



# Jr. High Options Guide



2024-2025

# Introduction

## **General Information**

At Namao School, we work hard to offer a wide range of complementary courses to meet the needs of a variety of student interests. Junior High Options run on a **three-term** schedule.

**Course offerings are subject to change based on student interest, teacher availability and timetable constraints. Fees are also subject to change.**

Students will be able to enrol in up to six different courses over the year. To accommodate student choices, please **request** a total of **eight** option courses per year, of which we will do our best to accommodate six of these choices. Please also provide an alternate **two** as a backup choice. If requests are not available, the school will choose a “best fit” course for students. **Students must be registered at Namao School for requests to be honoured.**

Priority is based on:

- Date form is submitted (earlier gets priority)
- Grade (usually older grades get priority over younger grades)
- Whether the student is enrolled in Band
- Whether the student has taken the course before

## **Options Withdrawal Process**

- Because students pre-choose their options and changing options is difficult for school staff, students will not be withdrawn from their chosen course, except in very rare circumstances.

## **New Mandatory Course: Academic Skill Builder**

For the 2024-2025 school year, all **grade 7 students** must enrol in **Academic Skill Builder 1**. This course helps to develop study habits for students. Grade 8 and 9 students may still choose this option.

## **Band**

- Students participating in *Band* enrol in all **three terms**.
- Students earn priority over their options selections as their choices.

## **Please note:**

- Minimum enrollments are required to offer complementary courses.
- Some options require a prerequisite.
- For safety reasons, some classes have limited enrollment.
- Final course offering is dependent on available staffing and classroom availability
- Overdue school fees may lead to your child being moved to a free option course throughout the school year.
- Course selections will be available on PowerSchool.

# Fees For Option Courses

Option fees are used to support the costs associated with additional materials and resources needed to maximize student learning opportunities.

\*The following fees are the maximum amount that may be required and are subject to change once the 2024/2025 school year begins.

- Band (\$90/year)
- Photography (\$25)
- Art (\$30)
- Ceramics (\$20)
- Drama (\$30)
- Foods I (\$70)
- Foods II (\$70)
- Baking (\$50)
- Construction (\$80/course)
- Fit for Life (\$20)
- Outdoor Education (\$20)
- Strategic Games (\$15)
- Indigenous Games and Foundational Knowledge (\$15)
- Book Club and Creative Writing (\$5)
- STEAM 1 (\$45)
- STEAM 2 (\$15 and micro:bit)
- Academic Skill Builder: Math Skills (\$15)
- Cosmetology (\$30)

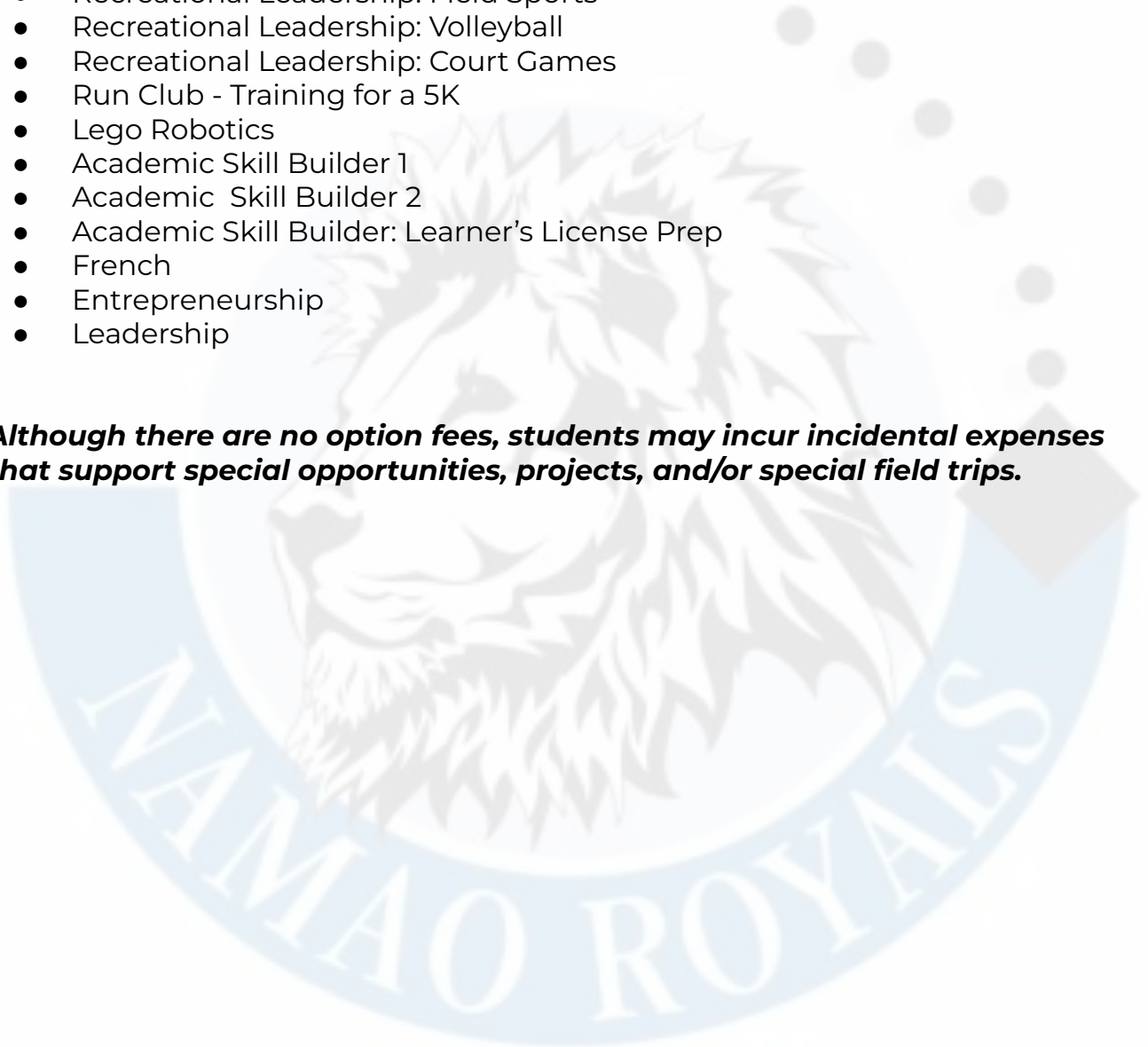
**Note: Outstanding Fees may lead to changes in your child's options throughout the school year.**

# Option Courses with No Fees

The following options do not require a fee:

- Recreational Leadership: Basketball
- Recreational Leadership: Field Sports
- Recreational Leadership: Volleyball
- Recreational Leadership: Court Games
- Run Club - Training for a 5K
- Lego Robotics
- Academic Skill Builder 1
- Academic Skill Builder 2
- Academic Skill Builder: Learner's License Prep
- French
- Entrepreneurship
- Leadership

***Although there are no option fees, students may incur incidental expenses that support special opportunities, projects, and/or special field trips.***



Option Requests will be begin on Monday, June 10th at 8:00am.

# Option Request - Planning

Please review this handbook carefully before making your selections. When you go to choose your options, you need to sign into a google account. Using your child's school google account might be the easiest method.

**Requests must be submitted using the Google Form.**

What grade is the student registered in for the 2023/2024 school year?

- Grade 7
- Grade 8
- Grade 9

Are you taking Band?

- Yes
- No

★ Please choose 8 options for your first choice, and also choose 2 alternates.

★ **Selecting the same course repeatedly will not get you enrolled into your first choice and will result in being enrolled in a random option.**

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# MUSIC

## **Band**

**PREREQUISITE:** NONE

**COMMITMENT:** Full Year

**FEE:** There is a **\$90.00 instrument rental fee** for this FULL YEAR course or provide your own.

Band is open to all junior highs who are new to their instrument or who played an instrument in Grade 6. Develop confident playing skills on a woodwind, brass, or percussion instrument. Learn to play, rehearse and perform in a variety of styles as a band and in small groups. Make friends, play musical games, be a team player, and have an amazing time in this hands-on course. Let's make some music!

*Possible Band Activities:*

- Jumpstart / Refresher (October)
- Oil Kings Performance (November)
- Winter Concert (December)
- Band Camp (March)
- St. Albert Rotary Music Festival (April)
- Sturgeon Night of Music (April)
- In or Out of Province Band Trip (April or May)
- Spring Concert (June)

# MULTIMEDIA

## **Photography**

**PREREQUISITE:** NONE

**FEE:** There is a **\$25.00** fee for this course.

In this introduction to digital photography, students learn basic photography skills such as the parts of the camera, transferring images onto a computer and editing images. Students will learn various techniques, including framing, the rule of thirds, lighting, point of view, and close-ups. We will take pictures in multiple locations and several activities to increase familiarity with their digital cameras. Students will develop unique skills enabling them to take interesting and appealing images. Students will be responsible for supplying batteries for the cameras they use. Students may be permitted to use personal digital devices (cell phones etc.), at times, to complete some of the assigned projects. The fee for this course is for camera rental, and maintenance.

# ARTS & PERFORMANCE

## Art

**PREREQUISITE:** NONE

**FEE:** There is a **\$30.00 fee** for this course

In the Art complimentary program, students will take inspiration from natural and artificial forms, cultural traditions, and social activities through time and across cultures to create both drawings and compositions. The program fee covers the cost of art supplies and a possible in class field trip.

In the program, students will:

- gain an understanding of the elements of art
- experiment with the principles of design
- be introduced to drawing and drawing techniques
- explore various media
- use digital means to create various forms of artwork

## Ceramics

**PREREQUISITE:** NONE

**FEE:** There is **\$20.00 fee** for this course

Welcome to Ceramics! In this course, students develop knowledge and skills in ceramics. These skills include, using the moulds, finishing, firing and glazing the ceramic.



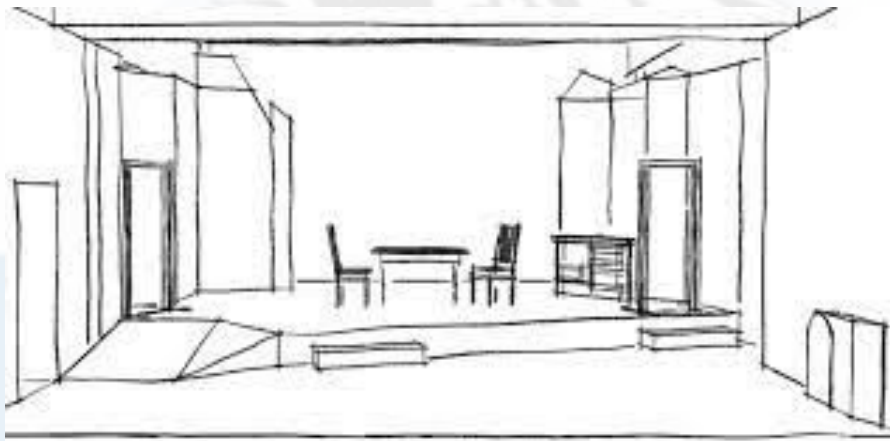
# ARTS & PERFORMANCE

## Drama

**PREREQUISITE:** None

**FEE:** There is a **\$30.00 fee** for this course

Acting will be focussed on finding and performing a one-act play that the class will choose together as a team with guidance from the teacher. You will get the opportunity to understand how to dissect the play's text, how to improve your characterization, how to use costumes and/or props as useful tools, and how to work and communicate with your drama team to put together an amazing and cohesive live performance.





# FOODS

## Foods I

**PREREQUISITE:** NONE

**FEE:** There is a **\$70.00** fee for this course

This Foods I course introduces students to basic skills in the kitchen and allows students to learn about safe food handling and preparation. Food studies enables students to develop cooking skills through demonstrations, activities, preparation, and evaluation of recipes. Embedded throughout this course is the hands-on application of cross-curricular concepts from other courses, including Math, Science, English Language Arts, and Social Studies.

*Please remember that this class is intended to provide students with a sampling of dishes to expand their palate and knowledge of food, not feed the student and their peer group a full meal.*

★ *For safety reasons, this class is limited to 20 participants.*

## Foods II

**PREREQUISITE:** Foods I

**FEE:** There is a **\$70.00** fee for this course

This Foods II course builds on basic skills acquired in Foods I, and allows students to strengthen their knowledge about safe food handling and preparation. Food studies enables students to develop cooking skills through demonstrations, activities, preparation, and evaluation of recipes. Embedded throughout this course is the hands-on application of cross-curricular concepts from other courses, including Math, Science, English Language Arts, and Social Studies.

*Please remember that this class is intended to provide students with a sampling of dishes to expand their palate and knowledge of food, not feed the student and their peer group a full meal.*

★ *For safety reasons, this class is limited to 20 participants.*

# FOODS

## Baking

**PREREQUISITE:** NONE

**FEE:** There is a **\$50.00 fee** for this course

Students will develop and demonstrate an understanding of traditional and contemporary baking focusing on basic measuring techniques, preparation methods, role of ingredients and the proper use of equipment for baked goods. In this course they will learn to bake a variety of items that may include but is not limited to: cookies, scones, biscuits, and cake based items.

★ *For safety reasons, this class is limited to 20 participants.*



# CONSTRUCTION

## Construction I

**PREREQUISITE:** NONE

**FEE:** There is a **\$80.00 fee** for this course

Welcome to Construction I! In this course, students develop knowledge and skills in the use of basic hand and power tools. They will have the opportunity to learn how to measure, cut, shape and construct projects using wood, ceramics and a C&C machine. The course is mainly project-based, with safety and employability skills emphasized.

★ *For safety reasons, this class is **limited to 14 participants.***

## Construction II

**PREREQUISITE:** Construction I

**FEE:** There is a **\$80.00 fee** for this course

Construction II subsequently builds on Construction I. The fee covers the cost of materials that become the property of the student upon completion. This higher-level course will have students completing projects with greater difficulty and will be focused on the woodworking aspect from construction I.

★ *For safety reasons Construction II is **limited to 14 participants.***

## Construction III

**PREREQUISITE:** Construction II

**FEE:** There is a **\$80.00 fee** for this course

Construction III subsequently builds on Construction II. The fee covers the cost of materials that become the property of the student upon completion. This higher-level course will have students completing projects with greater difficulty and will be focused on the woodworking aspect from construction II.

★ *For safety reasons Construction III is **limited to 14 participants.***

★ *Construction III is **limited to grade 9 students.***

# SPORTS & RECREATION

## Recreational Leadership Options

**PREREQUISITE:** NONE

**FEE:** There is **no fee** for this course.

Have you ever wanted to develop skills useful for coaching, fitness leadership, sport performance, and leading recreational activities?

- **Basketball**

In this course students have the opportunity to learn the rules of basketball, skills associated with basketball, strategies used in gameplay, how to design and run a practice or tournament, and other athletic principles and skills related to physical activity.

- **Field Sports**

In this course students have the opportunity to learn the rules of various field sports (**lacrosse, soccer, ultimate frisbee, flag football**, and others), skills associated with those sports, strategies used in gameplay, how to design and run a practice or tournament, and other athletic principles and skills related to physical activity.

- **Volleyball**

In this course, students have the opportunity to learn the rules of volleyball, skills associated with volleyball, strategies used in gameplay, how to design and run a practice, and other athletic principles and skills related to physical activity.

- **Court Games**

This option will provide those students who love traditional court sports an opportunity to learn and play new court games, as well as some basketball, volleyball, badminton, and other court games. Students will switch which sport is played from class to class. Students will be graded on participation and sportsmanship and should come to class prepared with appropriate clothing and footwear.

# SPORTS & RECREATION

## **Fit for Life**

**PREREQUISITE:** NONE

**FEE:** There is **\$20.00 fee** for this course.

## **Philosophy:**

Quality of life is enhanced when individuals maintain a healthy lifestyle. Fitness for Life emphasizes active living with a focus on the value of physical activity, making responsible choices, and committing to a healthy lifestyle. This course is designed to include all levels of ability. Students can expect to participate in group fitness like HIIT, boot camp, yoga, pilates, aerobics, cardio dance, etc.

## **Run Club - Training for a 5K**

**PREREQUISITE:** NONE

**FEE:** There is **no fee** for this course.

Do you want to run a 5K but you find it difficult right now? Or, do you want to improve your running skills and you already love running? In this class, we will be outside each class and train using different apps. Students must have a good pair of outdoor running shoes.

## **Outdoor Education**

**PREREQUISITE:** NONE

**FEE:** There is a **\$20.00 fee** for this course.

Outdoor education means learning in and about the outdoors. It is a means of curriculum extension and enrichment through outdoor experiences. Learn about different animals, biomes, and skills that can help survive in the wild! They will also learn to recognise common plants and animals in our area, as well as map reading and orienteering skills. Students may also have the opportunity to go on field trips that will be subject to an additional cost.

# OTHER OPTIONS

## Strategic Games

**PREREQUISITE:** NONE

**FEE:** There is a **\$15.00 fee** for this course.

This course is designed to help foster growth in critical thinking skills as well as promoting problem solving in the classroom. Utilizing math curriculum with regards to data analysis and probability, students are challenged to re-examine popular card and board games to establish more efficient and effective methods of play. The unit culminates with building and demonstrating an original game of their own creation.

If you prefer a good game and love a challenge, this is the option for you!

**NEW**

## Indigenous Games and Foundational Knowledge

**PREREQUISITE:** NONE

**FEE:** There is a **\$15 fee** for this course.

In this course students will learn traditional games, activities and practices from the Prairie region. Students will learn about the different indigenous groups who created these activities, why they came to be and how they are still relevant today. Students will also learn some foundational knowledge about traditional plants in the area and uses, seven teachings meanings, tipi teachings and hoop dancing. Students will get to make 2 hoops in the class and learn some basic moves. Students will also help to lead others in the various activities on a school wide activity day in June.

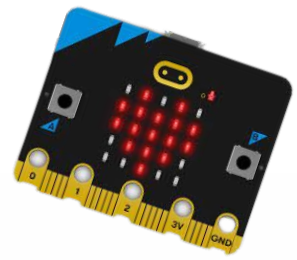
## Book Club and Creative Writing

**PREREQUISITE:** NONE

**FEE:** There is a **\$5 fee** for this course.

Do you love to read and write stories, poems, non-fiction, and descriptive paragraphs? Would you like to discuss books with like-minded peers, celebrate with goodies and surprises, and vote on our favourite new books? This course will give students the opportunity to share their love of books and reading, as well as practice writing in various styles. Through group work and peer feedback, students will have their opportunity to share their love of literature and the writing process. Students will be able to enter several writing contests that are open to students throughout the year. Students will be encouraged to purchase their own books or sign out from the library (our school will have at least one copy of each book)

# SCIENCE AND TECHNOLOGY



## STEAM 1

**PREREQUISITE:** NONE

**FEE:** There is a **\$45 fee** for this course

Do you love hands on learning, solving critical thinking challenges and trying something new? If so, this course is for you! In this course, students will work in small groups to complete project-based learning related to science, technology, engineering, art and math.

Throughout each module students will address and develop the 4 C's of STEAM: collaboration, creativity, critical thinking, and communication. As part of this course, students will use (and keep) a micro:bit.

**NEW**

## STEAM 2: Engineering Design

**PREREQUISITE:** STEAM 1

**FEE:** There is a **\$15 fee** and students must bring their own micro:bit

You have taken STEAM 1, and now you are ready to expand your problem solving. In this course, students will use their micro:bits in new ways, solving engineering design problems through technology such as hummingbird kits and 3D printing. Throughout each module students will address and develop the 4 C's of STEAM: collaboration, creativity, critical thinking, and communication.

**NEW**

## STEAM 3: Lego Robotics

**PREREQUISITE:** STEAM 1 or coding experience

**FEE:** There is a no fee for this course

Lego Robotics provides an opportunity for students to work collaboratively in small groups to build and code various lego robotics. Students will be using Lego Spike Prime kits, and will work through tutorials and projects and will meet different challenges throughout the term.

# OTHER OPTIONS



## **Academic Skill Builders 1**

**PREREQUISITE:** None

**FEE:** There is **no fee** for this course

**NOTE:** This is a mandatory course for students in grade 7

This course is designed to teach study habits and skills to students. Throughout this course, students will receive explicit instruction about how to study and stay organized. This course is also open to grade 8 and 9 students

## **Academic Skill Builder 2**

**PREREQUISITE:** NONE

**FEE:** There is **no fee** for this course.

This course is designed to assist students in becoming more successful in one or more of their core courses. It will provide alternate tools, skills and learning strategies tailored to individual needs. Students will also explore critical elements of digital citizenship and work in an online context. Students will learn to explore, create, submit, and analyze work within the digital environment. This options class will allow students to complete homework and focus on areas of concern in their core subjects. Parental support is fundamental in students experiencing success in this course.



## **ACADEMIC SKILL BUILDER: MATH SKILLS ENHANCEMENT**

**PREREQUISITE:** None

**FEE:** There is **\$15** booklet fee for this course.

The purpose of this class would be to help students enhance their basic Math facts and skills. The focus would be on important Math skills that will aid performance in all three levels of student's core Math programming, .



## **ACADEMIC SKILL BUILDER: LEARNER'S LICENSE PREP**

**PREREQUISITE:** None

**FEE:** There is **no fee** for this course.

The purpose of this class would be to help students practice study skills, visualizing text, and practice reading comprehension through a focus of preparing for a learner's license test. Other reading comprehension tasks will be infused in the course.



# OTHER OPTIONS

## French

**PREREQUISITE:** NONE

**FEE:** There is a **no fee** for this course.

In this course, students will learn through participation and games as they gain basic understanding and knowledge of the French language and culture, focussing on travel, home, everyday vocabulary. They will learn how to speak in small conversations with friends, family and peers.

## Entrepreneurship

**PREREQUISITE:** NONE

**FEE:** There is a **no fee** for this course.

Students will develop their business sense as they start their own business ventures. We will discuss supply vs. demand, the costs of business, and the difference between success and failure. We will look at what it means to be an entrepreneur; the mindset, work ethic, and ability to solve problems. We hold a market at the end of the term where students can put their ventures to the test and they will be required to fund their own start up.

## Leadership

**PREREQUISITE:** NONE

**FEE:** There is a **no fee** for this course.

Students in this option will learn about what it means and takes to be a leader. They will have opportunities to explore what leadership means within a school context and gain skills that will set them up for success. An important aspect of being a leader is to help others and display empathy. Students will be able to provide support in circumstances that allow them to be helpers and leaders in our school. This course encourages students to be confident, supportive, and positive in and around our school and community.

## Cosmetology

**PREREQUISITE:** NONE

**FEE:** There is a **\$30.00 fee** for this course.

The introductory level of Cosmetology gives students the chance to explore both the hairstyling and esthetics components of Cosmetology. They learn basic hairstyling, hair care, and braiding techniques, as well as skin care, manicuring, and make-up techniques. The course fee goes towards supplementing the cost of some products used and maintaining the tools and equipment used by the students.



# 2024-2025 Options Guide

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