



## 2026/27 GRADE 8/9 OPTION SELECTIONS

<b>Name:</b>		
<b>Grade:</b> (circle one)	<b>8</b>	<b>9</b>

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

Option descriptions are posted on the school website under Academic programs → school programs → scroll to find Grade 8/9 option descriptions. Please read the descriptions and then rate your option choices for **each quarter**.

- #1 is your top choice
- Return this sheet to your homeroom teacher.

**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](mailto:molasj@holyspirit.ab.ca)**

### Quarter 1 September 2nd - November 6th, 2026

**\*\*Add/Drop date: September 9th, 2026\*\***

QUARTER 1 M/W OPTIONS (DESCRIPTIONS ONLINE)	RATING (1-9)		RATING (1-9)	QUARTER 1 T/R OPTIONS (DESCRIPTIONS ONLINE)
Soccer 8/9				Cosmetology 8/9 – \$40
Lifestyle Fitness 8/9 - \$75				Dungeons & Dragons 8/9
ESports 8/9 – \$30				Foods: Baking 8/9 – \$50
Theatre for Young Audiences 8/9				Woodworking 8/9 – \$30
Guitar 8/9 – \$10				Sports Medicine – \$80
Athletic Leadership - XC & Volleyball				Volleyball 8/9
Photojournaling 8/9 - \$50				Physical Pursuits 7/8 – \$140
Peer Tutoring				Newspaper
Computers 8/9				Learner’s Licence Prep 8/9



Quarter 2 November 9th 2026 - January 29th, 2027

**\*\*Add/Drop date: November 16th, 2026\*\***

QUARTER 2 M/W OPTIONS (DESCRIPTIONS ONLINE)	RATING (1-8)		RATING (1-11)	QUARTER 2 T/R OPTIONS (DESCRIPTIONS ONLINE)
French 8 * French 7 is a prerequisite				Stage Design 8/9
Film Studies 8/9				Strategy Games 7/8/9
Competitive Basketball 8/9				Art 8/9 – \$10
Sports Medicine – \$80				Foods: Snacks & Apps 8/9 – \$50
Esports 8/9 - \$30				Woodworking 8/9 – \$30
Musical Production * 2 term option (\$70 paid at parent meeting)				Drama 8/9
Hockey 7/8/9 –*2 term option \$100/quarter = \$200 total (1 time fee)				Choir 7/8/9 - \$40 total one time fee (After School Commitment, Choir Trip Option) * 2 term option
Zines				Athletic Leadership: BBALL and Modified Winter Pursuits 8/9 – Fee TBD
				Computers 8/9
				Jewelry Making 8/9: \$30
				Leadership 7/8/9



**Quarter 3 February 1st - April 16th, 2027**

**\*\*Add/Drop date: February 8th, 2027\*\***

QUARTER 3 M/W OPTIONS (DESCRIPTIONS ONLINE)	RATING (1-7)		RATING (1-9)	QUARTER 3 T/R OPTIONS (DESCRIPTIONS ONLINE)
French 9 *French 8 is a prerequisite				Coding/Robotics
Badminton 8/9				Foods: Baking 8/9 – \$50
Winter Pursuits 8/9 – \$175				Woodworking 8/9 – \$30
Musical Production *2 term option (\$70 paid at parent meeting)				Lifestyle Fitness 8/9 - \$75
Leadership 8/9				Faith in Action 7/8/9
Hockey 7/8/9 –*2 term option \$100/quarter = \$200 total (1 time fee)				Choir 7/8/9 - \$40 total one time fee (After School Commitment, Choir Trip Option) * 2 term option
Sewing 8/9 – \$30				Theatre Arts 8/9
				Art 8/9 - \$10
				Computers 8/9



**Quarter 4 April 19th - June 18th, 2027**

**\*\*Add/Drop date: April 26th, 2027\*\***

QUARTER 4 M/W OPTIONS (DESCRIPTIONS ONLINE)	RATING (1-9)		RATING (1-9)	QUARTER 4 T/R OPTIONS (DESCRIPTIONS ONLINE)
Softball 8/9				Interior Design 7/8/9
Computers 8/9				Blackfoot 7/8/9
Spanish 8/9 *Spanish 7 is a prerequisite				Outdoor Education- Survival/Adventure
Dance Discovery 7/8/9				Foods: Snacks & Apps 8/9 – \$50
World Music 8/9				CO <sub>2</sub> Car Design – \$20
Physical Pursuits 8/9 - \$140				Outdoor Golf 8/9 – \$200
Broadcast Journalism 8/9				Rockband 8/9 - *Guitar 8/9 is a prerequisite
ESports 8/9 - \$30				Track & Field 7/8/9 + Recreational Basketball
Outdoor Games 8/9				Photojournaling – \$50

<b>PARENT SIGNATURE:</b>	
<b>DATE:</b>	

Please note: It is important to read the option descriptions posted on the website when making selections and to note course fees. **Once classes are scheduled, classes are at capacity and fees are attached, option changes are very difficult.**

**PLEASE RETURN TO SCHOOL ASAP & HAND IN TO YOUR HOMEROOM TEACHER.**

**\*\*If there is anything that you would like to share about your option form, input below\*\***



## GRADE 8/9 OPTION COURSE DESCRIPTIONS:

**Art 8/9:** Students will explore various drawing/painting techniques (not limited to cartoon art, realism art, pointillism art, line art, thematic, and expressive painting. Experimenting with different techniques will assist students in developing their own unique artistic style. *Fee: \$10*

**Athletic Leadership:** There will be an *athletic leadership class who will facilitate cross-country and volleyball events in quarter 1 and another that will facilitate basketball events in quarter 2 with a modified winter pursuits level 1 (only quarter 2 class- see below for winter pursuits description- fee will vary)*. It is intended for students who are interested in working/planning FLVT sporting events. Class time will be dedicated to topics such as scorekeeping, setting up venues for games and tournaments, running intramural events, as well as promoting and documenting athletic events. Promotion will cover things such as advertising for games to attract fans, improving school spirit, planning appreciation nights, recognizing teams and their performances within the school and social media and creating in-game entertainment. Students will be challenged to bring creative ideas to the table and to innovate ways to improve the athletic experiences at FLVT. Students will be expected to do some volunteer work outside of class time.

**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!

**Competitive Basketball 8/9:** This class is games based and intended for skilled players. The competitive basketball option focuses on refining player performance. Athletes will work on skill development through drills, games, coaching, officiating, and FIBA game simulations. It is recommended that athletes have team or club ball experience prior to taking this option.

**Blackfoot 7/8/9:** Learn to speak Blackfoot, while at the same time deepening your cultural understanding. Games, storytelling, songs and skits will be used to enhance language learning. All skill levels are welcome!

**Broadcast Journalism:** Have you always wanted to be filmed on video sharing information or telling stories? Broadcast journalism is the sharing of news and information through a variety of electronic media: TV, radio, internet, etc. Students will have the opportunity to engage in true journalism and share their findings with the school community.

**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*

**CO<sub>2</sub> Car Design 8/9:** Construction Technology (woodworking) is a prerequisite for this class. Students will consider basic car design elements such as aerodynamics and weight principles as they design wooden cars powered by CO2 cartridges and compete for the fastest time. Students will construct, shape, sand and finish their cars. **Fee is \$20**

**Coding/Robotics 8/9:** Do you have an interest in computer programming? This course is a basic introduction to computer programming using Makey Makey, Ozobots, Spheros, Scratch, and more. Students innovate while building capacity in Science, Technology, Engineering, and Mathematics (STEM).

**Computers 8/9:** Computers 8/9 explores the use, application and impact of technology on individuals and communities. Students will have the opportunity to build upon a variety of practical skills: some examples may include: short movies, stop motion film, song creation, simple game programming, digital art, script writing, slideshow creation, and digital collages. Google applications, email etiquette, typing skills, internet safety and digital citizenship are some of the topics that will be covered.

**Cosmetology 8/9:** Designed to introduce students to some of the fundamental topic areas of the beauty industry. Students will learn about the art and science of beauty care and gain hands-on experience applying makeup and styling nails. **Fee:** Students will be charged a fee of \$25 to cover the cost of consumables. Students will be asked to provide their own cosmetics that cannot be sanitized for class use or that must match their own skin tone (mascara, foundation, concealer). **Fee: \$40**

**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

**Dungeons & Dragons 8/9:** If you play Dungeons and Dragons (D&D) or you are interested in learning, then this option is for you! D&D provides students with opportunities to create characters, develop imaginary worlds, role play, strategize and problem solve as a group. Whether you are a player or the Dungeon Master, you are guaranteed a great adventure.

**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.

**Foods: Baking 8/9:** If you love baked goods and you enjoy working as a part of a team, then this option is for you! Students will bake a number of sweet and savory treats. **Fee is \$50**

**ESports 8/9:** 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!

**Fee: \$30 for rental of gaming and equipment software.**

**Film Studies 8/9:** In this class, the 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.

**Foods: Snacks & Apps 8/9:** Learn how to make a variety of popular snacks and appetizers that are sure to impress! Food hygiene and safe practices are stressed. **Fee \$50**

**French 8:** Grade 8 French explores language and culture. Through engaging activities and interactive lessons, students will develop their speaking, reading, writing and listening skills while building their cultural awareness. French 8 is a prerequisite for French 9. It is also a requirement for the Grade 9 Quebec Trip.

**French 9:** Students continue to expand their vocabulary and grammar in a variety of themes related to their daily lives. Oral expression is prioritized. Students who take French 9 are eligible to attend the Quebec Trip in May if they choose!

**Golf 8/9:** Students will review golf rules, etiquette and theory. There will be instruction on the driving range and putting greens, prior to playing on the golf course. Students will have the opportunity to experience a few local courses. **Fee: \$200 for golf course fees and transportation**

**Guitar 8/9:** Guitar is the number one instrument people around the world want to learn, for good reasons. It is affordable, portable and versatile, as it spans across all musical genres, from rock and roll to classical. This course is intended for novice and intermediate guitar players. Basic chords, scales, proper playing techniques and guitar maintenance will be covered. **Fee \$10.**

**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 8/9:** 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**

**Leadership 8/9:** Students will organize and implement school spirit activities such as theme days, lunch hour activities, dances and spirit assemblies. Responsibilities may also include assistance with co-curricular sporting activities and with the organization and implementation of religious celebrations. Some of these activities will fall outside of the student leadership class and will require volunteer hours from students. Students will complete monthly volunteer hours and maintain a journal.

**Learner's License Preparation 8/9:** Students will get prepared to take their Learner's License test. Students will go through the Alberta Transportation Basic Driver's Handbook and do assignments and activities that will help them learn the handbook to prepare to write the Learner's License Exam. This course will also help them learn tips for driving in the winter, defensive driving, changing tires, what to do in the event of an accident, and so on.

**Lifestyle Fitness 8/9:** 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**

**Hockey 7/8/9:** (2 credit option- registration in both quarters 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 quarters**

**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 in the Fall. **(\$70 paid at parent meeting)**

**Newspaper 8/9:** Design and create FLVT's school newspaper, HAWKS HUSTLE and broadcast this news to the school! Learn the parts of a newspaper, different writing forms or how to write effective articles and the various jobs of newspaper creation and distribution.

**Outdoor Education 8/9:** Outdoor Ed is a student-focused program that helps you learn and improve your skills outside, while also boosting your confidence, self-discipline, and learning ability. This hands-on course will connect what you learn to future career paths through cool challenges, discussions, and trying out hobbies you'll enjoy for life. Topics include: orienteering, geocaching, and survival and adventure topics.

**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.

**Peer Tutoring 8/9:** Develop your leadership and interpersonal skills while assisting St. Kateri elementary students while they are still here at FLVT. Also, become familiar with The Freedom of Information Act (FOIP), as well as various techniques for engaging and encouraging others.

**Photo Journaling 8/9:** Students will develop essential skills in camera use with a focus on basic composition, set-up, and examination of exposure with the use of DSLR cameras. They will journal through photographs, writing, and scrapbooking. The goal is to explore their creativity through mixed media. As their final project, they will create a journal showcasing their work. **Fee \$50**

**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**

**Rockband:** Channel your inner rock star as you create your own rock band! This class is for intermediate guitar players who have already taken guitar either in the beginner guitar class, or from private lessons outside of school. Continue developing skills on the guitar, bass guitar, drums, keyboard and pop vocals in this collaborative class. The goal of this option is to continue to develop your skills as a musician and get to a level where you can competently jam and sing with your friends or by yourself. In order to do this, you will create your own bands where you will learn one or two songs to showcase in a Battle of the Bands show in class. Sign up for a chance to engage in a rock and roll music experience like no other.

**Sewing 8/9:** If you're looking for projects you can sew by hand, this is the option for you! This option will include projects that can be sewn entirely by hand and some additional hand sewing techniques you can work into your repertoire of skills. Examples of projects include scrunchies, ornaments, a gadget case, faux fur animal ears, hand warmers, embroidery and cross stitch and more. We will also create a collaborative quilt that will be donated to a good cause. **Fee \$25**

**Soccer 8/9:** 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.

**Softball 8/9:** 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.

**Sports Medicine:** This course will provide students with the foundational knowledge that will benefit them in Sports Medicine courses in high school and beyond. Topics of study will include online modules in mental health in sport, concussion awareness in sport, safe sport training, and nutrition in sport. Students will participate in hands-on activities including the safe application of ice, basic sports taping techniques and using tensors and gauze. Students will learn training and program-planning principles, as well as recovery options to return to play after injury. The course will include guest speakers from related fields and potential field trips or site visits. **Fee \$80**

**Stagecraft 8/9:** Use your imagination and creativity to fabricate backdrops, props and costume pieces for “Spongebob”, this year’s musical theatre production! Students with initiative, vision and collaborative skills will thrive in this option.

**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 8/9:** This option provides an in-depth look at the world of theatre. Students will foster an appreciation for theatre as a historical and cultural art form through performance analysis and review. 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.

**Theatre for Young Audiences 8/9:** Students learn about and create theatre that speaks directly to the hearts and minds of our youngest audience members. They will explore storytelling through play and imagination, using a variety of theatrical techniques from puppetry and shadow theater to clowning and more, while also building essential performance and acting skills.

**Track & Field Plus Rec Basketball:** The focus of this course is on developing theoretical understanding and improving performance in school track & field events. Students will learn about all the track and field events and then have the opportunity to focus on events they choose to specialize in and compete in various track events. Following the meets (end of May), students will have the opportunity to engage in recreational basketball on our outdoor basketball courts.

**Volleyball 8/9:** If you are a volleyball enthusiast with team experience, volleyball is for you! Students will practice basic skills such as serving, setting, proper footwork and hitting techniques. Positions on the court for both offense and defense will be taught.

**Winter Pursuits:** Winter Pursuits is an activity-based course that may include a variety of activities such as ice skating, shinny hockey, downhill skiing, snowshoeing, curling, mixed martial arts training, archery, and other winter activities. **Fee: \$140**

**Woodworking 8/9:** Students will be introduced to the proper and safe use of woodworking machinery (machine and hand tools). Students will develop their skills so they can advance to the concepts of both single and multiple constructions. Proper care and use of tools and machines will be stressed along with safe work habits and occupational skills. Projects include but are not limited to footstools, chairs, penny hockey tables and decorative objects. **Fee \$30**

**World Music:** The world is full of music; the looks and sounds are very different from place to place. Take a trip to experience various cultural music in this class where you will experience music from all around the world including African drumming, Hawaiian ukulele techniques, Japanese taiko rhythms, Brazilian samba and more! This music, found all over the world, often involves different instruments, different rhythms, different ways of participating and different ways of thinking. Embrace the incredible diversity of musical sounds that exist in the world and gain appreciation for the complex musical techniques unique to each culture and country. Join us on this musical adventure!

**Zines:** A zine, pronounced “zeen” (just like the end of the word magazine), is a homemade publication like a mini-magazine. There are no set-in-stone rules for making zines. A zine can be about anything you’re interested in. Really! There are all kinds of zines including: fanzines (a zine about something or someone you love), cooking zines full of recipes and tips, comic zines, art zines, poetry zines, zines with social messages, and personal zines where people write about their daily lives. Anyone can be a “zinester” and in this option, using drawings, collage, writing, and really just about anything imaginable, you will create your own zine.