



# Sacred Heart School

## 2024-2025 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.

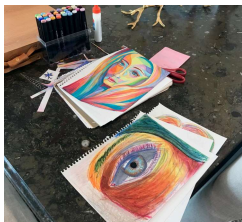
**Electives are subject to change based on teacher availability and student interest.** Please note that many electives have a fee.

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### Elective Choices

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 - Sketching, Q2 - Painting, Q3 - Fabric Arts, Q4 - Building & Sculpting.

Badminton

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  
FEE: \$35 per Quarter



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.

Basketball  
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.

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.



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.



### Creative Writing

NO FEE

Weave original stories and fashion new ideas to showcase your creativity. Write autobiographies, fantasy, fairy tales, short stories, poetry and more! Join us to unlock your writing potential.



### nehiyawatsiwin Cree Language & Culture

FEE: \$35



Come and learn more about the Cree language and Culture with Mrs. Bear! Students will have an introduction to the Cree language and apply it to various situations and for different purposes at home, in school and in the community. Students will do crafts, art and explore other ways of expressing their creativity. Students will analyze various ways in which Cree culture can influence themselves and their community. This elective is open to all students!

### Drama Games

FEE: \$35



Through games and activities students will learn to become more comfortable in a presentational setting, improve trust in themselves as well as others in their class, and they will learn invaluable presentation skills. Students will learn and use theatre vocabulary in class discussions. They will also learn proper vocal techniques such as projection, enunciation, and diction.

### Freestyle Art/Expression

FEE: \$35

Students will select a medium or art style that interests them and our teacher helps them to progress from basic to advanced skills in their chosen area of interest.

### French - Learn the Basics!

NO FEE



This elective offers students opportunities to communicate in French in a variety of daily life contexts. Students will expand their vocabulary and grammar in a variety of themes related to their daily lives.

### Improv & Scene Staging

FEE: \$35

Lights, camera, action! If you enjoy being creative, playing games, and trying new things, this option is for you! We love to play acting games, act through improvisation, and put on small skits for class! Now is your turn to step out into the spotlight and shine. You do not need to be an actor to take this class. Just be ready to say 'Yes' and have some fun!



### 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.



### 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.



## Guitar

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.

## iLead

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.).

### Indigenous Beading

FEE: \$35



Beading is a beautiful art form that can be challenging. Work with our teacher to create finished pieces that are colourful and practical. The importance of colour, shape, and design will be explored as students complete their projects.

### 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.

### Introduction to Hair Styling

FEE: \$35



Learn the basics of hair care and hair styling. In this elective, students will learn braiding, blow drying, curling techniques, and updos.

### 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.



### Phys Ed Games - LOG (Low Organizational Games)

NO FEE

This class is for students who enjoy physical activity. Students will participate in a wide variety of low-organizational games (LOG) that allow them to work together and be active while having fun! These games challenge students to work on team building and communication.



Podcasts  
\$35

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.



Pop Culture  
NO FEE

Students will progress through 1960-2010 in an effort to determine how society reacted to events and how movies, fads, music, foods, and culture impacted daily lives. We will determine what pop culture is, why people care about it, and how it truly is a reflection of the values of society.



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!

Team Sports  
NO FEE

This class is designed for students interested in learning skills and strategies of team sports. This course will include daily skill instruction and implementation of those skills into a competitive game setting. Sports may include, but are not limited to: volleyball, basketball, flag football, soccer, ultimate Frisbee, pickle ball, and badminton. This course will also include daily cardiovascular fitness.

## 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.

## Ukulele

FEE: \$35



Come experience the joy and benefits of making music! Read and play simple melodies using “traditional” notation. Learn to perform common harmonies and harmonic progressions from various types of notation (such as chord charts, tab, etc.) and by rote. No experience required!

## Volleyball

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.



## Watercolour Painting

FEE: \$35

Learn the basics of watercolour painting and begin to develop your own style of painting. Step-by-step instruction takes you through the entire creative process of painting.



## 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.