

# Sherwood Heights Junior High School

Program Guide 2022 - 2023



# How to Register for Complimentary Courses

1. Sign into PowerSchool Parent Portal (you can access a link at the bottom of the eips.ca page)
2. Select your SWH student
3. Go to “Class Registration”
4. Your student will automatically be enrolled in Social, Science, Math, English, Health, Phys. Ed (and French Language Arts for French Immersion students). You just need to choose which courses your student prefers for their Complimentary Courses. Courses will be listed in alphabetical order. Click the “next” button to access more courses. \* Please note, we cannot always get students into their preferred courses.
5. You will then be prompted to select three alternate courses in the event your student cannot get into one of their chosen courses.
6. Once you click “submit” you will be automatically redirected to a page where you will rank the complimentary courses you preferred.
7. For your most preferred course list it as “1”, second “2” and so on.

# 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 over 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.



At Sherwood Heights we have three school goals. All students:

- ✓ Are, 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 student life.

# PROGRAMS

Sherwood Heights is proud to offer a variety of programs that include a diversity of students. Homerooms 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 Programming**

About 62 percent of the students at Heights are 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**

Bienvenue à Heights!

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

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 School's Supports for Students department.**

## 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, but new students are also encouraged to apply.

## Junior High Honours Program

The Junior High 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).



# COMPLEMENTARY COURSES

Our complementary courses, invite students to be curious, take risks and explore new paths. Lifelong learners seek to learn something new every day. Our complementary courses have no prerequisite requirements.

## Course Selection

Note that students will choose options in order of preference between 1 and 8.

**Please note:** although we try to get all students their first choice of options, enrolment in complementary courses is based on student demand and availability.

## Art

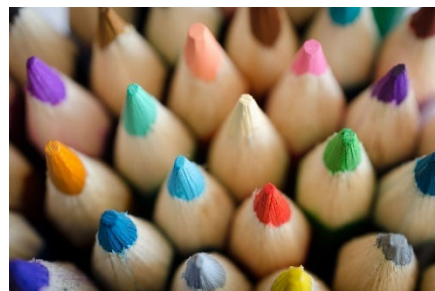
### Art 7 - 8 - 9

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





# 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:** Grade 7 \$10.50, Grade 8: \$26, Grade 9 \$15



## 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:** \$10.25

# Music

## **Band 7 - 8 - 9 (Full Year Course)**

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: \$35 + \$150 musical instrument rental (if applicable) + up to \$280 in field trips

Grade 8: \$35 + \$150 musical instrument rental (if applicable) + up to \$280 in field trips

Grade 9: \$35 + \$150 musical instrument rental (if applicable) + up to \$435 in field trips

## **Electro Music Production – Design Producation 8 - 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





# Second Languages:

## French as a Second Language

**FSL 7 - 8 – 9 \*\*\*Full year course** (\*not recommended for French Immersion students)

Learning French helps students fully appreciate our Canadian context. Students develop language and intercultural skills that are integral to being global citizens, 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 7 - 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) are as 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 that you may never get a chance to try anywhere else? 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. If you enjoy working with your hands, register for CTF Construction 7 and see if you have hidden talents that you never knew you possessed!

**Course Fee:** \$32.50



## Construction 8

This is your opportunity to reinforce and expand on the skills that you may already have. Work in a safe conscious environment and continue developing your wood working and metal fabrication skills or choose to explore even more areas. Learn how to solder circuit boards, the same way there are made in a PlayStation, a cellular phone, or most other electronic devices. Delve into the area of small engines and work on a lawnmower engine. Or use your creativity to design and create your own novelty license plate. Over 30 projects to choose from, build three or more, with the opportunity to personalize each one!

**Course Fee:** \$32.50

## 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! Work in the areas of woodworking, metal fabrication, small engines, electro-technologies and build challenging new projects that will give you confidence in your abilities beyond the junior high classroom. Have fun giving MIG Welding a shot or even try something completely different and 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:** \$37.50

## CTF Digital Design

### Digital Media & Design 7 – Digital Design

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

### Digital Media & Design 8 – Digital Design

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: 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 – Digital Design

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 has long helped graphic designers bring their visions to life in advertisements, magazine layouts, billboards and virtually every other medium.

**Course Fee:** \$20

## CTF Film Studies

### Film Studies 7, 8, 9 – Media Studies

Students will study the art and history of cinema focusing on genres from the past and present. Included in this course will be the enquiry into the process of filmmaking as an art form, a study of great directors and film artists, a review of selected film genres and differing film techniques and styles.

**Course Fee:** no cost



# CTF 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 to make wise food choices, understanding and preparing safely. The best part, eating the assignments and off 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. Skills developed include, 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, will be required to purchase these items.

**Grade 8 Course Fee:** \$44

**Grade 9 Course Fee:** \$30



## 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, costing, and basic plating. Safe food handling and kitchen safety will be emphasized throughout the course.

**Course Fee:** \$39.75

## CTF Leadership

### Leadership 7

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 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, 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





## Leadership 8

Leadership is a valuable skill!

The Grade 9 Leadership class is for organizing, advertising, and supervising a wide variety of school activities, charity, and community 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 to be successful in this course.

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

## Community Leadership 9

This course will offer students the chance to contribute to their community in a positive way. Opportunities may include volunteering at nearby elementary schools, school beautification projects, visits to local senior’s homes, volunteering to help community partners or other special projects that help the local community. The course will teach students leadership skills, build teamwork, organization, and will introduce them to community leaders. Students who take this class should be responsible, willing to help others, wanting to work with others and ready to brainstorm creative ways to make a positive difference.

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

# CTF Learning Strategies

## Creative Writing 7, 8, 9

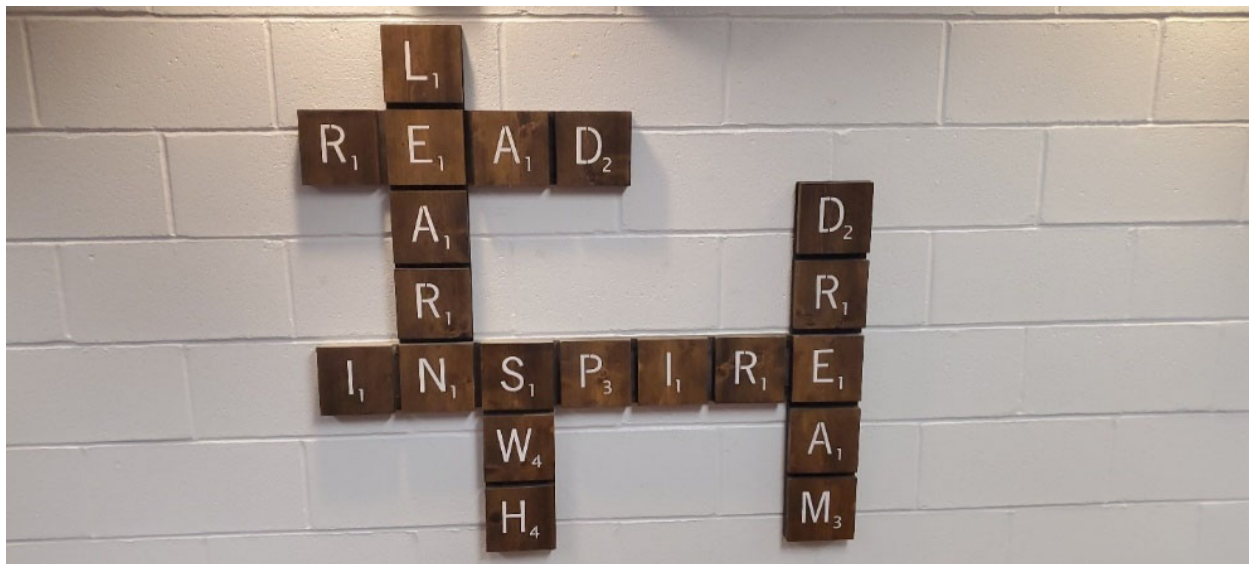
This course offers students a chance to delve into the world of writing. Students will be afforded the chance to develop their ability to communicate in a variety of different thoughtful, engaging, and creative ways. Let your creative juices flow!

## CTF Media Studies: Influencer

### Influencer – Media Studies 7, 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



# CTF Outdoor Education

## 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, 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:** \$15 + \$58 field trips



## 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:** \$26.25+ \$97.50 field trip

## 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 the (National Archers in Schools Program).

**Course Fee:** \$26.25 + \$166 field trip

## CTF Personal Fitness

### Recreational Fitness 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 \$102 (Muay Thai, Yoga, Clip & Climb, Bowling)

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

# CTF 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

**Course Fee:** \$26.25

# CTF STEM Challenge



## Science Challenge 7, 8, 9

Science Challenge gives students the opportunity to dive deeply into areas of passion including engineering, experiments, and technology. Students will be given the chance to expand their knowledge related to the world of science and demonstrate their learning in a variety of fun and innovative ways.

**Course Fee:** no cost

# CTF Sport for Life: World of Sports

## World of Sports 9

In this class, students will have the opportunity to take a deep dive into the many different things that make up the world of sport. They will learn about what goes on behind the scenes of different sporting events and the different people involved in making events successful. Outside the classroom, students will learn new and different sports from around the world. This class is perfect for both the casual and die-hard sports fans!

**Course Fee:** no cost

