



2026/2027 Father Leonard Van Tighem GRADE 7 Options Selection Form:

General Information:

- The school year is divided into 4 quarters and each quarter has 2 different option blocks. This means that students can have potentially 8 different options each year. However, there are some option classes that span over 2 quarters: Hockey, Choir, and the Musical Production all run for 2 quarters and if students want to participate in them they must be registered in both quarters.
- ***In grade 7, there are 4 mandatory option courses that all students will be registered in: Art, Computers, Woodworking, and Foods.***
 - *Please note that if you are wanting to take part in the Musical Production, it will not be possible to take all 4 mandatory option courses listed above. Therefore, the Musical Production will count for Art & Computers instead and students will be registered in Woodworking and Foods.*
- The 4 mandatory option classes will vary depending on which supplementary option classes are chosen. In the table below, please rank the supplementary classes on preference (#1 being your highest preference).
 - **If you are interested in participating in the Musical Production or Choir, please check the boxes below, otherwise leave blank**
 - **Some options have fees. If you choose an option with a fee, it is expected that the fee will be paid using “School Cash Online” which is linked to our school website. Payment plans can be arranged prior to the beginning of the quarter if required → talk to Justin Molas (Associate Principal) molasj@holyspirit.ab.ca**

***** Option Fees are due 2 weeks after the start of a new quarter*****

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|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|
| Mandatory Options | Foods 7 - \$50 | Woodworking 7 - \$30 |
| | Art 7 - \$5 | Computers 7 |
| | | |
| Specialty Options | <input type="checkbox"/> Musical Production \$70 | <input type="checkbox"/> Choir - \$40 |
| | <ul style="list-style-type: none"> ● Please note that if you are interested in the Musical Production, it will impact the mandatory options that you are able to take. As a result, Foods and Woodworking will be the courses that you are taking in Quarters 1 & 4 on Monday & Wednesday. ● Please note that if you are interested in Choir, it will not impact the 4 mandatory options listed above, but the selection of options listed below as Choir is offered during Quarters 2 & 3 on Tuesday & Thursday. | |

Please note that priority will be given to grade 8/9 students for options specified as 7/8/9 below

| | Option Name | Rank (1-6) |
|------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|------------|
| Quarter 1 Rank options 1-6 1= want most 6= want least | French 7 (Mon/Wed) | |
| | Guitar 7 (Tues/Thurs) \$10 | |
| | Intro to Drama 7 (Tues/Thurs) | |
| | Outdoor Games 7 (Tues/Thurs) | |
| | Soccer 7 (Tues/Thurs) | |
| | Physical Pursuits 7/8 (Tues/Thurs)- \$140 | |
| | | |
| Quarter 2 Rank options 1-5 1= want most 5= want least | Hockey 7/8/9 (Mon/Wed) *2 term option \$100/quarter = \$200 total | |
| | Film Studies 7 (Tues/Thurs) | |
| | Strategy Games 7/8/9 (Tues/Thurs) | |
| | Lifestyle Fitness 7 (Tues/Thurs) \$75 | |
| | Choir-(Tues/Thurs) 2 Term option \$40 total | |
| | | |
| Quarter 3 *Hockey is offered but not shown* Rank options 1-5 1= want most 5= want least | Esports 7 (Mon/Wed) \$30 | |
| | Indoor Golf 7 (Mon/Wed) \$200 | |
| | Sewing 7 (Tues/Thurs) \$25 | |
| | Film Studies 7 (Tues/Thurs) | |
| | Faith in Action 7/8/9 (Tues/Thurs) | |
| | | |
| Quarter 4 Rank options 1-7 1= want most 7= want least | Jewelry Making 7 (Mon/Wed) \$30 | |
| | Dance Discovery 7/8/9 (Mon/Wed) | |
| | Interior Design 7/8/9 (Tues/Thurs) | |
| | Blackfoot 7/8/9 (Tues/Thurs) | |
| | Theatre Arts 7 (Tues/Thurs) | |
| | Track& Field 7/8/9 + Rec Basketball (Tues/Thurs) | |
| | Spanish 7 (Tues/Thurs) | |
| Softball 7 (Tues/Thurs) | | |

GRADE 7 OPTION COURSE DESCRIPTIONS:

Art 7: Art 7 is designed to provide students with basics in compositional skills and elements of Art. This class will provide students with an introduction to the visual arts, as well as, experiences in creating 2-dimensional art. A variety of art forms will be explored. *Fee: \$5*

Badminton 8/9: Badminton is one of the most easily accessible and inclusive sports in the world. Students will gain a deeper understanding of the rules, engage in skill development, and work on hand-eye coordination. All students are welcome to participate!

Blackfoot 7/8/9: Enhance your knowledge of Blackfoot language and culture. Both traditional and contemporary aspects will be explored. A variety of interactive activities will be employed to assist students in learning the language.

Choir 7/8/9: (2 credit option- registration in both quarters 2 & 3 is required)

Choir is for everyone! Choral music is perfect for any student who wishes to explore music making with an instrument we all have - the voice. In choir, students will learn the fundamentals of singing through vocal warm-ups, harmony and ear-training exercises, and most importantly, a wide range of repertoire that spans from classical to pop. Students will have the opportunity to perform and there will be a choir trip in the spring! Fundraising will take place prior to the trip. Students are expected to attend after school practices leading up to performances. *Fee: \$40*

Computers 7: Computers 7 explores the use, application and impact of technology on individuals and communities. Students will have the opportunity to hone a variety of practical skills. Google applications, email etiquette, typing skills, internet safety and digital citizenship are some of the topics that will be covered.

Dance Discovery 7/8/9: Five, six, seven, eight! Join us on a journey through a variety of dance genres! This option is intended for those with minimal dance background, less experienced dancers, and anyone looking to dance recreationally. Students will explore different styles of dance, from hip-hop and jazz to ballet and tap, while gaining confidence in moving and grooving with a group

Drama 7: Step into the spotlight and discover a whole new world in Introduction to Drama! Students will learn the basics of acting and character development through game play and interactive activities. They will explore different types of theatre including mime, tableaux, shadow theatre, improvisation and more. This course will be instrumental in developing self-confidence, public speaking skills, effective communication techniques and collaboration.

ESports 7: Whether you aspire to be a game designer, developer, critic, or simply a more informed and discerning gamer, this course will equip you with the foundational knowledge and analytical skills necessary to navigate the vast and exciting world of gaming. So, get ready to level up your understanding of gaming concepts and embark on an epic adventure like no other! *Fee: \$30 for rental of gaming and equipment software.*

Faith In Action 7/8/9: Provides students with opportunities to live out their Catholic faith through service, leadership, and community involvement. Students will explore Catholic social teachings while participating in projects that support the school, parish, and wider community. Through reflection and hands-on experiences, students will develop compassion, responsibility, and a deeper understanding of how faith calls us to serve others. Fee will be determined at a later date when buses are booked to go to the Soup Kitchen, Food Bank, etc.

Film Studies 7: Students will do a detailed and thorough analysis of some of the best films in history, both new and old. They will learn to view film differently and with a critical eye. Join us for group discussions, critical reviews and character/theme studies and maybe even some popcorn!

Lifestyle Fitness 7: Students will have an introduction to the basics of fitness, exercise, and nutrition. Students will learn fundamentals of anatomy and training principles and will participate in a variety of exercise formats at school and outside venues. **Fee: \$75 for off-campus field trips**

Food 7: Food Basics provides students with the skills and knowledge to plan, prepare, and cook a variety of meals, appetizers and desserts. Students will have the opportunity to practice kitchen safety and sanitation, become familiar with food preparation terms, demonstrate correct measurement techniques and create awesome dishes. **Fee: \$50**

French 7: Students will explore a number of topics through a series of authentic communicative activities involving reading, writing and speaking. Students who take French will have the opportunity to go to Quebec in Grade 9!

Guitar 7: Guitar is the number one instrument people around the world want to learn, for good reasons. It is affordable, portable, versatile and suitable for many genres of music. This course will cover guitar fundamentals, including basic chords, scales and proper playing techniques. All skill levels will be accommodated. **Fee: \$10**

Hockey 7/8/9: (2 credit option- registration in both quarter 2 & 3 is required):

This option will span two quarters and is intended to further augment the skills of competitive hockey players through drills and scrimmages. Students must have the full complement of equipment and be registered in league play outside the school setting. Grade 7 students who meet the criterion and who wish to register in this option may do so with the permission of the principal. **Fee: \$200 includes bussing for both terms**

Indoor Golf 7: Improve your game, regardless of the weather! Students will be bussed to Drop Zone where they will augment their golf skills using simulators. No previous golf experience is required. If you have clubs, please bring them. **Fee: \$200 for golfing/transportation**

Interior Design 7/8/9: Provides students with the opportunity to explore creativity, design principles, and practical problem-solving through the planning and creation of functional and inviting spaces. Students will learn about colour, layout, furnishings, and design trends while developing projects that reflect beauty, purpose, and stewardship.

Jewelry Making 7: Students will complete a variety of creative jewelry projects with newly learned techniques. Projects that students will participate in include: beading, friendship bracelet making, wire wrapping, and more. Students will also learn a brief history of various techniques and how these techniques can be applied to future projects. **Fee: \$30**

Outdoor Games 8/9: If you like fresh air, exercise and fun, this option is for you! Students will have the opportunity to play a variety of outdoor games at a leisurely level.

Musical Production: (2 credit option- registration in both quarters 2 & 3 is required)

Musical Production is intended for those students who plan on performing in the school's spring musical theatre production of Spongebob. It will include students from grades 7, 8, and 9. Students will rehearse for the musical, practicing vocals, acting and choreography. In addition to taking the Musical Production option, students who take this course will also be expected to attend after school practices in quarters 2 and 3 to prepare for their performances at the Yates Theatre. An information packet outlining fees will be provided at the parent meeting which will be held in the fall.

Physical Pursuits 8/9: Physical Pursuits is an activity-based course that may include a variety of activities such as hiking, trail running, archery, climbing, kayaking, cycling, and other outdoor adventure activities. **Fee \$140**

Sewing 7: Learn about fashion, fabrics, and design! In this class, students will pick up some basic hand sewing and machine sewing skills, learn how to work with different kinds of fabrics, follow pattern instructions, sew simple stitches, and explore designing clothes. **Fee: \$25**

Soccer 7: This is a class designed for any and all students who want to play and learn the sport! All skill levels will be accommodated. Students will be doing a variety of drills and activities that are designed to improve and enhance skills like dribbling, passing and shooting. There will be a number of scrimmages and games which will be both fun and challenging.

Softball 7: Students will work on all elements of the game. They will be provided with opportunities to play all of the positions in a fun and recreational environment. Skill development, teamwork and sportsmanship will be the focus of this course.

Spanish 7: The goal of this course is to provide students with a strong understanding of basic Spanish language skills. The class will focus on the four strands of language learning - reading, writing, speaking and understanding. Students will also be introduced to various aspects of culture in Spain and Spanish-speaking Latin American countries. This course is a prerequisite for Grade 8/9 Spanish.

Strategy Games 7/8/9: Pit your strategic skills against your opponents and hone your critical thinking, problem solving and decision making skills in a fun, community environment. Students will play Chess, Cribbage, Catan, Risk, Ticket to Ride and other strategic games.



Theatre Arts 7: This option provides an introduction to the world of theatre, beyond the stage. Students will be exposed to a variety of performances and productions, and will learn to review them critically and effectively. They will also learn the inner workings of a production, gaining experience in lighting design, sound design, set design and more. There will also be opportunities for students to tour different theatre venues in the city for an in-depth look behind the curtain.

Woodworking 7: Students will have the opportunity to develop woodworking skills and to create wood-based projects. They will be taught to properly and safely use and care for woodworking machinery (machine and hand tools). Projects may include puzzles, woodburning, penny hockey tables and decorative objects. **Fee: \$20**