



# FOODS STUDIES & Textile Arts

In Foods Studies students explore the basics of food preparation, nutrition, kitchen and food safety, presentation, baking basics, and essential basic competencies. In Textile Arts, through different assignments and projects, students learn machine sewing essentials, knitting and crochet fundamentals, and hand sewing basics. Creativity is used to design individual textile projects. Students have the choice in preparing a garment or project of their preference, dependent on sewing level. Students may also be required to purchase materials for their projects



# Industrial Arts

is an introductory class designed to familiarize the student with shop safety and woodworking equipment. Each student will begin with hand tools to shape, sand, and finish a variety of wooden projects. By the end of the three month introductory session the students will be using the more powerful power saws and sanders to complete more complicated projects.

**Small Engines/Metal Fabrication** Students will learn the basics of shielded metal Arc welding and GMAW welding, as well as sheet metal fabricating, and basics of small engines. Students will develop basic skills in welding and fabricating and will learn how a basic internal combustion engine works and operates, with some focusing on safety and usage of mechanics tools, basic fasteners, sealants etc., intake and exhaust cycles, and assembly, carburetors, and simple drive systems.



**ENTERPRISE & INNOVATION** In this course students will learn about the basics of financial literacy, an introduction to entrepreneurialism, and the stock market. The students will have an opportunity to build their own company through an online simulation along with investing in companies through an online simulation.

The **Recreational Sports Course** provides students who love Physical Education with additional opportunities to participate in team building activities. This course provides students who love to be active the opportunity to play TGFU (Teaching Games for Understanding). These activities are created to help build skills for sports and recreational games.



## Hockey Skills Canada

The Hockey Canada Skills Academy focuses on the development of fundamental hockey skills such as skating shooting, passing and general knowledge of the game. Students will also learn dry land training principles, nutrition, psychology and leadership qualities that are important for success in sports, academics and life. Whether you just love to play the game or are striving for a higher level, this class is available to everyone. Full equipment is required.

**CIRCLE OF COURAGE** This option is an innovative new course based on the medicine wheel and is intended to help youth live a resilient and healthy lifestyle. There are four quadrants in the circle: Belonging, Mastery, Generosity, and Independence. Activities in this course are designed to help students from all backgrounds learn in a safe and fun environment.

## *Concert Band*

Emphasis will be on the improvement of individual and group musical skills through the preparation and performance of a variety of music. Relevant aspects of music theory will also be covered. Past performances have included the Christmas and spring concerts at the school, Music Festival, and concert at the elementary schools in the neighborhood.

**Drama** requires a positive attitude and lots of energy! Students will have the opportunity to be involved in all aspects of theatre - from production to performance. Specifically, they will explore topics and themes of interest to the individual while creating a final class based performance, not to mention having tons of fun!!

## **Art**

The emphasis is to have the students explore elements and principles of art and design. This course is project-based, with a focus on drawing, painting and composition skills.



## **Spanish**

This is a basic and fun introduction course to the Spanish language. This course will be taught using a wide range of mediums and styles. We will also be doing some cultural activities involving paired conversations, acting out scenarios, language games and the internet. To develop competency, students will be given opportunities to interact in Spanish

## *French*

The following general outcomes will be covered in this French course. **Communication** - Students will use their knowledge of French to understand and/or to express a message effectively in various situations for a variety of purposes. **Language** - Students will use, with accuracy, knowledge of linguistic elements of the French language to fulfill their communicative intents. **Culture** - Students will use their knowledge of different Francophone cultures and their own culture to be able to interact appropriately within these cultures. **Language Learning Strategies** - Students will use their knowledge of strategies to enhance learning and to communicate in French.

**Junior Fitness:** This is a hands-on course where students learn the theory and practice behind several types of athletic training. Students spend time participating in strength and resistance training, cardiovascular training, and learn about the benefits of stretching and nutrition.



# Filmmaking

This course focuses on the impact of films on culture as well as planning, filming and editing your own commercial, PSA and short film using iMovie.

## Photography

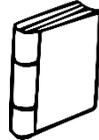
This course will develop your understanding of exposure, composition and photo editing. This is a hands on learning environment, so participation is crucial. In photography you get out of it what you put into it! This is meant to be an overview of topics that you will cover in greater detail in Photography 10-20-30.



## DIGITAL TECHNOLOGY

Digital Technology at the junior high level is an introduction to digital media such as photography, video and animation. Students learn basic composition rules for photography and video, and experiment with animation and basic photo editing.

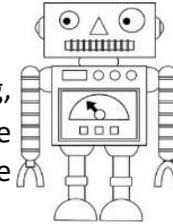
## Study Block



This option course provides students the opportunity to work on their academics with the support of a teacher.

## ROBOTICS

is the interdisciplinary branch of engineering and science that includes engineering, electronics, computer programming and others. In this class you will learn about the design, construction, operation, and use of robots as well as computer systems for their control. By the end of the course, you will be creating a robot for the automation of a simple task.



## SCIENCE OLYMPIC



Have you ever wished you could do more hands on science experiments? Do you enjoy chemical reactions and building rockets? Then please join us in Science Olympics! This course is for students who have a keen interest in the science and have demonstrated a mature attitude towards learning. This class will offer you a challenge over and above your regular science class. We will be performing hands on science experiments. As well we will look at and discuss current issues in science.

## Environmental & Outdoor Education

The focus of this course is to provide students with a foundation for safe and effective participation in outdoor activities in Kananaskis Country. The course includes five field trips to locations in the foothills and front ranges of the Rocky Mountains. Our activities include hiking, snowshoeing, cross country skiing and fishing.

In addition to the field trips, we utilize the river valley behind the school to develop essential skills in camp craft, outdoor survival skills, navigation, trip planning and personal/group development. The course includes the topics of backcountry safety, the flora and fauna of western Canada, local environmental issues, and indigenous history and perspectives. It is an excellent preparation course for the High School Quest program at OHS which focuses on integrating outdoor education and excursions into the core curriculum.

