

## Option Course Descriptions

### Career Technology Foundations

Career Technology Foundations (CTF) help students explore their interests and passions while developing skills and competencies, and making connections to career possibilities and occupational areas. CTF also allows students to make connections between their options and core courses.

#### Computers 7

*(No Fee Required)* Fee: \$0

Students will learn how to create, manage and manipulate digital files using various computer applications and be exposed to some computer programming languages. They will then effectively communicate messages using various media forms. Students use their leadership, technology and communication skills to report on various activities around the school.

#### Digital Design 8, 9

*(No Fee Required)* Fee: \$0

Students will explore the process of creating three-dimensional objects of various sizes, geometrical shapes and functions. Students will learn how to write code for their creations and see it through all testing processes and final printing. Students will also learn how machines like 3D printers are becoming an integral part of manufacturing.

#### Food Studies 7, 8, 9

Full Year Fee: \$50

Trimester Fee: \$20

Students will learn basic cooking skills and techniques as well as the benefits of healthy food choices. Students will learn to follow recipes, proper use of kitchen equipment, kitchen and food handling safety, teamwork, and efficient work habits. Practical labs will emphasize food preparation skills.

#### Visual Communications 7, 8, 9(Photography)

*(No Fee Required)* Fee: \$0

This course focuses on photography, videography and digital editing. Students will develop essential camera skills with a focus on basic composition and set-up. Students will learn how to operate a camera to capture images and produce pieces for displays, projects and publications, including yearbook.

### Learning and Leadership

#### Aboriginal Studies and Outdoor Education 7, 8, 9

Trimester Fee: \$20

Do you love nature and the outdoors? Then this course is for you! Students will have the opportunity to participate in a variety of outdoor activities such as shelter building, outdoor cooking, survival techniques, as well as wildlife identification. Each area of study will be examined from a traditional First Nations perspective, and students will learn traditional teachings on nature and people's relationship with the land. This course involves hands-on activities where students work together to accomplish various tasks.

#### Learning to Lead 7, 8, 9(Student leadership)

Full Year Fee: \$25

As active and responsible citizens contributing to their community and society, students plan, manage and access a number of school-wide, local and global community service initiatives. Students will learn about their personal strengths and style of leadership through various student initiated projects.

#### Learning Strategies and Study Skills 7, 8, 9

*(No Fee Required)* Fee: \$0

Students will work with a teacher to develop efficient organization and study habits. Teachers and students will develop an individualized plan together that incorporates extra support and time to focus on particular areas of study. Students will also have an opportunity to explore interests and career pathways. Students will then set goals and develop an action plan to achieve those goals

### John D. Bracco Bruins Soccer Institute

Fee: \$750.00

The JDB Soccer Institute is designed for student-athletes who are serious about advancing their soccer skills and knowledge of the game. We offer a systematic and structured youth development program designed to prepare student-athletes in Grades 7 to 9 for the demands of advanced competition. We feature high-level provincially and nationally licensed instructors, providing a 10 month outdoor/indoor program throughout the school year that involves three training sessions per week. Emphasis will be on individual player development, accountability and tactical understanding.

## Option Course Descriptions

### Athletics

#### **Court Sports 7, 8, 9**

**Trimester Fee: \$50**

Students will focus on individual player development based on their current level and potential. They will develop their fundamental skills and increase their knowledge of court sports such as basketball, volleyball and badminton. This course helps students build a strong work ethic, learn about accountability and develop skills in an enjoyable environment guided by the principles of sports culture.

#### **Active Living/Sports Performance 7, 8, 9(Fitness)**

**Fee: Given at the beginning of the course**

Fitness is an activity-based course designed for students who wish to develop training techniques and an understanding of themselves as an athlete. Students will enhance their understanding of skill development, physical training, nutrition and body mechanics. Training and certification in sports medicine, first aid, coaching and refereeing will also be explored.

#### **Martial Arts/Wrestling 7, 8, 9**

*(No Fee Required)* **Fee: \$0**

Students will examine and develop an appreciation of martial arts with a focus on respect and discipline. Students will practice a variety of martial arts forms, which may include striking, grappling and self-defense. The course includes guest presenters and opportunities for students to apply critical-thinking skills to conduct research on martial arts history, culture and basic techniques.

### Fine Arts

#### **Art 7, 8, 9**

**Full Year Fee: \$40**

Art students will explore art through a variety of media and techniques, including drawing, painting and sculpting. Students will learn to apply skills in a way that develops their ability to create realistic pieces and look at art as a form of personal expression.

#### **Drama 7, 8, 9**

*(No Fee Required)* **Fee: \$0**

The drama program develops knowledge of self and others, competency in communication skills, and the tools to tell stories through action. This may be accomplished by the study of various dramatic elements including movement, speech, improvisation, technical theatre, theatre history, theatrical make-up and film studies. Students perform in practical scene work, participate in character development and role play, and come to understand theatre tradition and etiquette.

#### **Music 7, 8, 9**

**Full Year Fee: \$50**

Students will have the opportunity to learn guitar, drums, as well as several other instruments if desired. No musical experience is necessary, and instrument rental is covered by the students' music fees. Students will develop the skills required to play many interesting pieces from a variety of musical styles and work with your peers to create music to perform at our Fine Arts Nights, pep rallies, special events and lunch hour rock shows. All skill levels are welcome. This course is a fantastic introduction to music and will provide the foundational skills for high school music.

#### **Design Fundamentals 7, 8, 9(Art)**

**Trimester Fee: \$20**

This course is offered by trimester only. Art students will explore art through a variety of media and techniques, including drawing, painting and sculpting. Students will learn to apply skills in a way that develops their ability to create realistic pieces and look at art as a form of personal expression.

Note: The optional fees associated with some of the complementary courses will provide enriched opportunities for students to participate in 'out of school' activities, special projects or additional in school experiences.