

Junior High Option Guide

2024/25 School Year



**Sturgeon Heights School
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St. Albert AB
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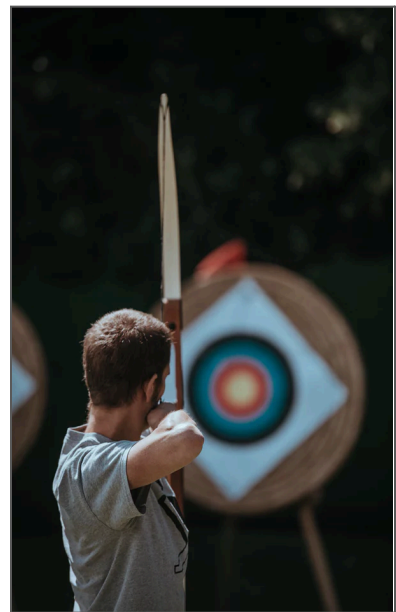
Introduction

At Sturgeon Heights, we work hard to offer a wide range of complementary courses to meet the needs of a variety of student interests.

Some options require additional fees to help support material, field trips, and transportation costs.

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

Students will choose one option each term for a total of five options throughout the year, in addition to their registered academies. We do our best to accommodate students' top choices for course selection.



ATHLETICS		
Archery	This course focuses on the necessary knowledge and understanding of archery and follows the NASP guidelines and curriculum providing students with basic archery techniques and skills. This course broadens student's knowledge and understanding of archery as it relates to the physical, mental, and emotional aspects of wellness. Students learn the rules, safety procedures, and etiquette of archery.	FREE
Basketball	Have you ever wanted to develop skills useful for coaching, fitness leadership, sport performance, and leading recreational activities? In this course you will have the opportunity to learn the rules of basketball, skills associated with basketball, strategies used in gameplay, how to design and run a practice, and other athletic principles and skills related to physical activity.	FREE
Field Sports	Have you ever wanted to develop skills useful for coaching, fitness leadership, sport performance, and leading recreational activities? In this course you will 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, and other athletic principles and skills related to physical activity.	FREE
Fit for Life	Students will participate in a variety of activities that support lifelong fitness. These will be centered around common individual & team activities that are available once students leave high school, such as walking, running, yoga, zumba, curling, pickleball, or slo-pitch. Students will develop knowledge, skills, and attitudes to enable them to incorporate a responsible and holistic approach to healthy living in their daily lives.	FREE
Outdoor Education	Outdoor Education is a course allowing students to develop the knowledge, skills and positive attitudes which will contribute to their enjoyment of outdoor pursuits. Students will have a chance to participate in a variety of outdoor related experiences and environmental learning. Students must be dressed for the elements including inclement weather.	\$10
Sports Performance	Students apply basic training and movement principles to health-related and performance-related components of fitness training. Students will demonstrate 3 of the different training principles: Aerobic training, Flexibility training, and Agility training. Students will be introduced to the use of sport psychology, sport injuries, physical fitness evaluation, and nutrition.	FREE
Volleyball	Have you ever wanted to develop skills useful for coaching, fitness leadership, sport performance, and leading recreational activities? In this course you will 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.	FREE



CITIZENSHIP		
Academic Skill Builders	Students of all levels benefit from extra time with a teacher to reinforce and expand their learning. While many learning strategies are taught within each course, Academic Skill Builders allow students extra time to develop their learning skills and study habits with the support of a teacher. This course is developed to assist students to become more successful in one or more of their core courses.	FREE
Entrepreneurship	In the class, students will learn the basics of how to run a small business including profits, losses, and balancing. Students will create a business that they can share with the school community at a school-wide event.	\$30
Foods: Basics & Nutrition	In this course, students learn fundamental basic food preparation skills that align with the Alberta Food Guide. They will explore leader nutrients, what they are found in, and how such foods affect physical and mental performance. Students will be given the tools to choose and prepare healthy meals.	\$30
Foods: Intro to Baking	During this term, students will learn about kitchen safety, basic nutrition and make some great recipes. For example, we will be making some no bake foods such as yogurt parfaits, and banana splits and trying our hand at grilled cheese sandwiches, and omelets. This is a great class to learn some basic skills and eat your projects.	\$30
Foods: Meal Prep	Students will learn the basic necessities for preparing a meal. Basic skills will allow students to be able to transfer these skills into their kitchens at home!	\$30
Leadership	Students will promote school spirit by planning and organizing student activities and initiatives. Students may also be involved in leadership and citizenship ventures in the greater St. Albert community. Students are expected to be positive role models and responsible leaders.	FREE
Learners License Prep	<p>Students will understand what it means to be a competent driver and feel comfortable to take a class 7 driver's test. The main objectives include:</p> <ul style="list-style-type: none"> ● Learn the material in the Learner's Driver's Guide, to ensure students are more prepared when they take the Government's Class 7 test. ● Gain a better understanding of the laws of driving, rules of the road, how to read road signs, and learn the importance of limiting distractions while driving through the use of video. ● Learn basic vehicle use, maintenance and emergency safety. <p>*NOTE: The option is held in a classroom setting only. There will be no In-Vehicle driving instruction for this option class. Once students turn 14 years old they may take the Government's Class 7 test on their own time at their own cost.</p>	FREE



FINE ARTS		
Art	The Art option allows the students to develop technical skills as well as express themselves personally. Students explore line, value, texture, space, shape fostering an understanding of the essential elements of art design. The focus of this hands-on class is on developing the basics of drawing and painting. A variety of media is used throughout the term, including pencils, charcoal, pastels, tempera, and watercolour.	\$10
Band 1 (Intro to Band)	<p>PREREQUISITE: NONE</p> <p>Music skills for a lifetime! Skills will be developed throughout the term using band instruments, like the flute, clarinet, saxophone, trumpet, trombone, percussion and more to develop our music skills. Students will be able to hold an instrument, make a sound, and learn to read music, while playing their instruments. We will also learn some different musical pieces as a collective band. Intro to Band is a great opportunity to gain some confidence playing on a band instrument.</p> <p>**Please note, Band 1, is independent of Band 2, 3, and 4.</p>	\$10
Band 2	<p>PREREQUISITE: Band 1</p> <p>Music skills for a lifetime! Skills will be developed throughout the term using band instruments to develop our music skills. Students will continue to build on their skills on their specific instrument and reading music, while playing their instruments. We will also learn some different musical pieces as a collective band. As well, we will learn several concert scales. This class aims to foster a love for music, develop musical skills and encourage teamwork and discipline through rehearsal and performance experience.</p> <p>**Please note that if you select Band 2, you are agreeing to Band 2, 3, and 4.</p>	\$40 for 3 terms
Band 3	<p>PREREQUISITE: Band 1 & 2</p> <p>Students will have an opportunity to participate in a divisional band camp in March, as well as perform at our divisional concert Sturgeon Night of Music in April 2025 at the Winspear.</p> <p>**Please note that if you select Band 3, you are agreeing to Band 2, 3, and 4.</p>	\$40 for 3 terms
Band 4	<p>PREREQUISITE: Band 1, 2, 3</p> <p>Students will have an opportunity to participate in a divisional band camp in March, as well as perform at our divisional concert Sturgeon Night of Music in April 2025 at the Winspear.</p> <p>**Please note that if you select Band 4, you are agreeing to Band 2, 3, and 4.</p>	\$40 for 3 terms



Cosmetology	In this introductory course, students will develop an understanding and appreciation for grooming, personal/professional image and practices. They will develop basic knowledge and skills in the cosmetology and esthetics industry and demonstrate safe and sanitary grooming practices. The course will be enhanced through multimedia, guest speakers, theory and practice.	\$20
Digital Arts	Students will use a variety of technology and web based applications and platforms to create art. Visual art is described as “a visual object or experience consciously created through an expression of skill or imagination”. Students will explore different mediums and expressions in digital art.	FREE
Fashions	Would you like to learn about designing, manufacturing and creating clothing and other textile products as well as study the history, sociology and economics of clothing and textile art? In this course you will learn basic sewing skills, and how to design, work-on and showcase simple sewing projects based on student interest.	\$20
Film Studies	Have you ever wondered how movies are made? Do you want to create your own short film? Film Studies concentrates on the areas of film and media history, theory and technique, and the study of genres. The goal of this course is to help students understand both the history of film as an art form and to enable them to understand how the makers of film structure their work to communicate ideas and feelings to an audience. As a final project, students will be challenged to create their own short film.	FREE
Ukulele	Ukulele class allows students to learn to play the ukulele, a fun string instrument. Students will be introduced to basic techniques such as strumming and chord formations. Students will learn how to read ukulele tablature and sheet music and develop an ear for music. Throughout the course, students will explore a variety of musical styles, from traditional Hawaiian melodies to contemporary pop songs. The class aims to cultivate a love for music, enhance creativity, and build confidence through individual and group playing.	FREE



STEAM		
Coding & Digital Media	Students in Media Arts will learn to use all the different aspects of computers as used in today's multimedia environment. Through a series of challenges students will learn how to communicate in the language of programming. Some areas of focus will be Graphic Arts, Video Making and Simple Animation.	FREE
Gaming	Do you like video games? Have you ever watched someone on YouTube reviewing a game? If you ever wanted to create your own game or wonder what it takes to review and evaluate video games, this option is for you! Students preview, evaluate (using podcast, website or video) and create digital games. Emphasis is placed on working with groups in project based environments that reflect real-world workplace environments.	FREE
STEAM	Are you interested in designing and creating your own unique hands on STEAM projects? From 3D printing to cardboard construction to coding to graphic design projects..Students will have an opportunity to code robots, 3D printing, hands-on science and other highly engaging projects	FREE

