

Registration Handbook 2018 -2019



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SHERWOOD PARK, ALBERTA T8A 2G6

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www.sherwoodheights.org

Mr. Paul Pallister
Principal

Mrs. Sherri Johnston
Assistant Principal

Mr. Kris Reid
Assistant Principal

Ms. Allison Jensen
Counselor

C P O R U I G D A E R

Sherwood Heights Junior High School Programs

Regular English Program

Grades 7, 8 and 9

The main program within our school is the regular English Program. The majority of our students are enrolled in this program. The students take Language Arts, Math, Science, Social Studies, and Physical Education.

French Immersion Program

Grades 7, 8 and 9

The aim of the French Immersion Program is functional bilingualism, excellent English skills and the ability to comfortably speak, read, and write in French. To meet the requirements of the French Immersion Program, the program must cover 5 core courses; French Language Arts, English Language Arts, Science, Social and Math. The program also nurtures social, cultural and emotional development in students by offering students 2 options each semester, while they are gaining proficiency in both English and French. Sherwood Heights French Immersion Program is a continuation of the grade 6 Immersion Program at Ecole Campbelltown Elementary. For grade 10, the French Immersion Program continues for our students at Ardrossan High School.

Logos Christian Program

Grades 7, 8 and 9

The Logos Christian Program offers instruction within a Christian environment grounded in Christian principles. To this end, a teacher in this program will be expected to bring a Christian viewpoint to issues and topics in core curriculum areas. The students take the same courses as the regular English Program. This is a continuation of the programs at Westboro and Brentwood Elementary, however, entry is open to new students.

Those registering in the **Logos Program** are required to fill out a Logos Commitment Form which promotes Christian principles. These forms are available at the school office or on our website www.sherwoodheights.org.

Transition Program

Grade 7, 8 and 9

The Junior High Transition program is a system special education program for students in grades 7 to 9 with average to above average ability who have a diagnosed learning disability demonstrated by significant delays in one or more academic areas. The program offers a small class setting and individualized instruction in Language Arts, Mathematics, Science, and Social Studies with a focus on direct instruction, strategy instructions, and development of self-advocacy skills. Students attend regular classes for other subjects including options. Students must be recommended by the feeder elementary schools and approved through our Central Office, Instructional Services Department.

Academic Excellence (Honours)

Grades 8 and 9

The Academic Excellence (Honours) Program at Sherwood Heights provides motivated students with opportunities to pursue academic studies that challenge and enrich their learning experiences. The program follows the Junior High Program of Studies, and students write regular Grade 9 Provincial Achievement Tests.

Students applying for Academic Excellence must have a minimum 80% average in 3 out of the 4 core subjects based on cumulative work (with minimum 70% or better in the 4th core). Space in the program is limited to 30 students, and final selection will be based on student cumulative marks. Enrollment in the Academic Excellence Program requires students to routinely model positive behaviors, work habits, and to demonstrate reliable attendance. Depending on program demand, the actual mark cutoff for acceptance may be higher than 80% in a given year.

Conditional acceptance will be determined in May. Students must maintain their honours standing on their final report card in June in order to remain in the program. All applicants will be informed as to whether or not they have been accepted into the program.

The program:

- provides students with stimulating and motivating learning environments.
- horizontally extends the regular curricular objectives with a focus on higher level reasoning, critical thinking skills, inquiry based learning, links to other disciplines, and optional subject matter.

For individuals wishing to enroll in this program an Academic Excellence application form must be submitted with the course registration. Forms are available at the school office or on our website at www.sherwoodheights.org.

Knowledge and Employability

Grade 8 & 9

The K & E program follows a curriculum outlined by Alberta Education. It starts in grade 8 and can continue to grade 9. The program offers a curriculum focusing on basic and real life academic skills in the four core subject areas. One focus of K & E is helping students make successful transitions to the work force. Students that will benefit from this program are those who learn by specific, practical, hands-on experiences and who work better with step by step instructions.

SCHOOL FEE SUMMARY

Noon hour supervision (yearly)	\$25 (mandatory)
Student Council Fee	\$10 (mandatory)
Yearbook	\$35 (optional)

PLUS

Option Course fees

Fee Sheets will be sent home with the student in September 2018. All fees subject to change.

Athletics

Sherwood Heights has an athletic program that is very deep in tradition and has had a great amount of success throughout the years. There are athletic opportunities out there for everyone.

We offer:

- cross country running (starts in September)
- volleyball (starts in September)
- basketball (starts in December)
- badminton (starts in March)
- team handball (starts in March)
- track and field (starts in May)

There are junior and senior teams for volleyball, basketball and badminton. Junior teams are for students in grades 7 and 8. Senior teams are for students in grades 8 and 9. So, come out - show that you have that special COUGAR PRIDE - by trying out for any of the athletic teams offered here at Sherwood Heights.

GRADE 7 CORE SUBJECTS

French Language Arts

(French Immersion Program only)

Students will develop proficiency in the French language while focusing on oral communication, writing and reading. They will develop a sense of French cultural values underlying the spoken or written word.

Language Arts

The aim of English language arts is to enable each student to understand and appreciate language, and to use it confidently and competently in a variety of situations for communication, personal satisfaction and learning.

Students will listen, speak, read, write, view and represent to:

- explore thoughts, ideas, feelings and experiences
- comprehend and respond personally and critically to oral, print and other media texts
- manage ideas and information
- enhance the clarity and artistry of communication
- respect, support and collaborate with others

Mathematics

The Mathematics program is divided into four strands: number concepts; patterns and relations; shape and space; and statistics and probability. The content is a consolidation of the skills and concepts developed in the elementary program and forms the basis for the further study of mathematics.

Physical and Health Education

The aim of the Physical and Health Education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active and healthy lifestyle. Students will acquire skills through movement and experience. They will appreciate the health benefits that result from physical activity, interact positively with others and assume personal responsibility to lead an active way of life. The emphasis is on active participation and cooperative skills. Students must have proper PE clothes and shoes.

Science

Students apply science to solving practical problems, and to examine science and technology with respect to social impact. The following topics will be covered:

- Interactions and Ecosystem
- Plants for Food and Fiber
- Heat and Temperature
- Structures and Form
- Planet Earth

Social Studies

Grade 7 students will explore the origins, histories and movement of peoples who have forged the foundations of Canadian Confederation. Students will examine how political, demographic, economic and social changes that have occurred since Confederation have influenced ways in which contemporary Canada has evolved.

GRADE 7 MANDATORY OPTION COURSES

CTF Construction Technology 7 (Mandatory)

This is an introductory course intended to teach students the basics of **construction** (wood working) and **fabrication** (metal working). Students will gain hands-on experience learning how to safely use hand tools, power tools and machines in the production of three or more projects. Depending on the projects chosen, instruction may include the following; basic tools and materials; solid stock construction; turning operations; sheet fabrication; principles of machining; bar & tubular construction; modes and mechanisms.

Course Fee: \$30

CTF Foods and Fashion Studies 7 (Mandatory)

Students will get an introduction to the modules of food and fashion studies. They will gain practical experience and develop skills in hand sewing, cooking and baking.

Food Basics – Students learn to make wise food choices and to understand recipes, equipment, care in handling food and the importance of safe and efficient work habits through the preparation of a variety of foods.

Sewing Basics - Students learn the basics of hand sewing techniques through the construction of projects.

Course Fee: \$30

CTF Digital Media and Design 7 (Mandatory)

Digital Media & Design will introduce students to all facets of graphic design from learning the programs to understanding visual elements and principles of design. Students gain experience using industry leading Adobe software as an artistic tool to bring their visions to life. The students love for creating engaging, innovative designs is what drives this course. Using the Adobe suite of products as a platform for creation, students will have the opportunity to create a comprehensive digital portfolio including: photographic images manipulation, editing, animations, graphic art and branding.

Course Fee: \$20

GRADE 7 OPTION COURSES

FULL YEAR OPTIONS

Band - Instrumental Music 7

Learn to play a musical instrument, read music, make friends, be a part of a team, and have fun in this “hands-on” course. Prior musical training is not required. Your music education is not limited to one style or instrument. There are additional playing opportunities for students such as ensembles and jazz band. Students have opportunities to take part in extended learning opportunities such as band camp, band tour, and clinic days. Students may either rent or purchase an instrument from local music companies when assigned a specific instrument by the teacher. Some instruments are available through school rental. When thinking about instrument choices please note that larger instruments are restricted on bus routes

Course Fees (includes field trips):

\$85/year - part of this fee is payable to the school and a separate payment to the Sherwood Heights Band Parents Association.

\$120/year - rental fee for school-owned instruments.

French as a Second Language 7

Students will discuss and write about familiar topics, such as school subjects and activities, the weather, friends and family. They will compare different Francophone cultures. Students will also decide how to correctly address people and when to use formal or informal language.

Course Fee: no cost



GRADE 7 SEMESTER OPTION COURSES

Art 7

The grade seven 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 around them. This is a studio style course where students will have the opportunity to think and respond as artists.



Course Fee: \$25

Drama 7

Drama is more than just acting. It is the process of developing the whole person. The program is designed to develop concentration, cooperation, control and confidence.

In Drama, you often work in pairs or small groups so you can meet different students, which is another positive aspect of the course. These skills are explored through games and activities which involve imagination, voice, movement, improvisation and acting. If you enjoy being active and using your imagination, then consider drama.

Course Fee: \$20 (includes field trips)



Learning Strategies 7

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

Sports Acceleration 7

The goal of the course is to stimulate incoming Junior High students to be physically active and participate responsibly and safely in a variety of sport and fitness pursuits. The course includes a variety of sports skills and an introduction to training and conditioning. There will be classroom work incorporated to discuss fitness and lifestyle choices as well as setting short and long term goals. It will include a personal project and assignments. This course will provide knowledge about training and conditioning to allow for a safe start to a personal fitness program.

The course costs for our field trip(s) include all transportation to facilities and guest instructors for specialty programs. Students **must** be changed and prepared for all activities. The course is co-ed. Students who register for this course **must** enjoy physical activity.

Course Fee: \$50 (includes field trips)

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 in fall, winter or spring. Fall activities include: orienteering, cooperative games (Capture the flag, Mantracker, Wolfpack, and Predator/Prey), and hiking. Winter activities include: winter walks, snowshoeing, sledding at Cottonwood Park, broomball, skating and cross country skiing. Spring activities include: cooperative games, hiking, rock climbing (Vertically Inclined) and archery. During times of inclement weather, students will watch videos and research outdoor education/survival issues.



Course Fee: \$75 (includes field trips)

GRADE 8 OPTION COURSES

FULL YEAR OPTIONS

Band - Instrumental Music 8

Continue your music education or start to learn to play a musical instrument, read music, make friends, be a part of a team, and have fun in this “hands-on” course. Prior musical training is helpful, but not essential. Your music education is not limited to one style or instrument. There are additional playing opportunities for students such as ensembles and jazz band. Students also have opportunities to take part in extended learning opportunities such as band camp, band tour, and clinic days. Students may either rent or purchase an instrument from local music companies when assigned a specific instrument by the teacher. Some instruments are available through school rental. When thinking about instrument choices please note that larger instruments are restricted on bus routes. Students who do not have previous music experience are asked to contact Ms. Fleck.

Course Fees (includes field trips):

\$85/year - part of this fee is payable to the school and a separate payment to the Sherwood Heights Band Parents Association.

\$120/year - rental fee for school-owned instruments.



French as a Second Language 8

Students will explore the evolution of French and see that French differs from region to region. They will write, read and speak about topics such as animals; clothing design and care; and foods and nutrition.

Course Fee: no cost

SEMESTER OPTION COURSES

Apps Savvy 8

This course encourages the creativity of the students. Apps Savvy uses a project based and problem solving approach to teach students a variety of technologies that go beyond basic computer skills. Students will learn and explore a range of industry standard applications, including animation, video production and 3-D design.

Course Fee: no cost

Art 8

There are three major components of the grade eight art program: drawings, compositions, and encounters with art. It is a program designed to refine the techniques and skills explored in grade seven. Projects include design elements, artist encounters, spatial distortions, and clay constructions. This is a studio style course where students will have the opportunity to think and respond as artists.

Course Fee: \$25



SEMESTER OPTION COURSES

Construction Technology 8

This course is intended to enhance student knowledge of **construction** (wood working) and **fabrication** (metal working) techniques, as well as introduce **mechanics** (small engines) and **electronics** (circuitry). Students will gain hands-on experience learning how to safely use hand tools, power tools and machines in the production of three or more projects. Depending on the projects chosen, instruction may include the following; basic tools and materials; solid stock construction; turning operations; sheet fabrication; principles of machining; bar & tubular construction; engine fundamentals; basic circuits and soldering.

Course Fee: \$30



Culinary Tourism 8

Culinary Tourism 8 is an intermediate foods studies class. Students will be exposed to a variety of different types of cooking and baking, while researching the origins of food and culture. In addition students will learn the basics of food presentation with an emphasis on kitchen safety. Students may be required to cook at lunch once per cycle.

Course Fee: \$60

Digital Media & Design 8

Digital Media & Design at the grade 8 level will expand on the visual elements and principles of design learned in grade 7. Students will continue to use industry leading Adobe software as an artistic tool to bring their visions to life. Students will have opportunities to utilize features of the software that were not covered in the grade 7 course. The students love for creating engaging, innovative designs is what drives this course. Using the Adobe suite of products as a platform for creation, students will have the opportunity to create a comprehensive digital portfolio including: photographic images manipulation, editing, animations, graphic art and branding.

Course Fee: \$20

Drama 8

Drama is more than just acting. It is the process of developing the whole person. The program is designed to develop concentration, cooperation, control and confidence. These skills are explored through games and activities which involve imagination, voice, movement, improvisation and acting.

In Drama, you often work in pairs or small groups so you get to meet different students, which is another positive aspect of the course.



Course Fee: \$25 (includes field trips)

Environmental Outdoor Education 8

The grade 8 course is focused on having students gain an appreciation for the unique challenges of survival, safety, environmental issues as well as experiencing outdoor activities in both winter and spring. Fall activities include: Leadership/cooperation initiatives, Capture the flag, Man tracker, Wolf pack, Archery (as much outside activities as possible). Winter activities include: winter walks, snowshoeing, quinsy building, sledding at Cottonwood Park, broomball, ice skating.

Students will engage in research projects on 1) planning a trip, 2) wildlife identification and 3) environmental concerns. During times of inclement weather, students may watch video/media such as Survivor Man and other outdoor education/environment based resources.

Trip planning will culminate in an overnight camping trip (1 night). Activities will be dependent on venue and weather conditions.

Course Fee: \$120 (includes field trips)



Fashion Studies 8

In Fashion Studies 8, students develop the following sewing skills through the construction of a machine-sewing project:

- Machine sewing
- Serging and seam finishing
- Pattern reading
- Pattern layout
- Pressing

Safety and care of machinery will be emphasized throughout the course.

Materials required for class are supplied by the school.

Course Fee: \$30



Foods 8

Students will learn and 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. Kitchen safety will be emphasized throughout course instruction.

Course Fee: \$35



SEMESTER OPTION COURSES

Leadership 8

This class is designed to develop student leadership abilities and foster good citizenship. Students will be given the opportunity to learn ways in which they can become successful leaders of themselves, within their school and in the global community. Students will be involved in projects that will serve the school and the community.

The class will participate in a variety of learning situations such as lecture, group work, speakers, physical activity, and field trips, maintaining a journal, mini workshops and conferences. Some of the projects might require that students are available before school, during lunch, after school and possibly on weekends.

Course Fee: \$25 (includes field trips)



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

LEGO Robotics 8

This STEM (Science, technology, engineering, and mathematics) based class is an advanced class using the LEGO® Mindstorms™ EV3 Robotics System to build and program robots. Students will learn construction and programming with the EV3 intelligent brick using servo style motors, touch, color, gyro and ultrasonic sensors. Students will build a wide variety of robots and program them with a computer to move, react, and make sounds in order to solve challenges.

Course Fee: \$45.00 (includes field trips)

Performing Arts 8

Performing Arts is designed for highly motivated individuals who wish to pursue the dramatic arts in Senior High. Students explore the discipline of acting in-depth, through the medium of script work. Students will learn what it takes to act professionally and the work involved with backstage production (or management). Students will have the opportunity to 'step into the shoes' of other characters which in turn helps to develop life experience. Students are expected to attend after school dress rehearsals and participate in public performances.



Course Fee: \$30 (includes field trips)

Recreational Fitness 8

This course is offered to students who are looking to advance their athletic skills and personal physical fitness. Recreational Fitness 8 will expose the students to a variety of fitness activities that are not a part of the regular physical education program. It will assist students in maintaining and improving an appropriate level of individual fitness. This course also goes beyond the scope of activity in that it enables the students to learn more about the theory of fitness and recreation as it applies to exercise and active lifestyle.

The course costs include field trips along with all transportation to facilities and guest instructors for specialty programs. Students **must** be changed and prepared for all activities. The course is co-ed. Any student thinking about taking this course **must** enjoy engaging in physical activity.

Course Fee: \$150 (includes field trips)



GRADE 9 OPTION COURSES

FULL YEAR OPTIONS

Band - Instrumental Music 9

Band 8 is a pre-requisite unless the student has taken private lessons on a concert band instrument and received instructor approval for enrolment through an audition. Students will continue to develop their skills in playing, listening, reading, creating, and valuing music. Members of the program perform in school concerts and have the opportunity to attend an overnight retreat. Students may also choose to enroll in extra-curricular jazz band. Jazz band students perform at school events and public performances.

Course Fees (includes field trips):

\$85/year - part of this fee is payable to the school and a separate payment to the Sherwood Heights Band Parents Association.

\$120/year - rental fee for school-owned instruments.

French as a Second Language 9

French can be part of life after junior high. In preparation for adulthood, students will learn about jobs in which French is useful. This year, students will add to what they already know about the French language and Francophone culture, exploring life in Francophone communities and correctly using French for building and street names, and correspondence. Students will write and talk about a variety of topics, including sports, housing designs and community events.

Course Fee: no cost



SEMESTER OPTIONS

Apps Savvy 9

This course encourages the creativity of the students. Apps Savvy uses a project based and problem solving approach to teach students a variety of technologies that go beyond basic computer skills. Students will learn and explore a range of industry standard applications, including animation, video production and 3-D design.

Course Fee: no cost

Art 9

The grade 9 art program is designed to use the skills learned and refined in previous grades to develop a personal style as an artist and a portfolio of work. Projects are created in a variety of two and three dimensional media including clay, linoleum printing, acrylic paint, charcoal and pencil. Three categories of objectives provide the framework for the program.

Drawing

all the ways we record visual information and discoveries

Compositions

all the ways images are put together to create meaning

Encounters with Art

where we meet and how we respond to visual imagery

This is a studio style course where students will have the opportunity to think and respond as artists.

Course Fee: \$25

Construction Technology 9

This course is intended to further enhance student knowledge of **construction** (wood working), **fabrication** (metal working), **mechanics** (small engines), **electronics** (circuitry), and introduce students to **basic electric welding** (MIG) and **design studies** (logo design). Students will gain hands-on experience learning how to safely use hand tools, power tools and machines in the production of three or more projects. Depending on the projects chosen, instruction may include the following; basic tools and materials; solid stock construction; turning operations; sheet fabrication; principles of machining; bar & tubular construction; engine fundamentals, basic circuits and soldering; basic electric welding; adobe illustrator.

Course Fee: \$35

(Clothing for design studies projects will be an additional cost not included in course fee.)



SEMESTER OPTION COURSES

ADVANCED Construction Technology 9

This course is an alternative to Construction Technology 9. ADVANCED Construction Technology 9 is for students who wish to focus on and take a more in depth look at construction (wood working) techniques, including the use of various methods of joinery, the use of manufactured materials vs. solid stock construction and a look at project planning and design. Students will have the opportunity to design and plan a construction project of their own creation, or, if they choose, select from a variety of pre-planned larger projects. Students will gain hands-on experience learning how to safely use hand tools, power tools and machines in the production of one larger project. Depending on the project chosen, instruction may include the following; basic tools and materials; solid stock construction; turning operations; manufactured materials; project design and management.

Course Fee: \$65

Culinary Tourism 9

Want to be the next Master Chef Junior? Hone your cooking and baking skills in this advanced grade 9 option. Culinary Tourism 9 will be taking an intensive look at international cuisine, with in-depth cultural studies as a continuation of the grade 8 option. To join this course it is recommended to have developed strong skills in Foods 8 or Culinary Tourism 8. Students may be required to cook at lunch once per cycle.

Course Fee: \$65

Digital Media & Design 9

Digital Media & Design at the grade 9 level will continue to build on the visual elements and principles of design learned in grade 7 and 8. Students will continue to use industry leading Adobe software as an artistic tool to bring their visions to life. Students will have opportunities to utilize features of the software that were not covered in the grade 7 course. The students love for creating engaging, innovative designs is what drives this course. Using the Adobe suite of products as a platform for creation, students will have the opportunity to create a comprehensive digital portfolio including: photographic images manipulation, editing, animations, graphic art and branding.

Course Fee: \$20

Drama 9

Drama at the grade 9 level is for students who are serious about acting and theatre. You do not need to have taken drama 7 or 8, but you should be sincere, willing to participate, and be cooperative. Drama is more than just acting. It is the process of developing the whole person. The program is designed to develop concentration, cooperation, control and confidence. These skills are explored through games and activities which involve imagination, voice, movement, improvisation and acting. The special unit is performance. Each year we also examine different aspects of theatre such as makeup, costume, lighting and scenery. A Children's Theatre Unit may be done, in which the students present a play to a few elementary school classes. In the course, you often work in pairs or small groups so you get to meet different students, which is another positive aspect of the course.

Course Fee: \$25 (includes field trips)



Electro Music Production 9

This course will allow students to study music and musical creativity through the use of electronic production. Electronic music is a common use for many producers to get the desired effects in a variety of media forms. Using electronic music software students will develop musically following similar music learning objectives of a classically oriented class but following a contemporary format.

Course Fee: no cost



Environmental Outdoor Education 9

Students will spend time in the outdoors hiking and camping. Students will attend two (2) full day hikes to the Blackfoot Wilderness Area learning about conservation for Alberta wildlife. At the completion of the semester, students will spend 3 days (2 nights) camping in the bush practicing survival skills that have been acquired throughout the course. Students will be living in the elements and will be given firsthand experience in appreciating the beauty of Mother Nature and her elements! The NASP (National Archers in Schools Program) will be taught in this course giving students a greater understanding and appreciation with the uses of archery equipment.

Course Fee: \$150 (includes field trips)



SEMESTER OPTION COURSES

Fashion Studies 9

Students will focus on fashion basics while continuing to work with the sewing machine and serger.

Students will create a minimum of one small project and one major project.

Basic project materials are supplied by the school. If a student chooses to work with specialty fabrics they will be required to purchase these items.

Pre requisite: Grade 8 Fashion Studies or basic understanding of sewing, use of a sewing machine, serger and pattern reading.

Course Fee: \$20



Foods 9

Students will focus on healthy eating choices through studying two major areas: snacks and appetizers; and meal planning.

Snacks and appetizers:

Students will prepare and sample different options, and conduct a survey for other students to learn more about eating habits.

Meal Planning:

Students will learn portions, costing and basic plating. This will be done through 'project based learning' in which students plan a restaurant concept, menu and layout. The final project will be presented to members of the community.

Safe food handling and kitchen safety will be emphasized throughout the course.

Course Fee: \$35



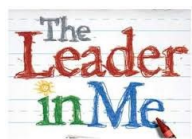
Leadership 9

Leadership is a valuable skill!

The Leadership class will be 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 program, 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: \$25 (includes field trips)



Learning Strategies 9

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 develop tools and techniques to tackle many different tasks and assignments. Additionally, this course will assist students in preparation for exams.

Course Fee: no cost

LEGO Robotics 9

This STEM (Science, technology, engineering, and mathematics) based class is an advanced class using the LEGO® Mindstorms™ EV3 Robotics System to build and program robots. Students will learn construction and programming with the EV3 intelligent brick using servo style motors, touch, color, gyro and ultrasonic sensors. Students will build a wide variety of robots and program them with a computer to move, react, and make sounds in order to solve challenges.

Course Fee: \$45.00 (includes field trips)

Performing Arts 9

Performing Arts is designed for highly motivated individuals who wish to pursue the dramatic arts in Senior High. Students explore the discipline of acting in-depth, through the medium of script work. Students will learn what it takes to act professionally and the work involved with backstage production (or management). Students will have the opportunity to 'step into the shoes' of other characters which in turn helps to develop life experience. Students are expected to attend after school dress rehearsals and participate in public performances.



Course Fee: \$30 (includes field trips)

Recreational Fitness 9

Recreational Fitness 9 is an introductory course to lifetime sports and wellness. This course will expose the students to a variety of recreational activities that are not related to the regular physical education program and that may become lifetime activities. Course content includes fitness and training principles, sports safety, and lifetime leisure activities. It will encourage a healthy attitude in recreational activities combined with fair play and sportsmanship.

The course costs for our field trips include all transportation to facilities and guest instructors for specialty programs. Students **must** be changed and prepared for all activities. The course is co-ed. Any student thinking about taking this course **must** enjoy engaging in physical activity.



Course Fee: \$200 (includes field trips)