



Sacred Heart School

2025-2026 Junior High Electives - Course Descriptions

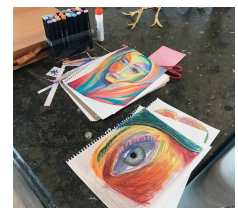
The intent of these electives is that students explore areas of interest, develop skills and round out their school and life experiences. We believe that students should explore a range of electives and also have the ability to delve deeper into some programs of interest as they progress through their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

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

Elective Choices

Art 7, 8, or 9
FEE: \$35

This course invites students to explore their creativity through a variety of visual art forms, including drawing, painting, sculpture, and mixed media. Students will learn the elements and principles of design while developing their own artistic style. Through hands-on projects and reflection, they will build skills in observation, technique, and creative expression. No prior experience is needed—just a willingness to experiment and make art!



Band 7
FEE: \$35



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.

Brains & Games

FEE: \$35

Love puzzles, strategy games, and brain teasers? In this elective, you'll dive into a variety of logic-based and strategic activities like Chess, Sudoku, Escape Rooms, and modern board/card/dice games. You'll explore game mechanics, problem-solving strategies, and even design your own games, puzzles, or escape rooms—either solo or in groups. Get ready to collaborate, think critically, and have fun while stretching your brain with challenges like Kahoots, Blookets, cryptography, and choose-your-own-adventure storytelling. Whether you're a puzzle master or just curious, this option will keep you engaged and thinking creatively.



Board Games

NO FEE

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.



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!

Dance
FEE: \$35

The perfect class for students who simply want to have fun while moving to the music! This high-energy course offers the chance to explore new dance skills and learn original choreography in a supportive, upbeat environment. Students will experience a variety of dance styles and music genres throughout the term. In addition to having fun, participants will build muscle strength, balance, coordination, flexibility, core stability, and cardiovascular endurance. The class also supports the development of spatial and self-awareness, confidence, musicality, and a deeper appreciation for the performing arts.



Drama
FEE: \$35



Lights, camera, action! 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.

French 7 or French 8/9
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.

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 7, 8, or 9

FEE: \$40



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

In this hands-on elective, students will explore the exciting world of graphic design! Using both traditional and digital tools, students will learn how to create eye-catching posters, logos, and layouts. They'll be introduced to design principles like balance, contrast, and typography while gaining experience with programs like Canva and other beginner-friendly design software. This course encourages creativity, critical thinking, and problem-solving—all while developing real-world design skills. No previous experience required—just bring your imagination!



Hockey Program

FEE \$520-\$600 (depending on number of students)



Our hockey program focuses on developing strong foundational skills and character both on and off the ice. Students engage in power skating, edge work, puck handling, shooting, passing, and situational awareness, with position-specific training including goalie development. Off-ice sessions include shooting, puck control, hockey-specific workouts, and classroom learning to understand the purpose behind each drill. With video analysis and an emphasis on teamwork and life skills, players grow as athletes and individuals. Hockey experience required; this is not a learn to skate elective.

Introduction to Hair Styling

FEE: \$50

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

NO FEE



This fun and fast-paced elective focuses on low-organizational physical education games that require minimal equipment and setup. Students will develop teamwork, coordination, and fitness through a variety of inclusive, easy-to-learn games that emphasize participation, creativity, and movement. Perfect for students who enjoy staying active in a relaxed, supportive environment.

Pop Culture

NO FEE

This engaging course explores the world of pop culture—past and present—through music, movies, fashion, social media, trends, and more. Students will examine how pop culture shapes identity, influences society, and reflects historical and cultural changes. Through discussions, projects, and media analysis, students will think critically about the media they consume while having fun exploring what's trending and why it matters.



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 Workshop

FEE: \$35



This hands-on elective brings science to life through experiments, projects, and real-world problem solving. Students will explore topics across biology, chemistry, physics, and environmental science while building critical thinking and collaboration skills. Whether it's designing a water filter, launching rockets, or investigating chemical reactions, this workshop emphasizes curiosity, creativity, and active learning in a fun, engaging environment.

Ukulele & Guitar

FEE \$35



Come experience the joy and benefits of making music! Starting with the ukulele and moving into the guitar, read and play simple melodies using “traditional” notation. Students will learn introductions to chord structures 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.



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.



Wood Shop 7, 8, or 9

FEE: \$50



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.