Horseback riding is a great activity for stimulating the body, mind, and spirit. It is not only recreation, but an opportunity to learn the subtleties of communication and develop trust with one of nature's most noble creatures. Many people find companionship and solace working with horses that carries them through some difficult times. Sharing information on horse care and working together in the barn is a great way to socialize, improve communication skills, and form lasting friendships with other riders.

Note: Parents would be required to **pick up their child from the stable by 5:00 pm.**

For more information please contact Mrs. Fahl



Interactive Science

PRE-REQUISITE: NONE
OPEN TO ALL JUNIOR HIGH STUDENTS
FEE: There is no fee for this course



This option is based on the scientific principles of research and continued experimentation for improvement. Students will learn about scientific principles that allow them to learn with more hands on experiences. Topics covered may fall under any of the various fields of scientific study. Student generated projects may also be implemented through consultation with their teacher. Practical testing of all projects will be an integral part of the course; however success of projects does not necessitate success in terms of evaluation. **Students will be responsible for bringing most or all needed materials for projects from home.**

Outdoor Education Intro

PRE-REQUISITE: OUTDOOR EDUCATION
OPEN TO ALL JUNIOR HIGH STUDENTS
FEE: There is no fee for this course



The course will focus on outdoor experiences that will allow students to build upon outdoor education skills that they may already have. Focus may include, fire building, outdoor cooking, orienteering, survival skills, proper use of axes and knives, emergency shelters, survival and outdoor emergency first Aid. The focus will be dependent on the weather and availability of resources. Students will need to be properly prepared **for all weather related activities** during the course.

Outdoor Education Advanced

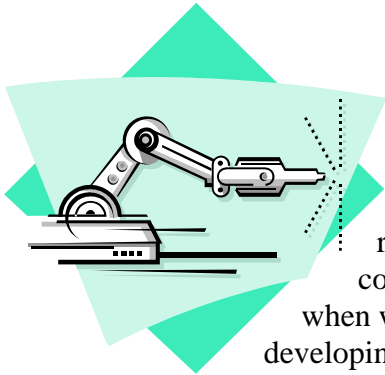
PRE-REQUISITE: OUTDOOR EDUCATION INTRO
FEE: The fee is dependent on the cost of the camping trip



The course will focus on outdoor experiences that will allow students to build upon outdoor education skills that they may already have. Focus may include, fire building, outdoor cooking, orienteering, survival skills, proper use of axes and knives, emergency shelters, survival and outdoor emergency first Aid. The focus will be dependent on the weather and availability of resources. Students will need to be properly prepared **for all weather related activities** during the course. This course may include an outdoor trip to allow students to put to use the skills they have learned.

Robotics

PRE-REQUISITE: NONE
OPEN TO ALL JUNIOR HIGH STUDENTS
FEE: There is no fee for this course



This course is designed to provide students with an introduction into the programming of basic robots and the basic language of computer programming to complete tasks. Students will learn the complex linear steps to the commands to complete simple robotic tasks using Lego robots. Students will program a robot to complete various tasks aided by light, touch and rotation sensors. This course helps develop problem solving skills and emphasizes the positive results when working as part of a team. This course will be an excellent introduction into a developing field used in many scientific and production applications.

Student Action and Leadership

PRE-REQUISITE: NONE
OPEN TO ALL JUNIOR HIGH STUDENTS
FEE: There is no fee for this course



Student Action and Leadership is an option that aims to provide authentic leadership opportunities for students at Sturgeon Heights. Students will be involved in student action projects at the school, community, and global level. Action projects will be chosen by the students themselves. Students will be involved in collaborative teams and will take on a variety of roles. Students will be expected to organize school and community events such as dances, theme-days, food bank drives, environmental projects, and other initiatives. This course will allow students to develop leadership skills through projects and teamwork.

Volleyball

PRE-REQUISITE: NONE
OPEN TO ALL JUNIOR HIGH STUDENTS
FEE: There is no fee for this course
This course will take place in Trimester 1



This course is designed as a physical fitness program and to develop leadership skills through the sport of volleyball. The course will provide an excellent opportunity to strengthen volleyball skills and for students to further their understanding of game strategies and officiating abilities. There will be classroom instruction on skills, rules and strategies.

Beginners and advanced players are welcome.