



Sacred Heart School

2023-2024 Junior High Electives - Course Descriptions

The intent of these electives is that students explore areas of interest, develop skills and round out their school and life experiences. We believe that students should explore a range of electives and also have the ability to delve deeper into some programs of interest as they progress through their junior high years.

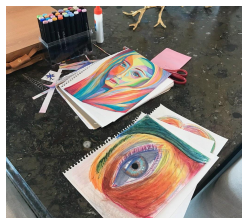
Electives are subject to change based on teacher availability and student interest. Please note that many electives have a fee. **Students who choose Band will be required to remain enrolled in it for all 4 quarters.**

Elective Choices

Active Living
NO FEE

Active Living is an elective course open to any student who would like to maintain an active lifestyle. A variety of individual and team games/activities will be offered to develop fitness levels and an interest in and appreciation of physical activity. Emphasis will be on game play.

Art
FEE: \$35



Art is an opportunity for students to explore and develop their talents and tap into their imaginations and artistic creativity. It is a performance-based elective with a different focus each Quarter: Q1 - Drawing & Sketching, Q2 - Crafting, Q3 - Painting, Q4 - Building & Sculpting.

Badminton Enrichment
NO FEE

This sport enrichment course offers students the opportunity to build and strengthen skills to advance their badminton game to the next level. Students will be assessed on their skill development throughout.



Band *FULL-YEAR, Elective A
FEE: \$100



Explore learning to play a band instrument. Students will learn instrument assembly, tone production, note and rhythm reading, rehearsal skills and will include several performance and festival opportunities. There is also an opportunity to attend an overnight band camp (extra cost).

Basketball Enrichment - Beginner or Advanced
NO FEE



This sport enrichment course offers students the opportunity to build and strengthen skills to advance their basketball game to the next level. Students will be assessed on their skill development throughout.

Book Club
NO FEE

Talking about books helps boost a love of reading. The book club experience is social and a great way to share ideas and perspectives. Readers come together to talk about a specific book or discuss a topic or theme across several different book titles. Book clubs extend students' thinking as they process and interpret the perspectives and opinions of their peers. Through sharing their thinking, students build a richer understanding than any one student could gain from independent reading alone.



Choral
FEE: \$35



Do you like to sing? Choir is a mixed group for singers of all levels, focusing on individual musical development and development of choral singing while creating a group atmosphere. Specifically, students apply good vocal production through breath support, tone production, intonation and more. Choir members also learn about and apply the elements of music (rhythm, dynamics, tempo, pitch, articulation, etc.) while singing pieces of popular, classical, folk music, and more.

Coding & Robotics
FEE: \$35

Robots are designed to think, sense and act! With this course, students will learn the basics of coding to control a variety of robotics equipment. Students will work hands-on in teams to design, build, program and document their progress and problem-solving strategies.



nehiyawatsiwin Cree Language & Culture
FEE: \$35



Come and learn Cree with us! Students will become more confident and comfortable as Cree speakers in various situations and for different purposes at home, in school and in the community. Students will model their relationships (wahkohtowin) with Kikâwînw Askiy (Mother Earth), others, and themselves, guided by Omâmwî Ohtâwîmâw (the Creator). Students will analyze various ways in which Cree culture influences themselves and their community. Open to all students!

Dance - **Beginner** (no formal training required) OR **Advanced** (formal training required)
FEE: \$35

Students will choose *BEGINNER* or *ADVANCED*. In this course students will experience a variety of dance styles and disciplines including: Ballet, Jazz, Lyrical, Modern/Contemporary, and Musical Theatre. Students will learn choreography and choreograph their own dance routines.



Drama - Halloween and Spring Production

FEE: \$35

Drama enhances student confidence and imagination through active expression. Students explore various forms of drama while producing a Halloween Haunted House and spring production. Come join the fun...even if you don't like acting, you can work behind the scenes in props, costumes and sound.



Driver's Education Prep

NO FEE



Before getting your learner driver's license (Class 7 License) in Alberta, you will need to take a knowledge exam that tests your knowledge of Alberta's traffic laws. In this elective, students will prep for the Learner's exam, as well as review road rules and road signs used on Alberta roads.

Fabric Arts

FEE: \$35

Students will choose projects that involve hand sewing, machine sewing, knitting, crocheting, beading, or cross stitching. They will be expected to follow the instructions given by the adults in the class as well as follow video tutorials to work independently on their projects as the instructors will be helping everyone in the class.



Film Studies

NO FEE

Have you ever wondered how movies are made? Film Studies concentrates on the areas of film and media history, theory and technique, and the study of genres. The goal of this course is to help students understand both the history of film as an art form and to enable them to understand how the makers of film structure their work to communicate ideas and feelings to an audience.



Fitness & Wellness

FEE: \$35



This option is for the sports enthusiast that wants to pursue and learn lifelong activities. These non-competitive activities may include running, walking, Pilates, bocce, golf, ladder golf, disc golf, croquet, bowling and swimming. Emphasis is on a responsible and holistic approach to healthy living.

Foods (by grade)

FEE: \$35

In the Foods elective students will gain knowledge relating to food safety, sanitation, and safe handling of kitchen utensils and equipment. Students must work cooperatively in a group to read and follow a recipe to create a final product. They will be able to apply the knowledge and skills gained in this course to create and cook a number of healthy snacks and meals, as well as some tasty treats. Students will end the course equipped to cook for themselves.



Graphic Design

NO FEE

The world is filled with so many different forms of art – including digital art. In this course, you'll explore this special genre of art found in everything from advertising to animation to photography and beyond. Additionally, you'll tap into your creative side to create digital art and make it come alive!

Green Club

FEE \$35

Do you have a passion for environmental sustainability? Join us as we develop environmental empathy while learning how to create a garden space, prepare the soil, and choose environmentally friendly methods to prevent weeds and pests. We will explore organic gardening as well as container gardening when space is limited. Projects may include developing a bird sanctuary, helping save the honeybee population, and a lunch composting program.



FEE \$35

FEE \$35



Students get a chance to learn how to play the guitar...no previous knowledge necessary! Students will learn introductions to chord structures, guitar theory, and strumming patterns. In an effort to keep the pace of the course fun and engaging, students will be able to learn a variety of songs fairly quickly, some even at their own request! Guitars are supplied, however you are welcome to bring your own.

NO FEE

NO FEE



What are the skills I need to maintain a healthy mind when faced with daily stresses? Assignments, homework, tests, chores... life is full of stressful things. In this option, students will learn how to de-stress in a healthy, tech-free, and fun way. Use this time as a “brain break” for some quiet time, or to study and catch up on assignments

FEE: \$235 for first time registrants; \$150 for returning players

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PREREQUISITE: Prior hockey experience



NO FEE

NO FEE



iLead is a fun, authentic elective for those who have a desire to develop their leadership skills through planning, organizing and implementing school events and activities (dances, spirit days, lunch activities, food drives, etc.).

iMAD
NO FEE

iMAD (I Make A Difference) encourages servant leadership. If you are passionate about making a difference within your class, school, and community this course is for you! This course is very much student driven; students will work together to explore their interests and passions, and will choose an area of the school, the community, or the wider world in which to create lasting positive change.



Interactive Science
FEE: \$35



This elective is based on the scientific principles of research and continued experimentation for improvement. Students will carry out scientific demonstrations, and explain why the amazing things they see, hear and feel happen the way they do. From giant bubbles to water powered rockets, exploding chemicals, and showers of foam, science isn't just about learning, it's also about fun.

Outdoor Education
FEE: \$35

Do you love the outdoors? Students will get first-hand experience in nature and develop skills in common outdoor pursuits. We will look at our environmental impact and how we can reduce our carbon footprint and become a steward of the earth. Students will focus on skills such as fire building, outdoor cooking, orienteering, wilderness survival skills, emergency shelters, first aid and fitness building activities such as hiking.



Podcasts
NO FEE

Podcasting is one of the newest forms of mass media, and provides our students with an audience, a purpose, and a plan for growing their public speaking skills. To be successful with creating podcasts, students must first explore podcasts that interest them, and listen to podcasts as mentor texts. Creating a podcast gives our students valuable life skills in technology and communication. Podcasting can help students explore their interests, learn new skills, tap into the 4 c's (Critical thinking, Creativity, Collaboration, Communication), and engage in authentic learning.



Recreational Sport

FEE: \$35



Do you love being active and living a healthy lifestyle? Join us for some outdoor play! This elective will give you a chance for fun and exercise, reinforce community spirit and advance your problem-solving abilities. Learn to play Bocce, Capture the Flag, Kickball, Ultimate Frisbee, Disc Golf, Four Square, Wiffle Ball, Spike Ball and more!

Science Fair 7, 8, & 9

FEE: \$35

Curiosity unleashed! This elective encourages inquiry, critical thinking, effective communication, interaction with peers, and citizenship. Over the course of the term, students will conduct scientific research and work towards the creation of a Science Fair project of their own for presentation at our in-house science fair.



Science Fiction Study

NO FEE



In this class, students will look at the Sci-Fi genre in print and movie form. Students will study Sci-Fi's earliest beginning from Mary Shelley's *Frankenstein* to the latest installment of *Star Wars*. Students will discover how Sci-Fi has impacted real world events. Students will create their own Sci-Fi through many art forms.

Strategic Board Games

\$35

If you like a challenge, spending time with friends, strategizing, and friendly competition, then this is the elective for you. In this option, you will play a variety of board and card games, learn about their design elements, and the strategies employed in games. You will also create your own board or card game.



Track & Field - Running Events or Field Events

NO FEE



These sport enrichment courses offer students the opportunity to build and strengthen their skills in short distance running/sprints, long distance running, long jump, high jump, shot put, discus and javelin. Students will be assessed on their skill development throughout.

Virtual Vacations

NO FEE

Join us as we set sail, take off, etc. for Virtual World Travel! In this elective, students will learn travel tips as they gain knowledge about other cultures during their travel. In Virtual Vacations, students plan a detailed trip to a destination of their choice. Following the guidelines of a budget and time frame, students plan a day-by-day visit to a real location anywhere in the world. Students will research destinations, transportation, places to stay, sights, and how to get the most out of a trip. Students will practice “Think also...” by learning about current issues within a culture and what it means to be a conscious traveler in a foreign place. Students will present their trip to their classmates and must meet the requirements for budget and time frame. Opportunities will be made to taste some cultural cuisines during this option.



Volleyball Enrichment

NO FEE

This sport enrichment course offers students the opportunity to build and strengthen skills to advance their volleyball game to the next level. Students will be assessed on their skill development throughout.



Wood Shop (by grade)

FEE: \$35



A skill leveled class where students enrolled will create/design/manufacture and finish wood-based projects. This elective will begin with a strong safety emphasis and tool recognition. Students will be guided in the mastery of basic wood crafting hand tools, along with power tools such as palm and belt sanders, hand and drill press, coping and mitre saws, table and plunge routers and jigsaws.