

Fort Saskatchewan Christian School

Junior High Options

Grade 7

Date: June 13, 2016

Dear Parents/Guardians:

We are currently in the planning mode for junior high option classes for the 2016-2017 school year. Our junior high students automatically receive classes in:

- Language Arts
- Math
- Science
- Social Studies
- Christian Life Studies
- Physical Education
- Health
- Flex (Student directed choice of class)

In junior high, students will take part in up to 4 option courses throughout the year. Students in grade 8 and 9 choose one option on each day. Students in grade 7 are automatically enrolled in Day 1, 3, 5 options however get to choose one option on Day 2, 4, 6. Please see the course descriptions below for more information on each course.

Semester 1: September – January

| Day 1, 3, 5 | Day 2, 4, 6 |
|--------------------------------------|-------------------------------|
| Fashion 100 (Half of Semester)+ | Drama 100 |
| Construction 100 (Half of Semester)+ | Physical Education Option 100 |

Semester 2: February - June

| Day 1, 3, 5 | Day 2, 4, 6 |
|--|------------------------|
| Communication Technology 100 (Half of Semester)+ | Art 100 |
| Foods 100 (Half of Semester)+ | Outdoor Education 100 |
| | Guitar 100 / 200 / 300 |

+ All grade 7 students will be automatically enrolled in these courses.

COURSE SELECTION PROCEDURE:

- 1) Please review the course list, descriptions and cost. Discuss with your child the options they are interested in taking.
- 2) On August 31 (second day of school) junior high students will be involved in an “Options Fair” where they will have the opportunity to visit all of the option classes and see which options they are truly interested in taking. **During the evening of August 31, students will select the options they would like to take for both semesters. The online booking of options will open at 6:00 pm and all options will be booked on a first come, first serve basis.** The online link will be e-mailed to parents prior to August 31.
- 3) Students will be notified on September 1 of which options they are enrolled in.
- 4) Fee payment will be on your PowerSchool Parent Portal in mid-September once all students have been enrolled in their options.

COURSE DESCRIPTIONS

Art 100 Cost: \$20

Students will be exposed to a wide range of art materials and processes. Through hands on projects, students will learn basic art principles, exploring drawing techniques, experimenting with colour theory, and creating compositions. As well, students will learn the basic vocabulary of art, building viewing skills as they learn to think and respond as artists.

Communication Technology 100 (+) Cost: \$10

Students will be introduced to media production and photography through instruction on using various cameras (still and video), media software, and project creation.

+ All grade 7 students are automatically enrolled in Communication Technology 100

Construction 100 (+): Cost: \$20

This course is an introduction to basic tool use, shop safety and vocational opportunities in the field of construction. A variety of small woodworking projects, including co2 cars, will expose the student to many different hand and power tools and teach them how to use them in a productive and safe manner. We will also be looking to serve our local school community in a practical hands on manner.

+All grade 7 students are automatically enrolled in Construction 100.

Drama 100 Cost: \$10

This class covers the facets of dramatic art: movement, speech, and improvisation. The overall goal of this class is to foster an awareness of self – physically, emotionally, socially, creatively, and spiritually. This course, while fun in many aspects, is also intended to help students challenge themselves. The fuel of this challenge is risk. The students who stretch themselves and show a willingness to push beyond boundaries of personal comfort will be highly successful. Students will participate in improv, reader's theatre, and dramatic monologues, and will also collaborate in groups to create fairy tale commercials and an original script for a skit!

NOTE: there will be an additional fee of \$40 for students who successfully audition and are involved in the school's theatre production, to cover the cost of production rights and costumes/sets. This play will be presented both to the elementary students during a matinee performance, and at the Fine Arts Night that evening.

Fashion 100 (+) Cost: \$14 plus project supplies (additional \$10-15)

Students learn how to safely use and care for sewing and pressing equipment, and apply these skills during project assembly. Students will complete two projects: a library bag for our Division I students (supplies provided) and an apron for personal use. Careers in the fashion and sewing industry will be explored.

+ All grade 7 students are automatically enrolled in Fashion 100

Foods 100 (+): Cost \$13

Students learn safe and sanitary food handling procedures, comprehension of recipes and the importance of efficient work habits. Foods 100 is an introduction to measurement, equipment use and care, food safety and handling of tools and equipment in the Foods lab. Students will practice planning and preparing simple flour mixtures like biscuits, muffins, pancakes or waffles. Canada's Food Guide will be discussed in terms of serving sizes and recommendations. Careers in the Foods Industry will be explored.

+All grade 7 students will be automatically enrolled in Foods 100.

Guitar 100 Cost: \$10

Beginner level lessons include naming the parts of the guitar, care for the guitar, holding the guitar, the names of the strings, changing guitar strings, fingers-frets-strings, tuning the guitar, strumming, your first guitar chords, and playing your first song.

No experience necessary.

Requirements: (for Guitar 100, 200 and 300)

- acoustic 6 string guitar
 - western steel string - preferred
 - classical nylon string
- capo
- guitar picks (thinner picks preferred)
- set of new guitar strings (light to medium light gauge .012/.054)
- small binder for notes and sheet music / pen or pencil

Guitar 200 Cost: \$10

Intermediate level lessons include focus on rhythm guitar, power chords, bar chords, chord progressions (keys of C, D, G), using the capo, strumming patterns, playing major and minor scales, timing and feel, and expanding the chord repertoire.

Pre-requisite: Successful completion of Guitar 100, or complete a short audition showing the skill set required to be successful in this program.

Guitar 300 Cost: \$10

Advanced level lessons will expand to the keys of A and E, playing in open E, finger picking, chord shapes and chord inflections, leading worship and using the CCLI website, expanding the chord repertoire further, slash chords, and song writing (guest artist).

Pre-requisite: Successful completion of Guitar 200, or complete a short audition showing the skill set required to be successful in this program.

Outdoor Education 100

Cost: \$10

This Outdoor Education course will focus on introducing skills and attitudes necessary for safe and enjoyable outdoor experiences in all seasons. Seasonally appropriate activities, such as geo caching, orienteering, fire building, hiking may occur. A canoe trip and an overnight campout will take place. Archery will also be a component of this course. A camping trip will also be offered to students at an additional cost of \$40.

Physical Education Option 100

Cost: \$50

This course is designed to promote lifelong personal fitness with a variety of physical activities, games, sports, and overall performance knowledge. Emphasis will be placed on helping students become exposed to lifelong activities and various fitness principles. This will be mainly an activities based course. The expectation is to have 1-2 off campus activities per month.

Some of the possible activities will include: Team sports, running, swimming, weight training, curling, bowling and tennis.

Most activities will have equipment provided, however students need to have access to indoor/outdoor runners, a tennis racket, winter attire, and swimming attire.

Please Note: This course requires higher levels of commitment and dedication as there will be intense physical training at times. We will be walking to most of our field trips within Fort Saskatchewan. Bussing will be provided if we travel to recreational facilities located outside of Fort Saskatchewan. Parents may be responsible for picking up their child after school hours due to some field trips.