

# Sherwood Heights

Junior High School



## Program Guide 2019-2020



# 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 60 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.





## The Home of Cougar Pride

### Extra-curricular Programming

Sherwood Heights has an athletics program which develops students' teamwork and skills in a variety of sports. We offer opportunity for students to participate in our developmental, 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 including cross county running, volleyball, basketball, badminton, team handball, and track and field.

Sherwood Heights also has a variety of clubs to engage students outside of the classroom. The clubs vary, but they typically include: Gay-Straight Alliance, Lego structures, Computer Games, Reading, Pick-up sports, Art, and board games.

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





## **PROGRAMS**

Sherwood Heights is proud to offer a variety of programs that have been developed at our school for decades. Students are placed in a homeroom based upon the program chosen and stay with that group for the core classes of ELA, Math, Science, Social Studies, Health and Reading.

### **English Program**

Sherwood Heights has 58% of our students registered in this program. Students from all programs learn together in our complementary courses and PhysEd, 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 this program will have core class instruction in French. Students will also take English Language Arts in place of one complementary course. Instruction for complementary courses will be provided in English.



# 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.

## IMPACT (formerly Transition Program)

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 this program through Elk Island Public Schools' Supports for Students department.

## Academic Excellence Program

The Academic Excellence Program at Sherwood Heights is offered to students in grades 8 and 9. Opportunities are provided for students in the core classes which challenge and enrich their learning experiences. Students will be required to complete two special projects which broaden their exploration of core subject material. The program and assessments follows the Alberta Education Programs of Study. Current grade 7 or 8 students wishing to enroll in this program in grade 8 or 9 must meet minimum academic standards and apply through an application process on our website. All applicants will be informed of acceptance by the end of May.







## **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, Math, Science, Social Studies, Physical Education and Health

## **COMPLEMENTARY COURSES**

### **(Options)**

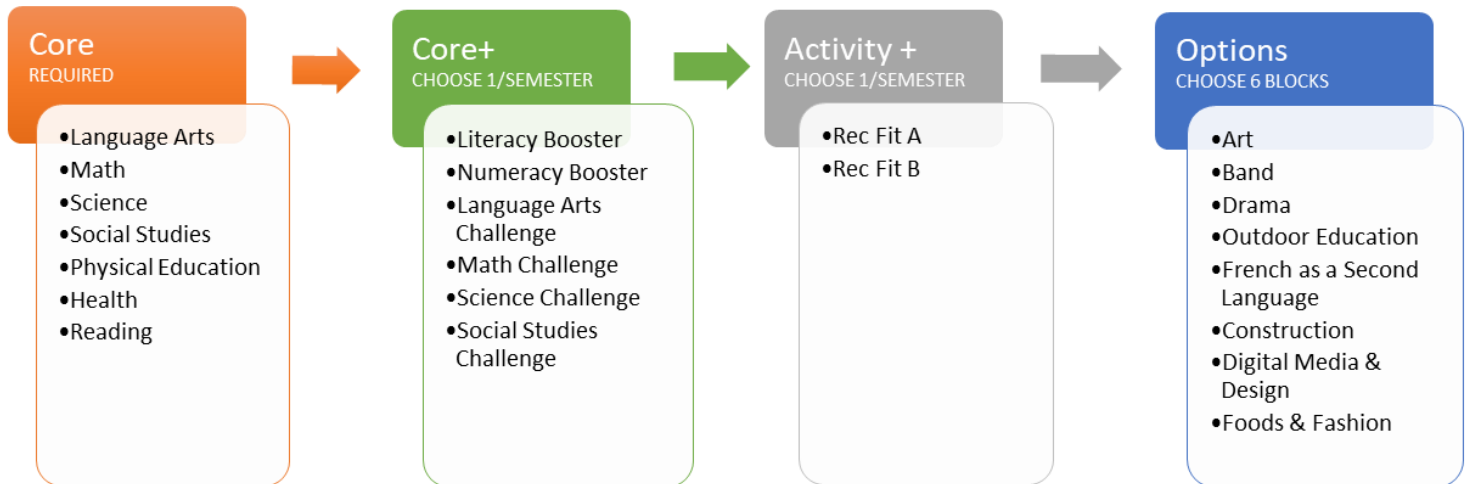
For complementary courses, we invite students to be curious, take risks and explore new paths. Lifelong learners seek to learn something new every day. Complementary courses have no pre-requisite requirements, but there is an advantage if students have taken the course in previous grades.

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.



# The Home of Cougar Pride

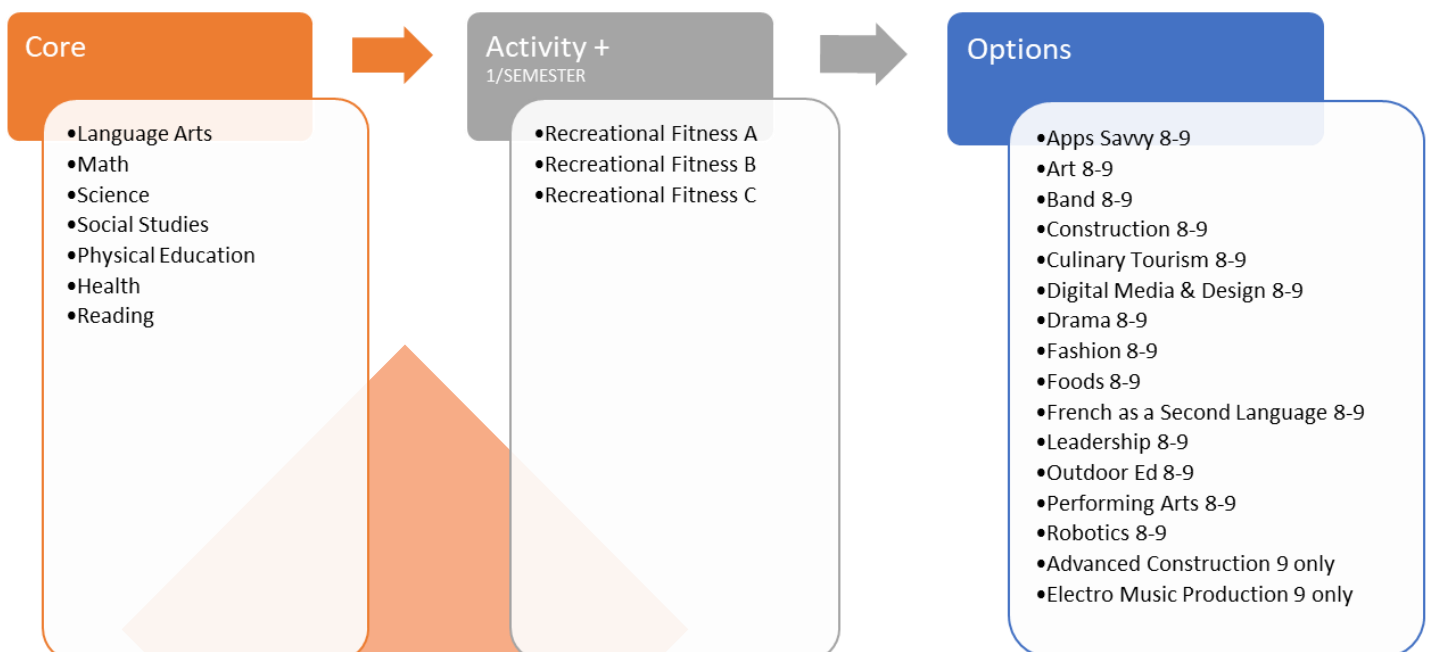
## Grade 7 Program at a Glance



### Course Selection

Students start with their required Core courses, then select their Core+ (Grade 7), Activity+, and Complementary Courses (options) in order to form their full timetable.

## Grade 8 & 9 Program at a Glance





# Core+ (New for Grade 7!)

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 7's. These courses are designed to enhance students' understanding and depth of knowledge in academic courses of their choosing. These classes will feature engaging activities such as explorations and project-based learning tasks.

These are two types of Core+ courses:

## Core+ Booster

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 would benefit from building literacy and/or numeracy capabilities.

Core+Booster choices are:

### Literacy Booster

### Numeracy Booster





# The Home of Cougar Pride



## Core+ Challenge

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 in 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).

Core+ Challenge choices are:

**All Grade 7 students will choose two Core+ courses (one each semester) that match their passions or areas for growth. Students can choose two Boosters, two Challenges, or one of each!**

**Language Arts Challenge**

**Math Challenge**

**Science Challenge**

**Social Studies Challenge**





# Activity+ Courses

Have fun with activity in this movement centered program! The goal of Activity+ is to help students advance their physical skills and personal fitness. All students will take a recreational fitness class each semester, which will be scheduled on non-PE days.

Depending on the course chosen, students will participate in a variety of activities on or off campus including regular use of the Cougar Den fitness centre and playing small sided games in various parts of 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 include field trip admission, transportation to facilities, and guest speakers for specialty instruction. These courses are co-ed. Activity+ choices are:

**Recreational Fitness A**

**Recreational Fitness B**

**Recreational Fitness C**



# The Home of Cougar Pride

## Recreational Fitness A

Rec Fit 'A' is designed for students to be active at school with no off-campus trips .

Course Fee: no cost

## Recreational Fitness B

Rec Fit 'B' will provide a blend of school-based including a small amount of off-campus activities.

Course Fees:

Grade 7: \$50

Grade 8-9: \$75

## Recreational Fitness C (Grade 8 and 9 only)

Rec Fit 'C' will offer numerous off-campus activities and time in the Cougar Den weight room. Grade 8 students will participate in activities such as yoga, swimming, hiking, 5 pin bowling, and skiing/snowboarding. Grade 9 students will participate in activities such as hot yoga, spin class, swimming, hiking, bowling (both 5 and 10 pin), and skiing/snowboarding.

Course Fees:

Grade 8: \$150

Grade 9: \$200





# **Music 7-8-9**

## **Band 7-8-9 - Full Year Option**

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: \$78.75 + musical instrument rental/purchase + \$165 optional field trip

Grade 8-9: \$78.75 + musical instrument rental/purchase + \$653 optional field trip



## **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

Drama is more than just acting. It is the process of developing the whole person. This program is designed to develop concentration, cooperation, control and confidence. New skills are developed through games and activities that involve imagination, voice, movement, improvisation and acting. This course is ideal for students who like to be active, use their imagination, work with others and meet new friends.

Each year, we examine different aspects of theatre such as makeup, costume, lighting and scenery. In Grade 9, students participate in a performance.

Course Fee: \$27.50 (all grades - includes field trips)

### Performing Arts 8-9

Performing Arts is designed for students who wish to pursue the dramatic arts in Senior High. Students will learn what it takes to act professionally, and the work involved with backstage production and stage management. Students will have the opportunity to do script work and 'step into the shoes' of other characters. Students are expected to attend after school dress rehearsals and participate in public performances.

Course Fee:

Grade 8: \$43.50 (includes field trips)

Grade 9: \$45.50 (includes field trips)





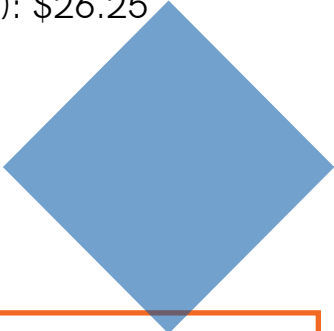
## **Art 7-8-9**

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 (all grades): \$26.25



**"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 7-8-9

## Full Year Option

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:

Grade 7 and 9: no cost

Grade 8: \$20 field trip





# 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 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? Learn how to safely use hand tools, power tools and machines in the production of three or more woodworking and metal fabrication projects. Over 20 projects to choose from, with over 50 different tools and machines to try! 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



## **CTF Construction 8**

This is your opportunity to expand on the skills that you already have. Work in a safety conscious environment and continue developing woodworking and metal fabrication skills or choose to explore additional areas. Learn how to solder circuit boards like in a PlayStation or most other electronic devices. Delve into the area of small engines, or, use your creativity to design and create your own novelty license plate. Over 30 projects to choose from with the opportunity to personalize each one!

Course Fee: \$31.50

## **CTF 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! Explore woodworking, metal fabrication, small engines, electro-technologies and build challenging new projects that will give you confidence in your abilities beyond the classroom. Have fun trying MIG Welding, our new CNC machine or even use the Vinyl cutter and Heat Press to transfer your own designs onto a hat, hoodie, or almost any other type of clothing.

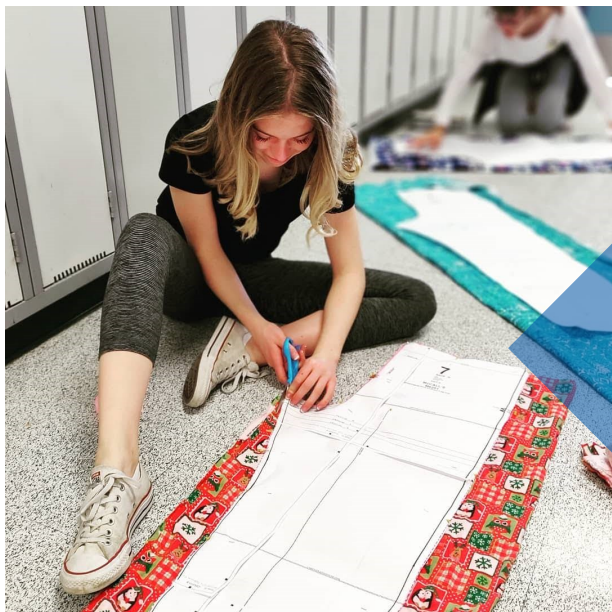
Course Fee Gr 9: \$36.75 (Clothing for design projects will be an additional cost)

## **CTF Advanced Construction 9**

Have you ever wished that you had the tools and knowledge to build the things of your dreams? CTF Advanced Construction 9 could be the beginning. This class gives you the opportunity to plan, design and build a project of your own creation. Take an in-depth look at various woodworking techniques, joinery, manufactured materials vs. solid stock construction. Build a dog house, laptop table, shoe rack, hockey equipment stand, end table, or maybe even a mini foosball table. If you can dream it up, this class can help you find a way to help bring your idea into reality. Incorporate woodworking, metal fabrication, electronics or even the vinyl cutter in your design. The possibilities are endless!!

Course Fee: \$68





## **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: \$30

### **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.

Gr 8 Course Fee: \$44

Gr 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: \$30

## 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: \$36.75



## Culinary Tourism 8

Students will be exposed to a variety of cooking and baking techniques and develop an appreciation of the origins of food and culture. In addition, students will learn the basics of food presentation with an emphasis on kitchen safety.

Course Fee: \$60

## Culinary Tourism 9

Want to be the next Master Chef Junior? Students hone their cooking and baking skills in this advanced grade 9 option. Culinary Tourism 9 will focus on international cuisine including in-depth cultural studies.

Course Fee: \$65



## **Apps Savvy 8-9**

Creativity in action! Using a project-based approach, students develop expertise in a variety of industry standard applications including animation, video production and 3D design.

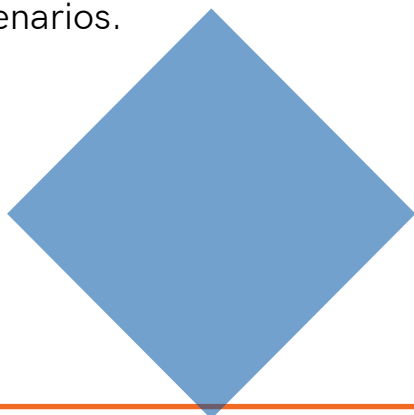
Course Fee: no cost

## **Digital Media and Design 7-8-9**

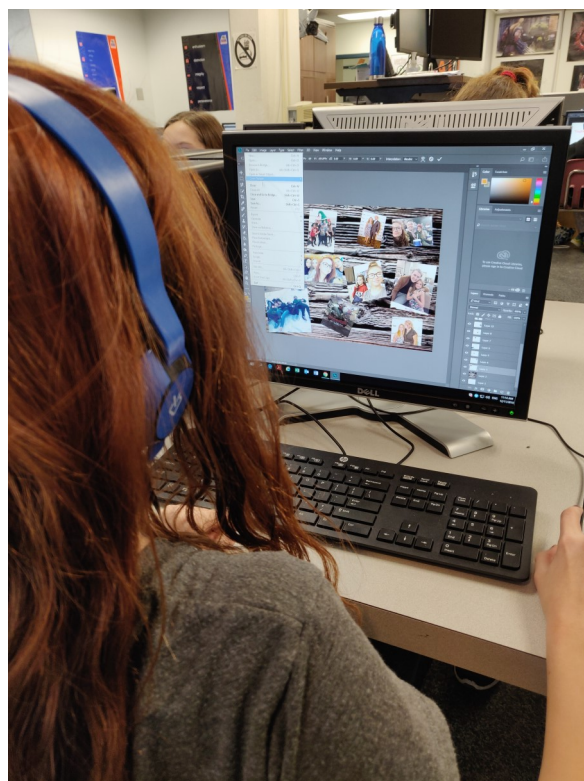
### **Digital Media & Design 7**

DMD 7 will introduce students to Adobe Photoshop the premiere 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."**



# The Home of Cougar Pride



# CTF

## Digital Media & Design 8

DMD 8 will introduce students to Adobe Illustrator, the premiere 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 8-9**

## **Lego Robotics 8**

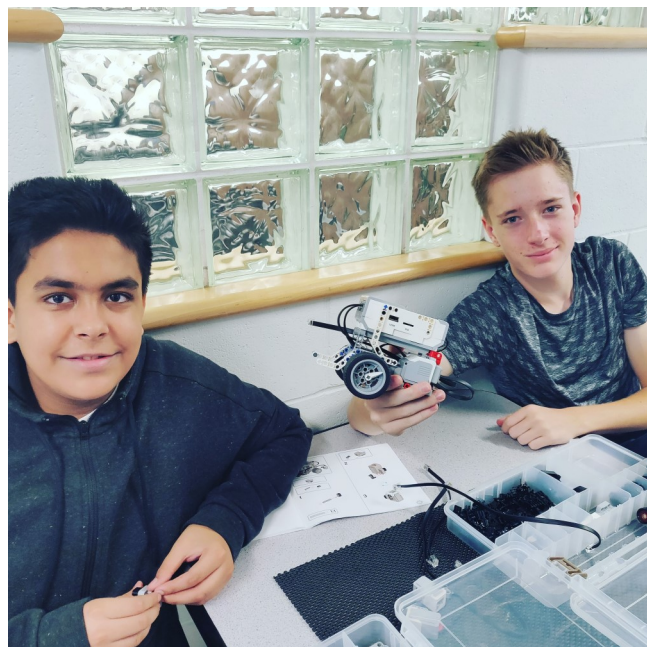
This course introduces students with no programming background to LEGO MINDSTORMS EV3 kits. Students will work in groups and learn to construct, control and program these robots through engaging STEM (Science, Technology, Engineering, and Math) challenges. The engaging and motivating nature of the EV3 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 (includes field trips)

## **Lego Robotics 9**

This course extends students understanding of programming and solving challenges using LEGO MINDSTORMS EV3 kits. Students will work in groups and 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 (includes field trips)



# The Home of Cougar Pride

## Leadership 8-9

### 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: \$13 (includes field trips)



### 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, Grade 8 Week, peer and elementary mentorship programs, theme days, welcoming new students and guests, leadership conferences, 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: \$39 (includes field trips)



# **Outdoor Education 7-8-9**

## **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, rock climbing (Vertically Inclined) and archery.

Course Fee: \$76.15 (includes field trips)

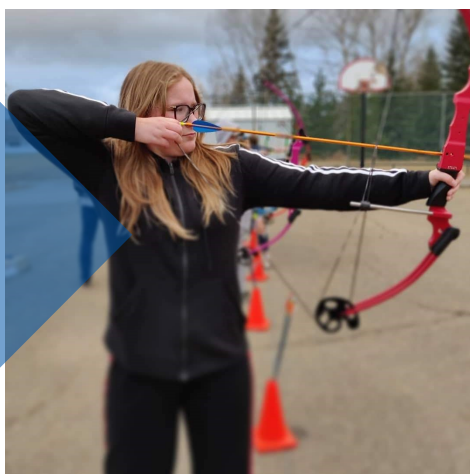
## **Environmental Outdoor Education 8**

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:

\$116 (includes field trips)



# 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 fishing trips and day hikes and learn about the conservation of Alberta wildlife. At the completion of the semester, students participate in a 3-day camping and hiking trip practicing survival skills that have been acquired throughout the course. Students will be living in the elements and will be given firsthand 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: \$166 (includes field trips)





# **Learning Strategies**

## **Learning Strategies 8**

This course is designed to help students cope with the demands of regular junior high programs. It will help students discover their best learning, thinking and working styles. The course provides opportunities for students to learn tools and techniques to tackle many different tasks and assignments. Additionally, this course will assist students in preparation for exams.

Course Fee: no cost

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# The Home of Cougar Pride







# SHERWOOD HEIGHTS

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