

Fort Saskatchewan Christian School

Junior High Options

Date: August 30, 2016

Dear Parents/Guardians:

We have finalized our 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 grade 8 and 9 students will register in 4 option courses throughout the year. Please see the course descriptions below for more information on each course.

Semester 1: September – January

Day 1, 3, 5	Day 2, 4, 6
Drama 200	Drama 100
Drama 300	Physical Education Option 100
Outdoor Education 200	Communication Technology 200
Outdoor Education 300	Communication Technology 300
Worship Arts 200	Leadership 200
Worship Arts 300	Leadership 300
Innovative Learning	Foods 200
	Foods 300
	Innovative Learning

Semester 2: February - June

Day 1, 3, 5	Day 2, 4, 6
Art 200	Art 100
Art 300	Outdoor Education 100
Construction 200	Guitar 100
Construction 300	Guitar 200
S.O.L. (Sing Out Loud Choral Music) - 200	Guitar 300
S.O.L. (Sing Out Loud Choral Music) - 300	Fashion 200
Innovative Learning	Fashion 300
	Physical Education Option 200
	Physical Education Option 300
	Innovative Learning

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 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. At 6:00 pm on Wednesday August 31, students will select the options they would like to take for both semesters. By noon on August 31, the link to the form will be sent by email. We will also post a link on our schools website. Students will be registered on a first come first serve basis and based upon any pre-requisites.
- 3) Students will be notified on September 1 of the options they are enrolled in.
- 4) Fee payment will be on Acorn 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.

* Open to all students who have never taken a junior high arts option course

Art 200: Cost: \$44

In this course, students will build on the skills learned in Art 100 and develop a sound understanding of the elements of design (line, colour, texture, shape, form, space, and value). Students will develop drawing/painting skills and methods by studying classic illustrations, creating compositions in both two and three dimensions. As well, students will develop their viewing skills as they use the vocabulary of art criticism to develop a positive analysis of their work.

Pre-requisite: Successful completion of Art 100

Art 300: Cost: \$44

In this course, students will further refine the skills learned in Art 200, building on the understanding of the elements of design (line, colour, texture, shape, form, space, and value). Both realistic and abstract art will be explored through a variety of mediums as they use the elements of design to communicate expressiveness and meaning. As well, students will develop their viewing skills as they encounter and study art from many different cultures and time periods.

Pre-requisite: Successful completion of Art 200

Communication Technology 200: Cost: \$15

Modular based course where students will have the ability to work with various forms of media including video production, photography, scratch, iMovie and other school media needs. Students are required to have headphones.

Communication Technology 300: Cost: \$15

Modular based course where students will be challenged to work on student choice/ school projects with various forms of media including Adobe Creative Suite, photography, Animation, and other media outlets. Students are required to have headphones.

Construction 200: Cost: \$50

Students will further their wood working skills through the design and construction of handcrafted wood projects. The students will be exposed to a range of tools, including air nailers, sanders, and a variety of different saws. Safety will be paramount, while confidence will be instilled to use power tools in a competent and productive manner. We will also be integrating our shop experience with community service. We will be involved in projects outside of the school that will be an opportunity to impact our community for Christ.

Pre-requisite: Successful completion of Construction 100 .

Construction 300: Cost: \$50

This course is designed for students who look to further their wood working skills in a more self-directed manner. Building on the prerequisite of Construction 200, students will be responsible for choosing, budgeting, planning, designing and constructing their projects. These projects will be vetted by the teacher but will allow the student to build items which: reflect student interests, reinforce student learning in other courses and increase exposure to vocational opportunities.

Pre-requisite: Successful completion of Construction 200

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 also collaborate in groups to create mash-up fractured fairy tales, and original wacky advertisements.

NOTE: there will be an additional fee of \$20 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.

- Open to all students who have never taken a junior high drama option course

Drama 200: Cost: \$10

Students will develop concentration, cooperation, control and confidence. This class will focus on student creativity and participation in the major disciplines of movement, speech and improvisation. Students will participate in games and activities that will broaden their collaborative skills and imaginations. They will also explore theatre studies and technical theatre, collaborating in groups to create and present an original script.

NOTE: there will be an additional fee of \$20 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.

Pre-requisite: Successful completion of Drama 100

Drama 300 : Cost: \$10

This course emphasizes creative drama. Students will continue to explore life through the assumption of roles and by the acquisition of dramatic skills. This class will focus on student creativity and participation in the major disciplines of movement, speech, improvisation, theatre studies and technical theatre. Students will also collaborate in groups to create a silent film based on an original script.

NOTE: there will be an additional fee of \$20 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.

Pre-requisite: Successful completion of Drama 200

Fashion 200: Cost: \$15 plus project supplies (additional \$25+)

Students learn how to determine pattern size, choose a suitable pattern and fabric, and continue to develop sewing skills in the assembly of simple garments and accessories (e.g. pyjama pants or skirt with elastic or drawstring waist, purse, pillows). Hand sewing of buttons and hems will be demonstrated and samples completed. A 'Sewing Kindness' project will be completed for donation. Continued exploration of careers in the fashion and sewing industry.

Pre-requisite: Successful completion of Fashion 100

Fashion 300: Cost: \$15 plus project supplies (additional \$25+)

Students learn how to determine pattern size, choose a suitable pattern and fabric, make pattern alterations, and prepare the fabric and pattern for layout. Students apply these skills during the assembly of simple garments requiring more advanced skills (e.g. zipper or buttons). Students will identify international care labels and determine appropriate laundering for various textile items. A 'Sewing Kindness' project will be completed for donation. Continued exploration of careers in the fashion and sewing industry.

Pre-requisite: Successful completion of Fashion 200

Foods 200: Cost \$25

Foods 200 is an intermediate course where students develop and demonstrate an understanding of traditional and contemporary baking focusing on basic measuring techniques, preparation methods, role of ingredients and the proper use of equipment for baked goods. Students will practice planning and preparing baked goods such as cookies, cakes, and yeast doughs, with at least one recipe modification for a dietary concern e.g. gluten free,

low fat, vegetarian, etc. Canada's Food Guide will be discussed in terms of the role of micro and macro nutrients in a healthy diet. Continued exploration of careers in the Foods Industry.

Pre-requisite: Successful completion of Foods 100

Foods 300: Cost \$30

Foods 300 is an advanced course where students develop an understanding of planning, preparation and evaluation of balanced healthy meals using foods from all four food groups. Students will identify and demonstrate factors contributing to successful meal planning by planning, preparing and evaluating healthy meals for varying lifestyles and special occasions. Personal diet will be analyzed using Canada's Food Guide and recommendations researched for various health concerns. Continued exploration of careers in the Foods Industry.

Pre-requisite: Successful completion of Foods 200

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:

- 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.

Requirements:

- 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

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).

Requirements:

- 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

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

Innovative Learning: Cost: Dependent on Student Project

Innovative Learning is designed to support students in creating a flexible, interdisciplinary learning environment where students can explore the interests and passions they have while making personal connections to career possibilities and technologies associated with various occupational areas. Students will participate in hands-on learning experiences and work towards creating real-life products, presentations or services. Students will create a proposal outlining what they want to learn about, the procedure for completing the project, the timeline for completion and the creation of the final product. This class will be predominantly self-directed with scheduled check-ups along the way.

Pre-requisite: Student proposal approved by administration and parents.

Leadership 200: Cost: \$0

Students will learn skills to develop and enhance their leadership capacity. Students will assist in leadership within the school and community. Activities could include student interest groups, liaising with school staff, event/activity planning and implementation, humanitarian involvements, promotions, mentoring, and school spirit.

- Students will learn and practice governance.
- Students will participate in a public speaking module.

Prerequisite: Enrolled in grade 8 or 9.

Leadership 300: Cost: \$0

Students will continue to learn and practice leadership skills, but as senior leadership students, take the active role in leading within the school and community. A greater level of expectation regarding the practice of governance and public speaking will be required.

Prerequisite: Successful completion of Leadership 200

Outdoor Education 100: Cost: \$75

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. An overnight camping trip will take place in the spring.

* Open to all students who have never taken a junior high outdoor education course

Outdoor Education 200: Cost: \$140

This Outdoor Education course will focus on developing skills and attitudes necessary for safe and enjoyable outdoor experiences in all seasons. Seasonally appropriate activities, such as orienteering, hiking, fire building, outdoor cooking and canoeing may occur. A two-day campout will take place with survival camping and firearms practice. Archery will also be a component of this course.

Pre-requisite: Successful completion of Outdoor Education 100

Outdoor Education 300: Cost: \$145

This Outdoor Education course will focus on developing skills and attitudes necessary for safe and enjoyable outdoor experiences in all seasons. Student will go through the Alberta Hunters Education program with the ability to get their Hunting licenses. Student will be expected to know concepts such as hunting ethics, wildlife management, firearms safety and archery. A two-day campout will take place with survival camping and firearms practice.

Pre-requisite: Successful completion of Outdoor Education 200

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, and bowling.

Most activities will have equipment provided, however students need to have access to indoor/outdoor runners, 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.

* Open to all students who have never taken a junior high athletics option course

Physical Education Option 200: Cost: \$75

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 grow in their knowledge of lifelong activities and fitness principles that they were exposed to in PE 100. This course will mainly be activities based. The expectation is to have 1-2 off campus activities per month.

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

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

Students will be training for and participating in a sprint triathlon. Our fitness training will be centered around this event.

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.

Pre-requisite: Successful completion of Sports Acceleration 100

Physical Education Option 300: Cost: \$75

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 grow in their knowledge of lifelong activities and fitness principles that they were exposed to in PE 200. This course will mainly be activities based. The expectation is to have 1-2 off campus activities per month.

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

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

Students will be training for and participating in a sprint triathlon. Our fitness training will be centered around this event. In the 300 level course students will be required to write a research paper on training for triathlons. This will provide them the opportunity to look into the nutrition side of fitness as well as more deeply into the physical training.

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.

Pre-requisite: Successful completion of either Recreational Fitness 200 or Sports Acceleration 200.

S.O.L. ("Sing Out Loud" Choral Music) 200:

This course will allow students to express their love and joy for singing with others in a group. Different musical styles will be explored, including both sacred and secular. Students will be learning a small component of theory related to singing and will have some performance opportunities in school and outside of school.

Students will be auditioned to determine parts.

S.O.L. ("Sing Out Loud" Choral Music) 300:

This course will allow students to continue to express their love and joy for singing with others in a group. Different musical styles will be explored, including both sacred and secular. Students will be learning a small component of theory for music reading and will have some performance opportunities in school and outside of school, which may include solo singing.

Students will be auditioned to determine parts.

Pre-requisite: Successful completion of S.O.L. 200

Worship Arts 200:

The course will allow students to explore on how to become a true worshipper, from their hearts to expressing it through the means of music. Students will be expected to deepen their faith and their understanding of meaningful worship through Biblical theology, as well as practical worship leading experiences.

Students are not necessarily required to know how to play an instrument, but would be an asset before entering the course.

Students are required to provide their own instrument if they play any.

Worship Arts 300:

The course will allow students to further their skills in expressing worship musically and their theological knowledge on how musical worship connects worshippers and God.

Students are required to have a basic knowledge and skills of playing an instrument, and / or singing vocally. Auditions will be done to understand where students' musical skills sit at.

Students are required to provide their own instrument and parts (i.e. *amp*, cords, pedals, picks, tuners, etc.) if they play any.