

## Sturgeon Heights

### Jr. High Options 2017-2018 - Information Guide



At Sturgeon Heights we work hard to offer a wide range of complementary courses to meet the needs of a variety of student interests.

Some options require additional fees to help support material, field trip and transportation costs.

The options that we are offer for the 2017-2018 are subject to change based on student interest, teacher availability and timetable constraints. Fees are also subject to change.

Students will be able to choose two options each semester for a total of six different options throughout the the course of the year. Students cannot be guaranteed their first choice for all options. Some options, such as Advanced Foods, require a prerequisite course. Academic skill builders is open to all jr. high students but is a mandatory class for all grade 7 students to take a minimum of one time.

**It is our goal to begin option courses as quickly as possible. In order to accommodate this students need to return their option selection form with parent signature on Wednesday September 6th, 2017.**

## Fees for Option Courses:

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

- Concert Band/Beginner Band \$50.00 (paid one time for the year)
- Foods Beginner \$40.00
- Foods Advanced \$50.00
- Drama \$20.00 (paid one time for the year)
- French \$ 5.00
- Art \$16.00
- Outdoor Education (to be determined depending on Outdoor Ed camp)

The following options do not have a fee:

- Academic Skill Builders
- Basketball
- Debate and Public Speaking
- Entrepreneurship
- Field Sports
- Leadership
- Makerspace
- Strategic Games
- 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:

- Industrial Arts \$140.00
- Fit For Life – Track and Water Sports \$100.00
- Cosmetology \$20.00
- Archery and Racquet Sports \$50.00

Each of these options has fees for facility, specialized equipment 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 the skills needed to promote lifelong learning.

## Academic Skill Builders

**PRE-REQUISITE:** NONE

**OPEN TO ALL JUNIOR HIGH STUDENTS**

**Each grade 7 student is required to take this a minimum of once in their grade 7 year.**

**FEE:**

**There is no fee for this course**



Students in classes have a wide range of skills and abilities. While a vast array of learning strategies are taught within each course, students will benefit through development of their personal learning skills, as well as work and study habits. As students become actively involved in their learning, they take greater responsibility to plan, monitor and assess their achievement.

This course is developed to assist students to become more successful in one or more of their core courses. It will provide alternate tools, skills and learning strategies tailored to individual needs. Students will also explore key elements of digital citizenship and work in an online context. Students will learn to explore, create, and submit as well as analyze work within the digital environment. This option class will provide students the time to complete homework and be able to focus on areas of concern in their core subjects.

## 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.



## Concert Band/Beginner Band

**PRE-REQUISITE: NONE**

**OPEN TO ALL JUNIOR HIGH STUDENTS**

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

Students will take band in a group lesson format for **term one and two** 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. In the spring, 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 will be collected later in the year. This is a performance-based option and students will be performing in school concerts, and Sturgeon Evening of Music Concert in April. Attendance at concerts is expected as part of successful completion of the course.

\* Beginners and advanced players are welcome to take this course.



## Cosmetology

**PRE-REQUISITE: NONE**  
**OPEN TO ALL JUNIOR HIGH STUDENTS**

**FEE: There will be a \$50 fee for this course**

This course will focus on developing the basic knowledge and skills in the cosmetology and esthetics industry. Some topics of instruction will include skin care, hair care and nail care. Students will be exposed to many aspects of cosmetology through multimedia, guest speakers, theory and practical work.

## Debate/Public Speaking Option

**PRE-REQUISITE: NONE**  
**OPEN TO ALL JUNIOR HIGH STUDENTS**

**FEE: None**

This course will be for students who want to further develop their public speaking and debating skills. Students will develop strong organization, planning, and healthy communication skills which can help them in the future. Along with fun practice activities, students will have the chance to create and prepare speeches, attempt stand up comedy, and participate in debates about a variety of topics.

## Drama

**PRE-REQUISITE: NONE**  
**OPEN TO ALL JUNIOR HIGH STUDENTS**

**FEE: \$20.00 (to cover cost of materials, guest presenters, etc.) Note that there may be an additional cost if a live performance field trip is possible in a given term.**



All drama courses are intended to enhance student confidence and imagination through active expression. In a skill-building course, students explore various dramatic forms through exercises, games and various individual and group projects. Acting, staging and improvisational skills are developed through preparing and presenting monologues, scenes, tableaux, and other dramatic activities. The focus of the course is to plan, rehearse and perform a full drama production for the School Open House in April. This may be a play or a “cabaret style” program involving a n variety of skits, monologues, etc. Students may also join Drama and be involved in roles such as set design, lighting and sound.

## Entrepreneurship

**PRE-REQUISITE: NONE**

**OPEN TO ALL JUNIOR HIGH STUDENTS**

**FEE: There is no fee for this course**

In this 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. 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 various field sports such as soccer, lacrosse, football, etc. 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.

## Track and Water Sports

**PRE-REQUISITE: NONE**

**OPEN TO ALL JUNIOR HIGH STUDENTS**

**FEE: \$100**

The purpose of this course is to gain a practical knowledge of body movements, skeletomuscular anatomy and injury prevention/treatment as it relates to running and other exercises. The second aim of this complementary course will be to develop different movement techniques for running and swimming. There will be a blend of lane swimming for swim development and run coaching. An optional activity for this course will be to participate in the St. Albert Kids of Steel triathlon which is normally held in early June. This is a great course to develop running endurance, cadence, and stamina as well as try out new swimming activities including lane swimming, water polo and potentially underwater hockey.

## Foods Intro

**PRE-REQUISITE: NONE**

**OPEN TO ALL JUNIOR HIGH STUDENTS**

**FEE: There is a \$40 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 \$50 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!!



## French

**PRE-REQUISITE: ELEMENTARY FRENCH  
OPEN TO ALL JUNIOR HIGH STUDENTS**

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

Bienvenue! In this language learning 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.



## Interactive Science

**PREREQUISITE: NONE  
OPEN TO ALL JUNIOR HIGH STUDENTS**

**FEE: There is no fee for this course**

This course focuses on the scientific process. Challenges will be given and students will have to plan, design, and build objects or devices that can meet the challenge criteria. In addition to the construction of simple objects, this class will focus on inquiry and reporting skills that are necessary in science.

Students will be marked on their ability to research, design, and report on different scientific projects.

## Industrial Arts

**PRE-REQUISITE: NONE  
OPEN TO ALL JUNIOR HIGH STUDENTS  
FEE: \$140 to cover the cost of supplies and bus transportation**



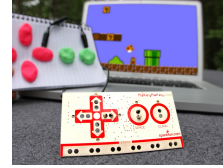
This course will offer our students an opportunity to learn through hands-on experience. Students will transport to Camilla School for ten on-site lessons where they will learn safety, proper planning and design elements. They will then have the opportunity to build a variety of projects in the industrial arts environment. No prior experience is required, and students will learn how to use a variety of tools and machines in this course.



## Maker Space

**PREREQUISITE:** NONE  
**OPEN TO ALL JUNIOR HIGH STUDENTS**

**FEE:** There is no fee for this course



Makerspace allows students to combine materials, various forms of technology and engage in hands-on problem solving activities that have real-world relevance. Following the STEM model, students will learn how to program a video game and control it using bananas! At the start of the option we create an arcade, using nothing but recycled materials. Engineering design challenges include: house of cards, foil tower, paper airplane, and so much more! Scratch, Pixlr Editor, Google Drawing, and Tinkercad are just some of the technologies we will explore. Fun, hands-on, collaborative, utilizing technology and the creative process from conception through to development in architecture, industrial design and engineering! No previous experience is required.

## Outdoor Education

**PRE-REQUISITE:** NONE  
**OPEN TO ALL JUNIOR HIGH STUDENTS**

**FEE:** The fee is based on the cost of the trip



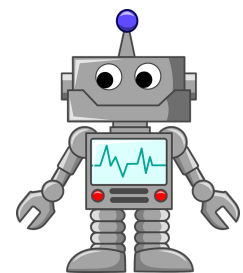
The course will focus on outdoor experiences that will allow students to build upon outdoor education skills that they may already have. Focus may include fire building, outdoor cooking, orienteering, cartography, survival skills, outdoor shelters, outdoor games, and an overview of basic First Aid. The 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.

## Robotics

**PREREQUISITE:** NONE  
**OPEN TO ALL JUNIOR HIGH STUDENTS**

**FEE:** There is no fee for this course

Students will work as teams through lessons, challenges and projects to integrate Science, Technology, Engineering and Mathematical concepts. The challenges will be designed to foster creative problem solving, communication and teamwork. Students will need to construct, program and test robots in this fun and challenging course. No previous experience is required, however good computer skills would be a strong asset.



## Leadership

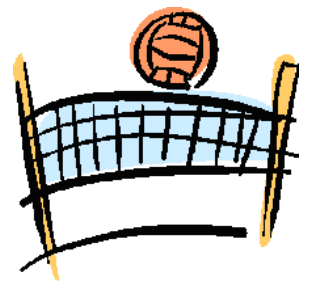
**PRE-REQUISITE:** NONE  
**OPEN TO ALL JUNIOR HIGH STUDENTS**  
**FEE:** There is no fee for this course



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 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.

## **Strategic Games**

**PRE-REQUISITE: NONE**

**OPEN TO ALL JUNIOR HIGH STUDENTS**

This course is designed to help foster growth in critical thinking skills as well as promoting problem solving in the classroom. Utilizing math curriculum with regards to data analysis and probability, students are forced to re-examine popular card and board games to establish more efficient and effective methods of play. The unit culminates with building and demonstrating an original game of their own creation.

If you prefer a good game and love a challenge, this is the option for you!

## **Racquet Sports/Archery**

**PRE-REQUISITE: NONE**

**OPEN TO ALL JUNIOR HIGH STUDENTS**

This option is being offered to allow students an opportunity to get extra practice and coaching during the badminton season. At the completion of this season, students will be afforded the brand new opportunity to practice archery. Students will learn safety practices, how to utilize a string bow and eventually, students will practice international target style archery using composite bow equipment.