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Mrs. Susan Sellan, Principal

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## Grade 7 Option Descriptions 2024-2025 Term #2

### Block A:

➤ **Art 101 - \$15.00**

If you are interested in art & want to try all different types of projects, then this class is for you! Throughout the term, students will participate in creating projects that yield amazing results! Drawing, painting and sculpting will be included. Bring your positive attitude and creative mind to this fun and engaging class.

➤ **Foods - \$45.00**

We will make everything from breakfast items, soups, casseroles, pasta sauces and full meals. Everything is made from scratch! We are all about building flavours, using fresh ingredients & eating amazingly good food. Students will learn lab safety & cleaning procedures for obvious reasons. They will learn how to use a chef's knife to cut, chop, slice, and dice yummy food and not their fingers.

➤ **Film Studies – NO COST**

In this course, students will get to watch a bunch of cool movies. We will learn and talk about what makes them great. Students will get to work with their friends to show what they notice and think about these movies. This is a great option for anyone interested in anything to do with art, storytelling, and film/video making (i.e. drawing, photography, writing, comic-books, etc.)

➤ **Sports Medicine – \$15.00**

In this course, students will have the opportunity to learn about the human skeletal system, focusing on the bones of the human body and functions of the skeleton. They will explore concussions, concussion protocols, and Return to Play guidelines. Injury management techniques, including the use of cryo-cuffs and ice baths will also be covered. Additionally, students will examine different types of fractures, gaining some knowledge on anatomy and athlete health and safety in sports.

➤ **Outdoor Education - \$120.00** (*Fees are paid upfront for supplies used throughout Outdoor Ed and field trips. Regardless of whether you go on field trips the fee will remain the same. The reason for this is we must book field trips ahead of time & if you do not go on the field trip, we will have to pay for your spot.*)

Outdoor Education 7 is a chance for students to learn about skills used in nature to keep students safe, while promoting a healthy active lifestyle. This class will consist of:

- Leave No Trace Behind Principles; Bear Safety; Cook Stoves; Compass & Navigation
- Field Trips: Hiking and Skating)

➤ **Video Production - NO COST**

In the Video Production Option, students would create both individual and group projects using iMovie. Students will have the opportunity to use the green screen to enhance their video projects. The sky is the limit for both actors and producers; students can create music videos, news casts, movie reviews, etc. Bring your creative selves to this option!

➤ **Star Wars - \$20.00**

This is a new option this year, all about Star Wars! It is perfect for the Star Wars fan, as well as the rookies to learn about the Galaxy Far, Far Away. We will learn about George Lucas (the creator), & how he originally created new technologies to make the effects to tell his story, as well as the more advanced & recent CGI. Themes we will look at are good versus evil, government, the importance of family, & supporting causes you believe in. We will try our hand at stop animation filming, working on some script work, & creating a movie scene with lightsabers, all with the help from members of the Alliance, our friends at SAIT. **May the Force Be With You!**



MURIEL CLAYTON  
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## **Block B:**

➤ **Interior Design - \$15.00**

Do you enjoy decorating your bedroom or watching design reels? In this option, students will become designers! You will be introduced to clients with a variety of needs, wishes & budgets when decorating a room. Each designer will plan a space including all possible elements such as paint, furniture, lighting, decor & art, while operating under a given budget. Designers will be required to track expenses & organize their chosen products in a spreadsheet to visually showcase their ideas to their client.

➤ **Podcasting & Sound Design - \$10.00**

In this option, students will learn how to create, write, record, and edit their own sound recordings. Students will listen to, learn about, and then create audio stories, podcasts, songs, and more! We will utilize the in-school recording studio to develop professional sounding recordings! The course fee will cover equipment replacements and soundproofing materials.

➤ **Cosmetology - \$25.00**

In our cosmetology class, students will explore the basics of skincare, hair care, makeup, and nail care. This hands-on course will let you practice different beauty techniques while learning about personal grooming, style, and self-expression. We'll also touch on beauty practices in different cultures and how they connect to identity. The cost of supplies will be \$25, and all materials will be provided in class. Get ready to dive into the world of beauty and creativity!

➤ **Chess – \$5.00**

Whether you don't know a Pawn from a Bishop, or you've mastered the basics and are looking for a challenge, this course is open to everyone. This will be an opportunity for students to learn the basics of one of the most popular strategy games in the world. We will review the history of the game, examine openings, tactics, and puzzles to improve our endgame. We have chess sets available, but students are welcome to bring their own.

➤ **Construction - \$25.00**

In Construction, students will learn how to plan & design their own woodworking projects. They will also learn how to use various tools like hammers, screwdrivers, sanders, & power tools safely in a shop environment. Students will be taught how to operate different types of machinery including saws, sanders, a planer, a drill press, & a router table, while following all safety guidelines. This class will give students the opportunity to develop their creative & problem-solving skills while working with wood & tools.

➤ **Indigenous Beading & Art - \$5.00**

In this hands-on options course, students will explore the rich tradition of Indigenous beading and art. Guided by expert instruction, participants will learn the intricate techniques of beadwork while crafting their own personalized lanyard or earrings. Through this creative journey, students will connect with Indigenous cultural heritage, gain skills in beadwork, and produce a beautiful, wearable piece of art. No previous experience is necessary—just bring your creativity and a desire to learn!

➤ **Band - Brass - \$50.00 - NOTE: Band is a year-long course**

Ever wanted to play cool instruments, make music with friends, and be part of an awesome band? In this option, you'll learn to rock out on a band instrument, read music, and jam together as a team! For just \$50.00, you'll get sheet music, supplies, and even special sessions with pro musicians who'll help you play like a star. Don't miss out on the fun—come make some music with us!

