

2024/25 GRADE 8/9 OPTION DESCRIPTIONS

Agriculture Studies: During Agriculture Studies, students will explore the question "How can we live sustainably in the year 2050?" This will be done by examining various areas of agriculture including sustainability, nutrients, land use, careers and more. A special hands-on experience of animal husbandry will take place through classroom chick hatching! In addition to classroom learning, students will experience agriculture locally through field trips. Field trip fees will be charged.

Baked Goods:

Food Basics is a prerequisite for this course.

In a project-based learning style, students will develop an understanding for baking techniques, meal preparation, simple oven-cooked dishes, as well as be able to develop and refine their skills with baked muffins, cookies, and biscuits. Baking students will apply concepts learned in their review and during their research to a lab in the form of a baked product. Students will be presented with an opportunity to work with their kitchen group to prepare a baked good of their choice and present it as a final product. The menu for Baked Goods will include a variety of sweet and savory dishes. Fee is \$50

Blackfoot:

Learn to speak Blackfoot, while at the same time deepening your cultural understandings. Games, storytelling, songs and skits will be used to enhance language learning. All skill levels are welcome!

Basketball - Competitive:

This class is games based and intended for skilled players with team or club ball experience. 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 beneficial to already have a competitive basketball background for this course.

Card Games:

In this class, students will learn and play some card games. They will all vary in terms of difficulty and strategy. We will play both single and multi-player games and will even have some small tournaments!

Choir:

"The only thing better than singing is more singing." - Ella Fitzgerald. 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. There will be after school practices leading up to performances. Fee: \$15

C02 Car Design:

Woodworking is a prerequisite for this class. Students will utilize basic car design elements such as aerodynamics and weight principles as they design their cars to compete for the fastest time. Students will construct, shape, sand and finish their cars. Fee is \$20

Coding:

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.

Cosmetology This course is 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, as well as various techniques and designs in hair styling, make-up and nails. Note: Some course materials may be provided, however students may be asked to bring their own. Fee: Students will be charged a fee of \$40 to cover the cost of consumables. In order to keep costs as low as possible, 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

Collage Art:

Be a visionary! Be original! Create images and express yourself through collage. Collage is an art form that is made up of overlapping pieces of material, such as photographs, fabric, coloured and textured paper and other types of mixed media. Students will investigate, employ and arrange elements and principles to make compositions. Fee: \$10

Crafting:

Students will create a number of crafts, including many Christmas themed crafts. A variety of different media will be utilized. Fee: \$10

Dance Discovery:

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.

Desserts:

Food Basics is a prerequisite for this course.

Desserts will present students with an introduction to a variety of desserts. Students will have the opportunity to be hands-on in the kitchens, creating and exploring different desserts and dessert-preparation styles. This course includes a quick review of kitchen safety and sanitation, followed by some classroom work on understanding and learning more in-depth about desserts before students enter into the kitchen. The menu for Desserts will include a mixture of no-bake and baked desserts, with a wide variety of dessert treats! Fee: \$50

Digital Design:

Students will have the opportunity to work individually and in groups to further explore items that can be produced/created digitally. Some examples may include: short movies, stop motion film, song creation, simple game programming, digital art, script writing, slideshow creation, and digital collages.

Drawing:

Students will explore various drawing techniques including cartoon art, realism art, pointillism art, and line art. Experimenting with different drawing techniques will assist students in developing their own unique drawing style. Fee: \$10

Embroidery & Cross Stitch: Learn the basics of cross stitching and embroidery including stitch types, materials, and the process of designing and executing patterns. Students will design and create their own projects after learning the basics. Please note that this option has a fee of \$20 for the purchase of materials for each student. Fee: \$20.

Environmental Science:

In this option, the goal is to get students more in touch with the earth by exploring the natural world around them. They will explore many areas of outdoor science including forestry, marine and water biology, FNMI ways of knowing, wildlife sciences, human interactions with the environment, and more. We will embark on off-campus field trips and create a plant collection! Field trip fees will be charged.

Entrepreneurship:

Through project-based learning, students will pick a topic of interest and create a business! They will develop the skills and knowledge required to build, create and run a successful business from the foundation up. Students will need to work on business plans, create their product, and advertise for their small business.

ESports:

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! Cost: \$20 for rental of gaming and equipment software.

Expressive Painting:

In this class, students will create paintings that express their interpretations of a selection of themes. As students progress through this course, they will have opportunities to express meaning through control of visual relationships. Students can expect to complete two painting projects and a number of associated assignments. Fee \$10.

Faith-in Action:

This course will highlight the importance of being “action-oriented” disciples of Christ. Students will participate in a number of service projects that will be impactful at the school, community, national and global level. Fee: \$10.

Fashion Design:

Gather inspiration, create mood boards, sketch and make clothes!

This resource walks students through the basic fashion design process. Students will gather inspiration, create mood boards, refine their collection, create sketches and finally create small scale tangible garments based on their process and sketches.

Film Studies:

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 and maybe even some popcorn!

Fitness:

The purpose of this course is to provide students with 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.

Food Basics:

Food Basics provides students with the skills and knowledge of planning, preparing, and cooking a variety of meals, desserts, and more! Students will have the opportunity to practice kitchen safety and sanitation; become familiar with food preparation terms; demonstrate correct measurement techniques; and be able to follow and manipulate given recipes. The menu for Food Basics will provide students with an opportunity to cook a variety of meal types, giving them an overall cooking experience in the classroom! Fee: \$50

Food Truck Frenzy:

Food Basics is a prerequisite for this course.

Food Truck Frenzy is all about creating and designing a unique food truck that will have a featured menu that students will be preparing and cooking in our kitchens. Students, working in groups, will go through the planning process of creating their food truck: coming up with a theme, understanding how marketing can play a role in the popularity of their food truck, creating a menu that connects overall with the theme, and finally, designing the exterior and interior of the food truck. Students will be selecting their own recipes and ordering their own groceries using a fixed budget. Fee: \$50.

French Cooking (in French):

This class will be delivered in a French Immersion environment. Students will learn the vocabulary and phrases associated with food preparation and consumption while preparing traditional French cuisine. This course, along with French 8 (1 quarter) and French 9 (1 quarter) is a requirement for students planning to attend the Grade 9 Quebec Trip. Grade 7 French is a prerequisite for this course. 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!

Genius Hour:

What are you passionate about? What do you want to learn more about? Genius Hour is an educational concept that encourages creativity and intrinsic learning in students by allowing them to choose what they learn and how they learn it. Students will develop a driving question, research it and present it.

Golf 8 - Driving Range:

Students will learn golf theory, etiquette and rules in the classroom setting. They will then receive instruction and practice their skills on local driving ranges and putting greens. Fee: \$150 for golf course fees and transportation.

Golf 9 - Golf Course:

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: \$150 for golf course fees and transportation

Guitar:

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 movie and intermediate guitar players. Basic chords, scales, proper playing techniques and guitar maintenance will be covered. Fee: \$10 for instrument maintenance including string replacement. Fee \$5.

Indigenous Arts:

Tap into your creative side! In this course, students will have the opportunity to experience traditional Blackfoot art forms and to innovate. Beading, leather work, traditional drumming, dancing and storytelling are some of the art forms that will be highlighted.

Jewelry Making:

In Jewelry Making, 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: \$20

Knitting & Crocheting:

What X-Men character liked to knit? Wool-verine! In this option, students will learn the fundamentals of knitting and crocheting through project creation.

Fee: \$20.

Leadership:

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:

This option will allow students to 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.

Library Assistant:

Do you love reading? Are you organized and responsible? Are you interested in learning the ins and outs of librarianship? Consider being a library assistant!

Lacrosse:

This is your chance to play Canada's national summer sport! There are records of Canada's First Nations people playing lacrosse dating back to the year 1100! The game was used to train young warriors to be tough and to work as a team. Sometimes, it was even used to settle disputes. Don't miss out on the opportunity to experience lacrosse in a fun and recreational setting.

MVP Hockey:

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: \$100 / quarter

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

Optical Illusions - In this class, students are introduced to techniques and strategies for creating 2 dimensional optical illusions. As students learn techniques and strategies they have the opportunity to demonstrate their learning through the creation of a visual project. Students can expect to complete two large optical illusion projects. Fee \$10

Outdoor Games: 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. These activities may include capture the flag, kickball, flag football, kick-the-can predator-prey and nine-square volleyball.

PACS: Projects Activities Community & Skills

PACS is a course incorporating academic support, life skill projects and out trips. The goal is to inspire and build skills for community & academic engagement. Being involved in your community is important for everyone. Life skills will include various things such as learning to cook, time management, money management, personal care and being a good citizen in the community. Fee: \$30.

Peer Tutoring:

Develop your leadership and interpersonal skills while assisting elementary students. Also, become familiar with The Freedom of Information Act (FOIP), as well as various techniques for engaging and encouraging others.

Photography:

Students will develop essential skills in camera use with a focus on basic composition, set-up, and examination of exposure. They will explore photography as both an art and a profession as they capture images and produce final display proofs. Fee: \$25

Photo Journaling

In this class, students will learn how to properly use DSLR and point-and-shoot cameras. They will learn to capture moments around them, edit the photos, and journal the processes through photographs, writing, and scrapbooking. The goal is to explore their creativity through mixed media. They will complete the class with an art book showcasing their day-to-day lives. Fee \$25

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

Psychology:

Psychology is the study of the mind and behavior. In this course students will be doing learning, personality and career inventories to gain insight into themselves. They will also learn and test out memorization strategies which will augment their ability to learn in all subjects. The psychology of cognitive and optical illusions will also be explored.

Recreational Sports

Recreational Sports is a **FUN**petitive course to develop student physical literacy. Students will be able to direct their physical literacy journey by having the opportunity to help select the sports/activities they participate in throughout the course. Such as (but not limited to): volleyball, basketball, soccer, badminton, pickle ball, fitness, cooperative games, flag football, ultimate, floor hockey, lacrosse, bowlling, bocce, tchoukball, coulee walks/runs, and other activities. This class will keep you active with an opportunity to play and learn great sports/games.

Rock Band:

Are you a stage superstar or a shower singer? Come out of your shell and get ready to perform! In this class, you will learn basic instrumental and vocal skills that are necessary in order to play popular and rock and roll music. You will gain experience in guitar, bass guitar, drums, piano and pop vocals. 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. This class will take dedication and practice, but once you get on stage and crush your performance, it will all be worth it! Sign up for a chance to engage in a rock and roll music experience like no other. Fee: \$16.

Sculpture:

Students will learn the basics of sculpture and how to create three-dimensional works using a number of materials including objects found in nature, cardboard, paper, and clay. Students will develop an understanding of texture, shape and space while innovating. Fee: \$10

Soccer: 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:

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:

The goal of this course is to provide students with 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.

Sports Medicine & Training:

Students will take a sport-specific approach to training. Students will learn about training and program planning principles, as well as how to prevent and address sport-related injuries. Students will participate in on and off-campus exercise opportunities. Students will also have the opportunity to become certified in Standard First Aid. Fee \$80.

Stagecraft:

Use your imagination and creativity to fabricate backdrops, props and costume pieces for "Willy Wonka Junior", this year's musical theatre production! Students with initiative, vision and collaborative skills will thrive in this option.

Stage Makeup:

The purpose of this course is to provide students with the opportunity to develop an understanding of basic stage makeup principles and techniques and to provide first hand experience with makeup design and application. Students will learn by doing, and will go through the process of researching and planning to actually execute a makeup look. Fee: \$25.

Strategy Games:

Develop your critical thinking, problem solving and decision making skills while playing board games in a fun, community environment.

Technical Theatre and Stage Management

This option provides an in-depth look at the essential roles and responsibilities that make a theatre production run smoothly. Students will learn about stage management, lighting, sound, set design, and other crucial technical aspects. Gain hands-on experience and develop the skills needed to support and manage a successful theatrical performance.

Theatre for Young Audiences:

In this drama based course, 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.

Theatre Production:

This is your chance to shine! This option is intended for students who would like to perform in our musical production of "Willy Wonka Junior" at the Yates Theatre this upcoming year. The course will focus on the rehearsal process, specifically vocals, acting, and choreography. Students who take this option are expected to commit to **after school practices** in order to properly prepare for the production. An information packet will be provided at the parent meeting which will be held in the fall.

Thematic Painting:

In this class, students are introduced to techniques and strategies for creating 2 dimensional paintings. As students learn techniques and strategies they have the opportunity to demonstrate their learning through the creation of a visual project. Students can expect to complete two painting projects and a number of associated assignments. Fee \$10.

Track & Field Plus:

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. Students taking this course will be encouraged to participate in our school, city, and zone track & field meets. Following the meets, students will have the opportunity to cross-train through trail runs, use of the outdoor gym, cycling, and other activities.

Volleyball:

If you are a volleyball enthusiast with some experience, this option is for you! Students will practice basic skills such as serving, setting, proper footwork and techniques for hitting the ball at the net. Positions on the court for both offense and defense will be taught at an introductory level. There will be lots of fun and opportunities for game play in this option course.

War and World History:

This class is for students who have an interest in the World Wars. Students will be learning about the people, places and events that made up this period in our history. Through video, reading and group discussion, students will discover some of the political factors that lead to conflict among countries.

Winter Pursuits & Ski Trip:

Winter Pursuits is an activity-based course that may include a variety of activities such as mixed martial arts training, ice skating, shinny hockey, snowshoeing, curling, 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 table and decorative objects. Fee is \$30

World Music:

The world is full of music that looks and sounds very different from place to place. Take a trip around the world to experience various cultural music in this class where you will experience various music first-hand 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. Students will even have the opportunity to work with various professional musicians from around Lethbridge to dive deeper into various genres. 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! The estimated cost of the workshops associated with this class is \$40.