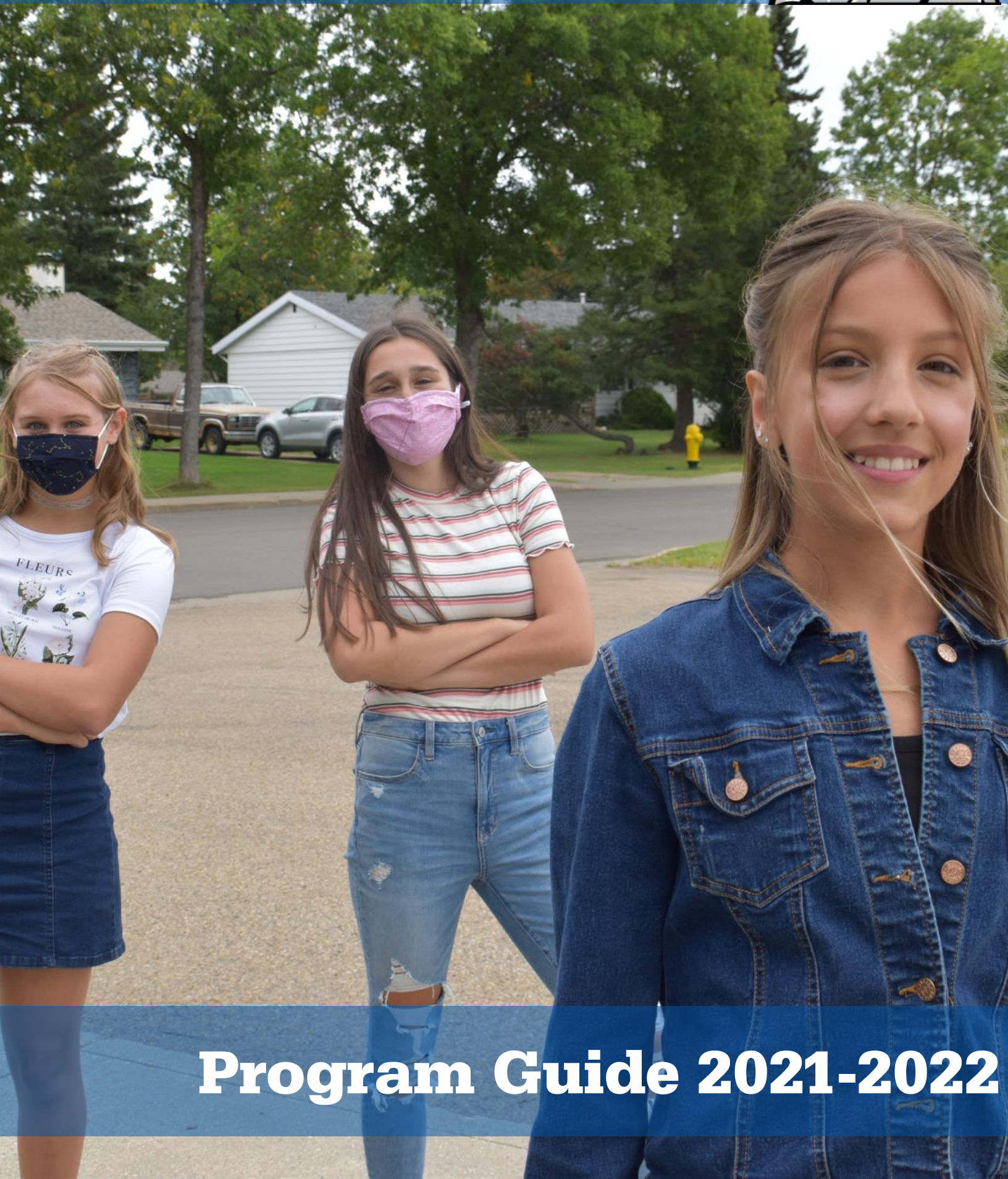


Sherwood Heights

Junior High School



Program Guide 2021-2022

WELCOME

It is time to Reach for the Heights!

Welcome to Sherwood Heights, home of the Cougars. Our school has a proud history of making our community better for the past 62 years. Whether you are a new or a returning student, we welcome you to be part of this great history and to find your own Cougar **PRIDE**. At Sherwood Heights, we know that all students, families and staff share in this motto of Perseverance, Respect, Integrity, Dedication and Enthusiasm in all aspects of life.

We have three school goals. All students:

- Are engaged, active and positive citizens who exemplify Cougar **PRIDE**.
- Develop proactive social, emotional and personal health skills.
- Focus on literacy and numeracy skills, which are emphasized in all aspects of school life.

PLEASE NOTE: Some of the pictures in this Guide were taken pre-Covid-19. We wanted to show off our students both with and without masks!



The Home of Cougar Pride

Extra-curricular Programming

Sherwood Heights has a highly decorated athletics program which helps to develop students' teamwork and skills in a variety of sports. We offer opportunities for our students to participate in junior and senior sports teams.

New students are encouraged to join and be part of a tradition of excellence in one or more of our athletic teams which may include **cross county running, cheer, volleyball, basketball, badminton, team handball, track and field** and **ultimate frisbee**.

We also have a variety of clubs to engage students outside of the classroom. The clubs vary from year to year, but they typically include: **Jazz Band, Gay-Straight Alliance, Lego Building, Computer Games, Book Club, Open Gym, Art, Student Voice, Crossroads Christian Club, Drama Club** and **Board Games**.

“With all of the clubs and teams, there are so many ways to make new friends at Heights.”



*Taken pre-Covid-19



PROGRAMS

Sherwood Heights is proud to offer a variety of programs that include a diversity of students. Home-rooms are determined based upon the program chosen and students stay with that group for the core classes of English Language Arts, Math, Science, Social Studies, Health and Physical Education.



English Program

Sherwood Heights has about 62 percent of our students registered in this program. Students from all programs learn together in our complementary courses and Physical Education, as well as on teams, clubs and school events.

French Immersion Program

Bienvenue à l'école Sherwood Heights!

Nous sommes fiers d'offrir une excellente éducation en français. Nos élèves ont beaucoup de succès en immersion française dans leurs cours. Venez nous voir!

Students in the French Immersion program will have core class instruction in French. Students will also take English Language Arts in place of one complementary course each semester. Instruction for complementary courses will be provided in English.

IMPACT

Junior High IMPACT is a very successful program for students with average ability who have a diagnosed learning disability in one or more academic areas. The program offers a small class setting for core classes with a focus on strategies for success and the development of self-advocacy skills.

Students are approved for the IMPACT program through Elk Island Public Schools' Supports for Students department.

Perseverance Respect Integrity Dedication Enthusiasm

The Home of Cougar Pride

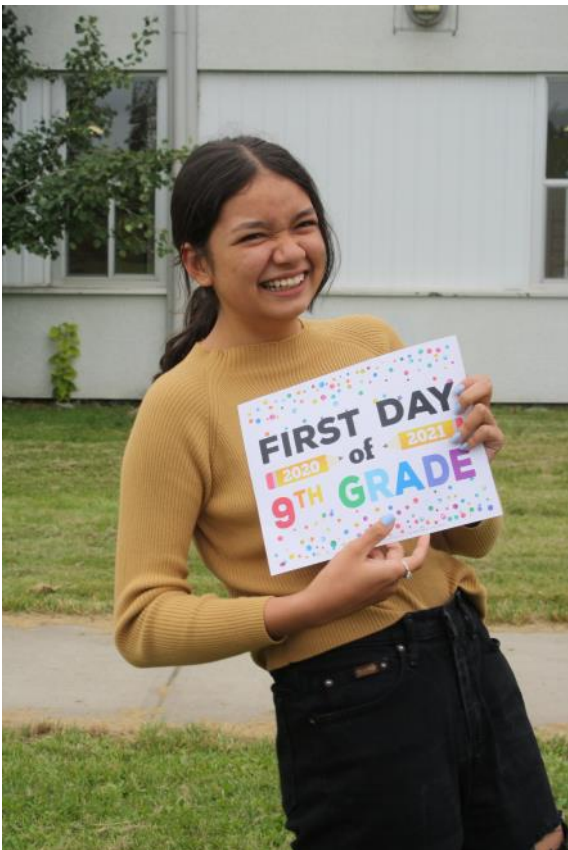
Logos Christian Program

How has Christianity affected world history and how does it affect our worldview of society today? Should Christian faith influence the kind of books we read? Is it possible to study Science and still believe in the Bible as God's word? Does Christianity have anything to do with Math? Find out the answers to these questions when you join the Logos Christian program at Sherwood Heights. A Christian viewpoint will be applied in core subject areas and will include morning devotions, chapel times and specific events such as our annual retreat.

This program is a continuation of the programs at Brentwood and Westboro Elementary, but new students are also encouraged to apply.



*Taken pre-Covid-19



Academic Excellence (Honours) Program

The Honours Program is designed for students in grades 8 and 9 who have high achievement in all core courses. Students who apply must have a minimum of 80 percent in each core class: ELA, Social Studies, Science and Math, and regularly demonstrate an excellent work ethic in class.

Students will complete two cross-curricular projects during the year in addition to the regular Alberta Education Program of Studies. One project will focus on humanities and the other on STEM (science, technology, engineering, and mathematics).

Students who are wanting to apply for the Academic Excellence program for grade 8 or grade 9 will complete a separate form in early spring when they select their options. Conditional acceptance will be communicated to students and their families in April.

CORE COURSES (Required)

For more information about required courses in each grade, visit [Learn Alberta to access Grade Overviews and Grade at a Glance](#) documents.



English Language Arts (ELA)

Math

Science

Social Studies

Physical Education

Health

French Language Arts (FLA)

(French Immersion students only)

COMPLEMENTARY COURSES

For complementary courses, we invite students to be curious, take risks and explore new paths. Lifelong learners seek to learn something new every day. Complementary courses have no prerequisite requirements, but there is an advantage if students have taken the course in previous grades.

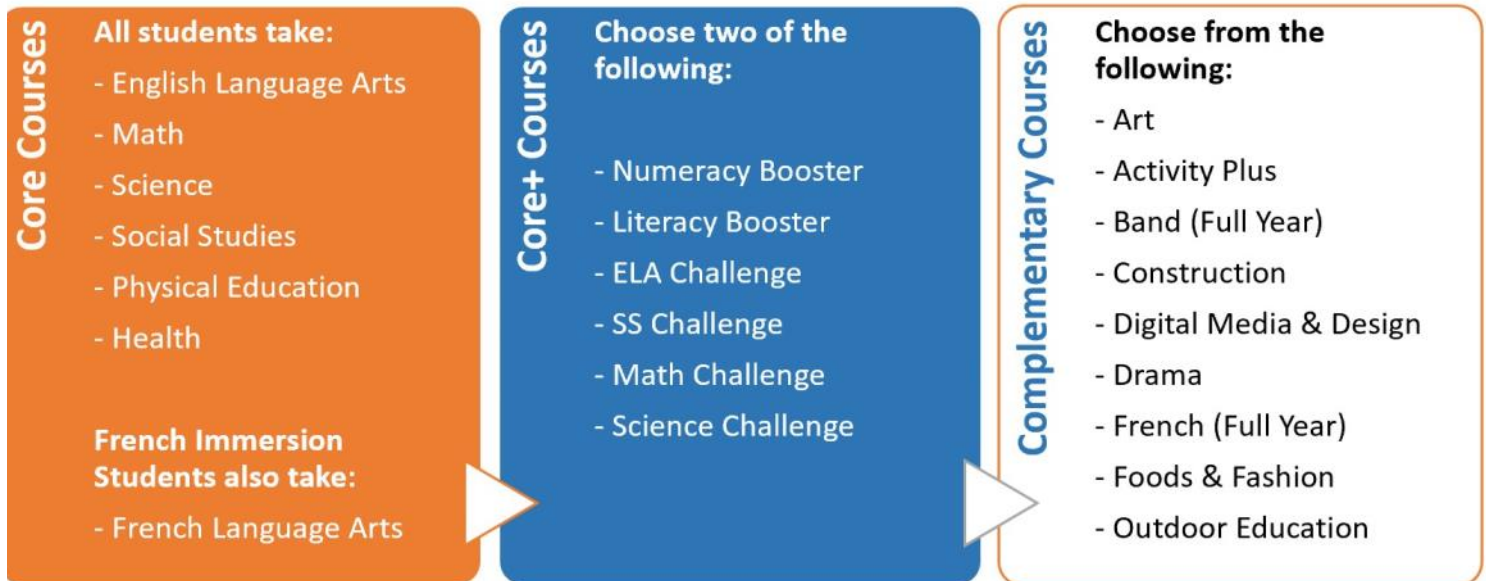
We encourage students to explore a wide variety of complementary courses offered at Sherwood Heights. It helps them become well-rounded individuals and they may discover new passion areas and untapped areas of strength.



Perseverance Respect Integrity Dedication Enthusiasm

The Home of Cougar Pride

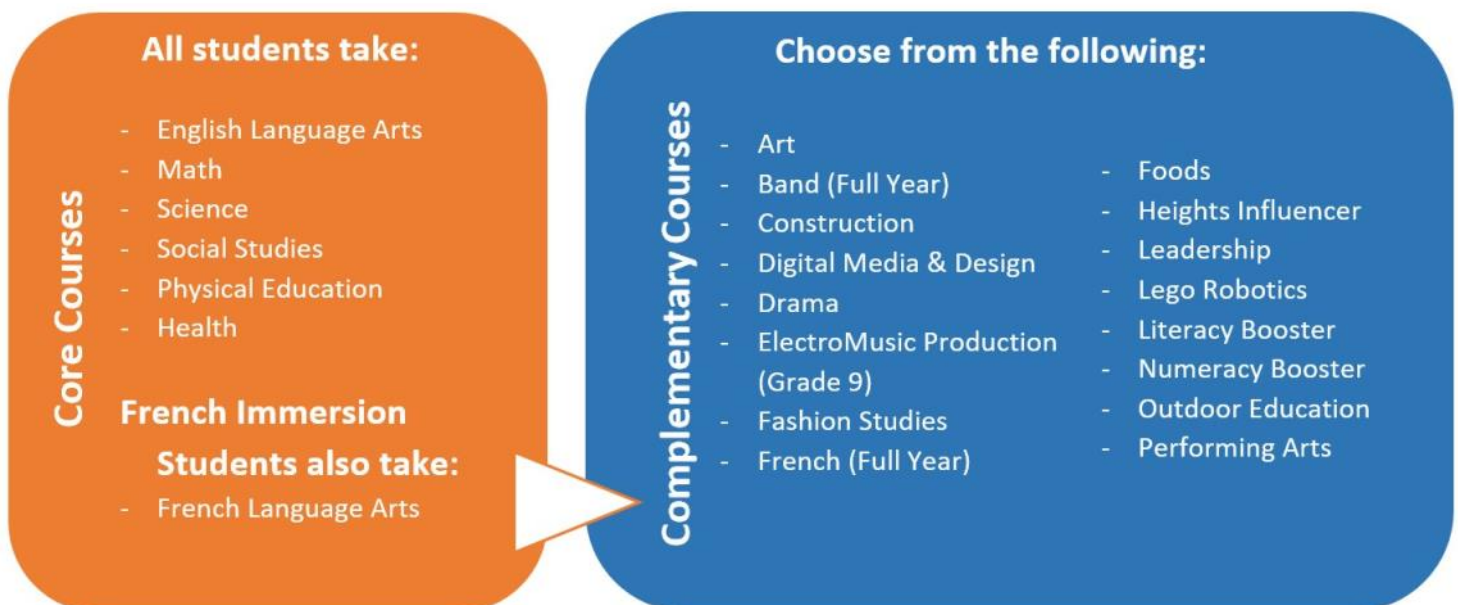
Grade 7 Program at a Glance



Course Selection

Note that students will choose between three and six options, depending on whether they take full-year options such as Band and French, or are in French Immersion. **Please note that although we try to get all students their first choice of options, enrolment in complementary courses is based on student demand and availability.**

Grade 8 & 9 Program at a Glance



Core+ (Core Plus)

Get ready to explore your core classes and be inspired in an exciting new way! Sherwood Heights is thrilled to offer enrichment classes that will allow us to further personalize and differentiate learning for Grade 7s, 8s and 9s. These courses are designed to enhance students' understanding and depth of knowledge in academic courses of their choosing, and will feature engaging activities such as explorations and project-based learning tasks.

There are two types of Core+ courses: **Booster** and **Challenge**.

Core+ Booster 7 - 8 - 9

Core+ Booster courses give students the opportunity to build confidence and have fun exploring concepts that will ignite their enjoyment and ability in the areas of Literacy or Numeracy. This is ideal for students who struggle with or would like to grow in their literacy and/or numeracy capabilities.

Course Fee: no cost

Core+ **Booster** choices are:

Literacy Booster

Numeracy Booster

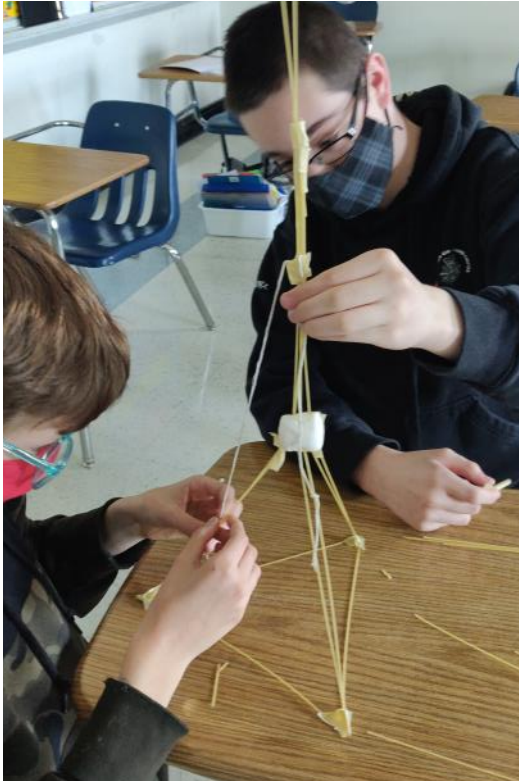


*Taken pre-Covid-19

Perseverance Respect Integrity Dedication Enthusiasm

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Core+ Challenge 7



Core+ Challenge courses give students the opportunity to dive deeply into areas of passion in core subjects that extend the current curriculum. This is ideal for learners who enjoy the subject matter and are open to learning more!

Core+ Challenge courses will offer a variety of opportunities which may include Language Arts (creative writing and be part of a book club), Math (play math games or design a new house), Science (Engineering and experiments galore), and Social Studies (World History and Geography explorations).

Note that offerings for these courses will be dependent on enrolment.

Course Fee: no cost

All Grade 7 students will choose two Core+ courses (one each semester) that match their passions or areas for growth.

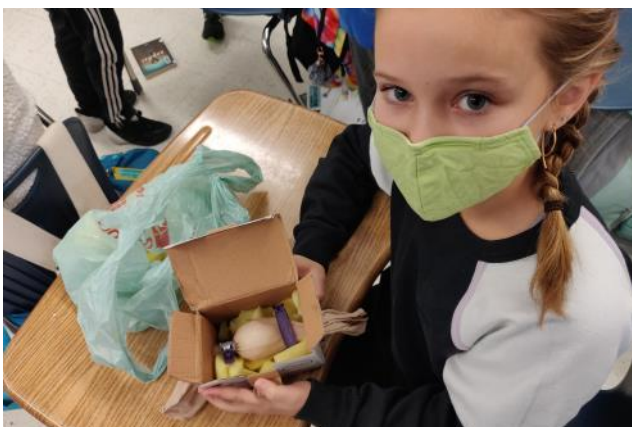
Core+ **Challenge** choices are:

Language Arts Challenge

Math Challenge

Science Challenge

Social Studies Challenge



Activity Plus

Activity Plus 7 - 8 - 9

Supercharge your days! Students will participate in a variety of activities on campus including regular use of the Cougar Den fitness centre and playing small-sided games around the school (both inside and outside).

Students will learn more about the theory of fitness and recreation and the importance of regular exercise while maintaining an active lifestyle.

Course Fees:

Grade 7 - \$5 + Activity Fees up to \$58 (Millennium Place, Bowling)

Grade 8 - \$5 + Activity Fees up to \$91 (Muay Thai, Yoga, Clip & Climb, Bowling)

Grade 9 - \$5 + Activity Fees up to \$147 (Bowling, Skiing, Fitset Ninja Warrior, Yoga)



*Taken pre-Covid-19



Perseverance Respect Integrity Dedication Enthusiasm

The Home of Cougar Pride

Leadership

Leadership 8

This class is designed to develop student leadership abilities and foster good citizenship and Cougar PRIDE. Students will be given the opportunity to learn ways in which they can become model leaders of themselves, in the school and in the global community. Leadership students undertake a wide variety of service projects that enrich our school community. A variety of learning opportunities are also provided throughout the course including lectures, team projects, speakers, journaling and mini workshops. Some projects might require that students are available before school, during lunch and/or after school.

Course Fee: no cost + \$14 optional field trip



Leadership 9

Leadership is a valuable skill!

The Grade 9 Leadership class is responsible for organizing, advertising and supervising a wide variety of school activities and charity events. Students will be involved in the planning and orchestrating of events such as: Grade 7 Welcome Week, dances, charity drives, peer and elementary mentorship programs, theme days, welcoming new students and guests, thank you cards, peer health awareness, talent show, and volunteering in the community.

Leadership is “doing” - not “watching”. In this class, students have the unique opportunity to impact Sherwood Heights by adding value to our tremendous programs. Self-motivation, a positive attitude and the ability to work independently are required skills in order to be successful in this course.

Course Fee: no cost + \$44.75 optional field trip

Music



Band 7 - 8 - 9 (Full Year)

In band, students learn to play a musical instrument, read music, make friends, work as part of a team and have fun in this hands-on course. Prior musical training is not required.

Students have opportunities to take part in extended learning through overnight band camps, festival performances, and clinic days. In addition to school concerts, there are additional opportunities for students to join ensembles and jazz band. Students are not limited to one style or instrument. Instruments can be rented or purchased.

Course Fees:

Grade 7: \$61 + \$150 musical instrument rental (if applicable) + up to \$242 in optional field trips

Grade 8: \$35 + \$150 musical instrument rental (if applicable) + up to \$269 in optional field trips

Grade 9: \$35 + \$150 musical instrument rental (if applicable) + up to \$338 in optional field trips

Electro Music Production 9

Students put their musical ear and creativity to work in this class. They are challenged to design their own compositions using electronic music software. This tool is commonly used by music producers to generate effects in a variety of media forms. Similar to taking a classical course, students will be able to further develop musical expertise in this contemporary format.

Course Fee: no cost

The Home of Cougar Pride

Drama and Performing Arts

Drama 7 - 8 - 9

Come one, come all! Drama is a safe, welcoming class with zero pre-requisite for new junior high students. Each year drama starts with an orientation unit designed for students to meet each other, explore strengths and begin to build trust in the classroom. Then we explore different dramatic forms including movement, speech, improvisation, acting, technical theatre and theatre studies. Drama is a great choice for those who like to be active, work with others and think outside the box to create!

Course Fee: \$10.50 + \$19 optional field trip (all grades)

Performing Arts 8 - 9

Performing Arts is a class that explores the entire process of a dramatic production from monologue to final performance. It is designed for students who want to continue dramatic arts in Senior High. Students will learn how to prepare a monologue, how to audition, the process of production, backstage roles and stage management. Performing Arts allows students the opportunity to work with a script and become a character! Students will be expected to attend rehearsals outside of class time and participate in a public performance.

Course Fee: Grade 8 - 9: \$10.25 + \$44 optional field trip



Art

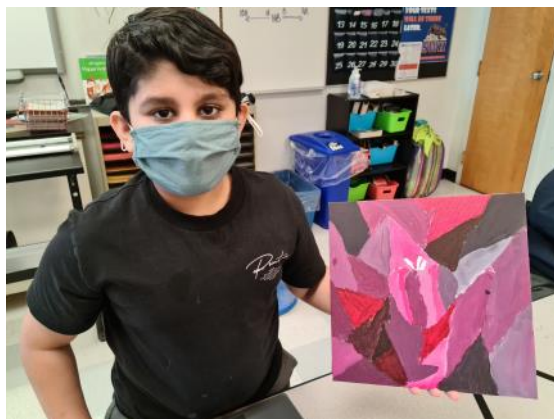
Art 7 - 8 - 9

The grade 7 program is an exploratory year exposing students to a wide range of materials and media. Through hands-on projects involving painting, clay sculpture and drawing, students will create compositions and respond to the visual world. This is a studio-style course where students will have the opportunity to think and react as artists.

In grade 8, three major components are explored: drawings, compositions and encounters with art. This program refines techniques and skills explored in grade seven. Projects include design elements, artist encounters, spatial distortions and clay constructions.

The grade 9 art program uses the skills learned and refined in previous grades to develop a personal style as an artist and create a portfolio of work. Projects are created in a variety of 2D and 3D media including clay, linoleum printing, acrylic paint, charcoal and pencil.

Course Fee: \$27.50



*Taken pre-Covid-19

“Fine Arts classes help me explore my creative side and learn new skills in a relaxed atmosphere.”

The Home of Cougar Pride

French as a Second Language

Full Year Course 7 - 8 - 9

Learning French helps students fully appreciate our Canadian context. Students develop language and intercultural skills that are integral to being global citizens and world travelers. Learning a second language is great for brain development!

This program focuses on providing fun language experiences, learning common phrases and vocabulary, appreciating culture and developing language learning strategies. From learning how to describe the weather, school and people around me (grade 7), to talking about food, clothing and animals (grade 8) to exploring sports, housing and community, students will build a solid foundation for becoming fluent in French. They will give themselves a competitive edge in future careers and create a springboard for learning other languages.

Course Fee:

Grades 7 - 8 - 9: no cost



Career and Technology

Foundations (CTF)

In Career and Technology Foundations (CTF), your child can explore their interests and passions while making connections to career possibilities and technologies. Skills and competencies from Career and Technology Studies (CTS) occupational areas are developed through learning activities that respond to real-world problems, issues or topics.

CTF provides a foundation for students to transition into Career and Technology Studies in high school.

CTF Construction

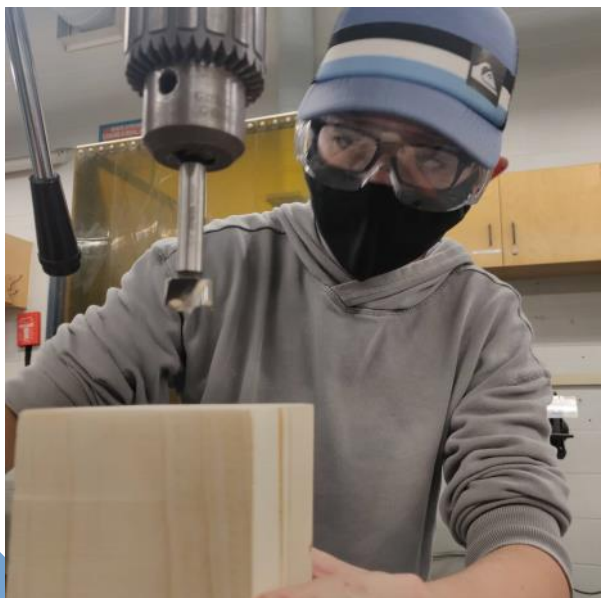
Construction 7

Are you looking to try something new and discover hidden talents? Do you enjoy helping your parents with home renovations or wish you could do more to help them out? Learn how to safely use hand tools, power tools and machines. This is an introductory course intended to help you practice and develop skills that can be used in your daily life, now and in the future.

Course Fee: \$31.50



*Taken pre-Covid-19



*Taken pre-Covid-19

Construction 8

This is your opportunity to expand on the skills that you already have and develop even more skills. Work in a safety-conscious environment and continue to explore the world of building things. Learn how to solder circuit boards similar to those found in a PlayStation or most other electronic devices, work with small engines, or use your creativity to design and create your own novelty license plate or wall sticker.

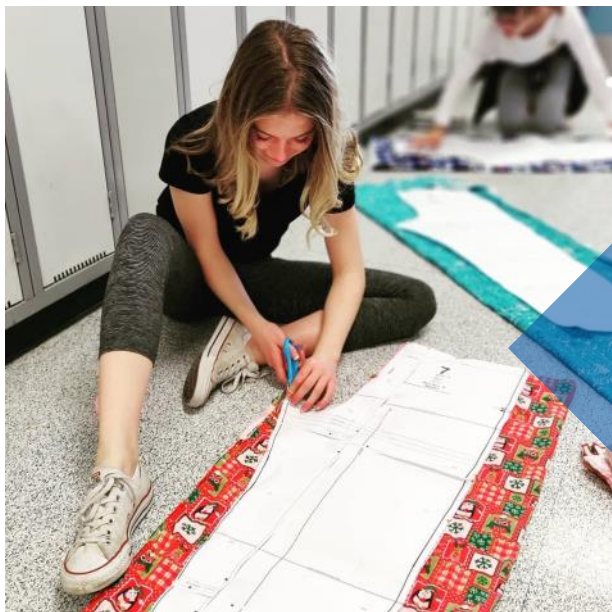
Course Fee: \$31.50

Construction 9

Enjoyed Construction 7 and 8? Then CTF Construction 9 is the course for you. Looking to get that first summer job? Continue to develop the safety, workability and employability skills that will give you that edge and help to you become that amazing worker that employers look for! Continue exploring woodworking and possibly have the opportunity to give metal fabrication (including welding), small engines, electro-technologies or CNC technology a try. Have fun building a project that will give you confidence in your abilities beyond the classroom.

Course Fee: \$36.75

*Taken pre-Covid-19



Foods and Fashion Studies

Foods and Fashion Studies 7

In this hands-on class, students will receive introductory instruction in hand sewing, cooking and baking. Practical skills include learning how to make wise food choices, understanding recipes and preparing food safely. The best part, eating the assignments and proudly showing off projects sewn by hand!

Course Fee: \$32

Fashion Studies 8 - 9

In this course, students have fun working on sewing projects while learning to use a sewing machine and a serger. Skills developed include serging, seam finishing, pattern reading, pattern layout and pressing. Materials required for class are supplied by the school. If a student chooses to work with specialty fabrics, they will be required to purchase these items.

Grade 8 Course Fee: \$44

Grade 9 Course Fee: \$30



The Home of Cougar Pride

Foods 8

Mmm, cookies, pastries and more! In this course, students will develop an understanding of baking basics. Students will focus on learning correct methods of measuring and mixing to create quality baked goods. Students will also learn about food presentation and kitchen safety.

Course Fee: \$32.25

Foods 9

I'm hungry – what can I have for a snack? In this course, students will focus on healthy eating choices by preparing and sampling different snacks and appetizers. They will also learn more about meal planning by participating in a project-based learning experience where students develop a restaurant concept including menu development, portions, costing and basic plating. Safe food handling and kitchen safety will be emphasized throughout the course.

Course Fee: \$39.75



*Taken pre-Covid-19



*Taken pre-Covid-19

Outdoor Education

Environmental Outdoor Education 7

The grade 7 course is focused on having students gain an appreciation for the unique challenges of survival, safety and environmental issues as well as experiencing outdoor activities across the seasons. Fall activities include orienteering, cooperative games (Capture the Flag, Mantracker, Wolfpack, and Predator/Prey) and hiking. Winter activities include winter walks, snowshoeing, sledding, broomball, skating and cross-country skiing. Spring activities include cooperative games, hiking and archery.

Course Fee: \$26 + \$21 optional field trips

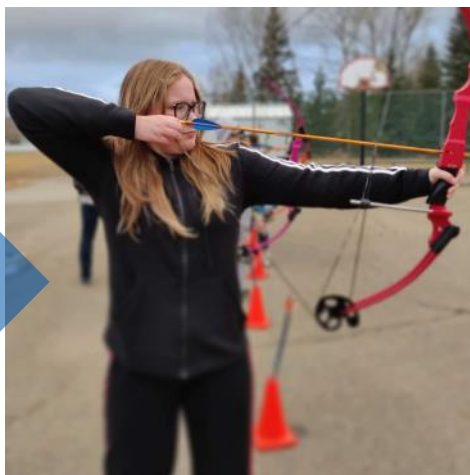
Environmental Outdoor Education 8

In grade 8, students will continue to focus on survival, safety and the environment and they will spend a great deal of time doing outdoor activities and playing cooperative games. Students will also engage in research projects related to planning a trip, wildlife identification and environmental concerns. During times of inclement weather, students may watch videos such as Survivor Man, Nature of Things and explore other outdoor education/environment-based resources.

Day trips will include Edmonton's river valley, Strathcona Wilderness Centre and Elk Island National Park.

Course Fee: \$15

+ \$97.50 optional field trips



*Taken pre-Covid-19

The Home of Cougar Pride

Environmental Outdoor Education 9

In grade 9, students will spend time learning technical skills about how to prepare for outdoor trips including what constitutes appropriate gear, how to thrive in any weather, meal planning, etc. Students participate in day hikes and learn about the conservation of Alberta wildlife. As part of Outdoor Education 9, students may participate in a three-day camping and hiking trip to practice survival skills that have been acquired throughout the course. Students will be living in the elements and will be given first-hand experience appreciating the beauty of Mother Nature and the elements! Finally, students will develop archery skills through the NASP (National Archers in Schools Program).

Course Fee: \$15 + \$166 optional field trips



*Taken pre-Covid-19



Heights Influencer

Heights Influencer - Media & Marketing 8 - 9

Creativity in action! Develop and use your powers of influence using all types of media, including yearbook, school event advertising, newsletters and social media. This is a project-based course where students will develop media relations skills and use them in a practical way.

Course Fee: no cost

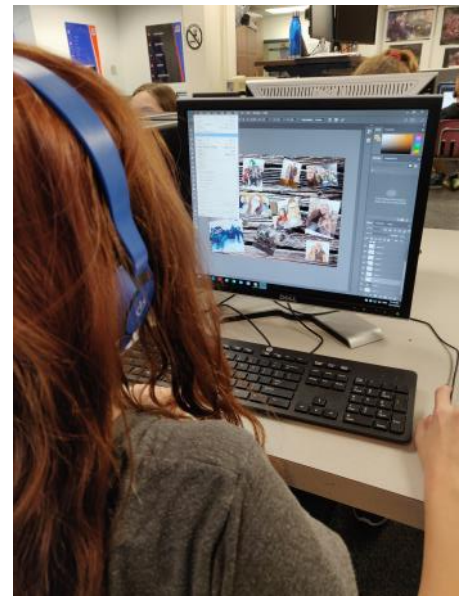
Digital Media and Design (DMD)

Digital Media & Design 7

DMD 7 will introduce students to Adobe Photoshop, the premier image manipulation tool for print design, web design and photography. The students' passion for creating engaging, innovative designs drives this course. In this course, students learn the basics of the Photoshop interface and get experience with hands-on projects based on real-world design scenarios.

Course Fee: \$20

“We get to do so many fun projects in Digital Media and Design. It is a good balance of art and technology.”



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Digital Media & Design 8

DMD 8 will introduce students to Adobe Illustrator, the premier vector graphics design tool for print and Web design. This course gets you up and running quickly with the fundamentals of Illustrator: the Pen tool, shapes, and basic drawing. Learn to create and draw vector graphics. Adobe Illustrator allows students to create visually compelling artwork that can be scaled without losing quality.

Course Fee: \$20

Digital Media & Design 9

DMD 9 extends students' understanding of Adobe Photoshop. This course is designed to deepen students' knowledge of the software – introducing tools and techniques that give more scope, greater flexibility, higher quality results and more efficient use of the creative space. Adobe Photoshop has long helped graphic designers bring their visions to life in advertisements, magazine layouts, billboards and virtually every other medium.

Course Fee: \$20

Lego Robotics

Lego Robotics 8

This course introduces students with no programming background to LEGO MINDSTORMS EV3 kits. Students will work in groups and learn to construct, control and program these robots through engaging STEM (Science, Technology, Engineering, and Math) challenges. The engaging and motivating nature of the EV3 Software enables students to construct and program, as well as provide them with the scope to experiment, without prior knowledge or experience around programming or building.

Course Fee: \$26.25

Lego Robotics 9

This course extends students' understanding of programming and solving challenges using LEGO MINDSTORMS EV3 kits. Students will work in groups to construct, control and program these robots through complex and engaging STEM (Science, Technology, Engineering, and Math) challenges. The continued engaging and motivating nature of the EV3 Software further enables students to construct and program to complete advanced challenges.

Course Fee: \$26.25



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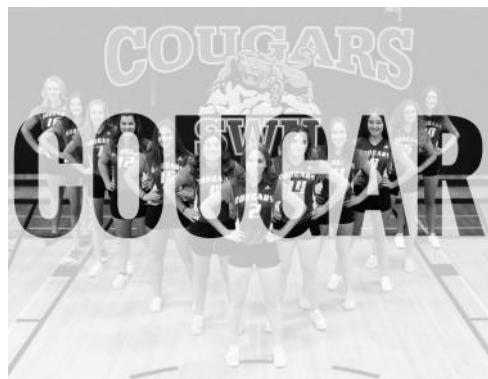
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THE
COURAGE
TO SOAR TO GREAT
HEIGHTS
IS INSIDE
ALL OF US

- KERRI STRUG -





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SHERWOOD HEIGHTS

J U N I O R H I G H



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