

Sherwood Heights

Junior High School



2025-2026 Course Handbook

WELCOME

It is time to Reach for the Heights!

Welcome to Sherwood Heights, home of the Cougars!

For 65 years, our school has proudly enriched the community, fostering a tradition of excellence and belonging. Whether you're a new or returning student, we invite you to be part of this legacy and embrace your own **Cougar PRIDE**.

At Sherwood Heights, we believe that **Perseverance, Respect, Integrity, Dedication, and Enthusiasm** are values we all share—students, families, and staff alike. Together, we bring these qualities to life in everything we do.



Perseverance Respect Integrity Determination Enthusiasm

The Home of Cougar Pride

Extracurricular Programming

At Sherwood Heights, our athletics program fosters teamwork, skill development, and a passion for sports. Students have the opportunity to participate in developmental, junior, and senior teams, building both their abilities and school spirit. New students are encouraged to join and become part of our tradition of excellence by competing in one or more of our athletic teams, including: **cross-country running, volleyball, basketball, badminton, team handball, golf, and track and field.**



Beyond athletics, Sherwood Heights offers a variety of clubs and extracurricular activities to engage students outside the classroom. While club offerings may change, they typically include: **Art, Drama, Jazz Band, Reading Club, Pick-up Sports, LOGOS Crossroads, Computer Games, Dungeons & Dragons (Mythic Comics), Aviation Club, Lego Structures, Tinkercad 3D Printing, Board Games, the Gay-Straight Alliance (GSA), and the Boys & Girls Club.**



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

Whether through sports or clubs, students at Sherwood Heights have many opportunities to get involved, try something new, and make the most of their time as part of our school community.

PROGRAMS

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

English Program

Students in this program will receive core and complementary instruction in English. Students from all programs learn together in our complementary courses and Phys. Ed, as well as on teams, clubs and school events.



French Immersion Program

Bienvenue à l'école Sherwood Heights!

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

Students in this program will receive core class instruction in French. They will also take English Language Arts instead of one complementary course, with complementary courses taught in English.



The Home of Cougar Pride

LOGOS Christian Program

How has Christianity affected world history and how does it affect our worldview of society today? Should Christian faith influence the kind of books we read? Is it possible to study Science and still believe in the Bible as God's word? Does Christianity have anything to do with Math? Find out the answers to these questions when you join the LOGOS Christian program at Sherwood Heights. A Christian viewpoint will be applied in core subject areas and will include morning devotions, chapel times and specific events such as our annual retreat.

This program is a continuation of the program at Brentwood Elementary, but new students are also encouraged to apply.



IMPACT Program

Junior High IMPACT is a very successful program for students with average ability who have a diagnosed learning disability in one or more academic areas. The program offers a small class setting for core classes with a focus on strategies for success and the development of self-advocacy skills.

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

Honours Program

The EIPS Junior High Honours program is designed for high-achieving Grade 8 and 9 students who thrive in a challenging academic environment while following the Alberta Education curriculum. As part of the program, students complete 25 hours of community service in an area of passion and are automatically enrolled in "CTF: Enterprise and Innovation," while still having the opportunity to choose from other option courses.



To be eligible, students must maintain a minimum 80% average in each core subject. Applications open in January, with conditional acceptance based on mid-January marks. Students must maintain their honours standing on the year-end report card in June to receive final acceptance in the Honours program for the upcoming year.

CORE COURSES (Required)

For more information about required courses in each grade, visit [Learn Alberta to access Grade Overviews and Grade at a Glance](#) documents:



English Language Arts

Math

Science

Social Studies

Physical Education

Health

French Language Arts

(French Immersion Students Only)

COMPLEMENTARY COURSES (Options)

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

We encourage students to explore a wide variety of complementary courses offered at Sherwood Heights. It helps them become well-rounded individuals and they may discover new passion areas and untapped areas of strength.



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Art

Art 7-8-9

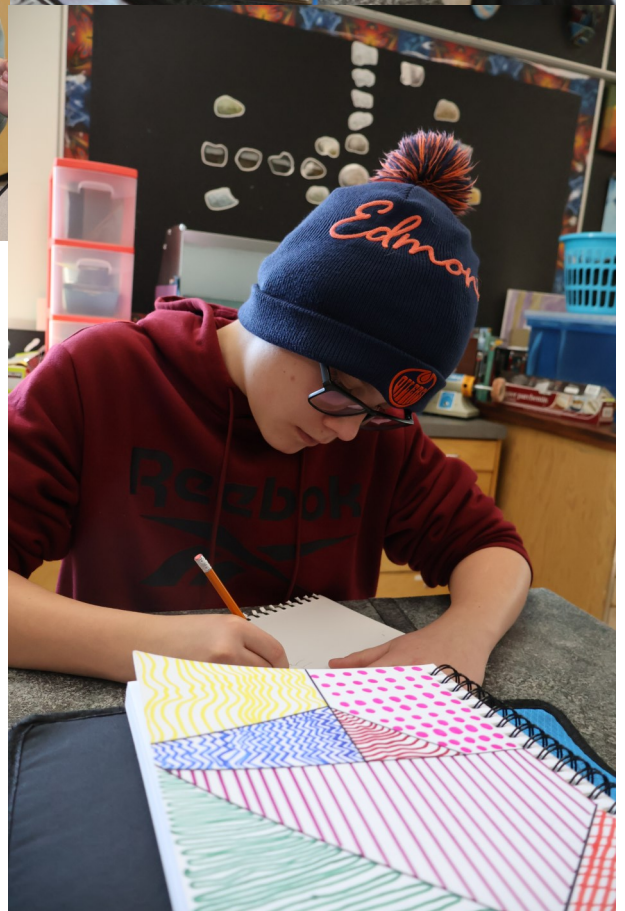
In Grade 7, students experience an exploratory year, working with a variety of materials and media. Through hands-on projects involving painting, clay sculpture, and drawing, they create compositions and respond to the visual world. This studio-style course encourages students to think and react as artists.

In Grade 8, students refine their skills by exploring three major components: drawings, compositions, and encounters with art. They engage in projects that incorporate design elements, spatial distortions, artist influences, and clay constructions, building on techniques introduced in Grade 7.

In Grade 9, students focus on developing a personal artistic style while creating a portfolio of work. Using a variety of 2D and 3D media such as clay, linoleum printing, acrylic paint, charcoal, and pencil, they enhance their technical skills and artistic expression, preparing for future creative pursuits.

Course Fee (all grades): \$30.00

'Fine Arts classes help me explore my creative side and learn new skills in a relaxed atmosphere.'



Drama and Performing Arts



Drama 7-8-9

Come one, come all! Drama is a fun and welcoming course with no prerequisites—perfect for new junior high students looking to explore their creativity. The year begins with an engaging orientation unit designed to help students get to know each other, build confidence, and establish trust in a supportive environment.

Throughout the course, students will dive into various aspects of theatre, including movement, speech, improvisation, acting, technical theatre, and theatre studies. Drama is an excellent choice for students who love to be active, collaborate with others, and think outside the box to bring stories to life!

Course Fee:

Grade 7: \$12.00 + \$20.00 additional field trip fee

Grade 8: \$26.00 + \$20.00 additional field trip fee

Grade 9: \$16.00 + \$20.00 additional field trip fee



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Musical Theatre 8-9

Step into the spotlight with Musical Theatre! This dynamic and engaging course blends singing, acting, dancing, and movement to bring theatrical productions to life. Students will explore the creative process behind staging a show while developing confidence, collaboration, and performance skills. With a supportive and encouraging atmosphere, this class is perfect for both seasoned performers and those new to the stage. This course offers a hands-on, immersive experience, requiring students to attend rehearsals outside of class and participate in a public performance. Whether you dream of Broadway or just love to express yourself, Musical Theatre is your chance to shine!

Course Fee: \$30.00 + \$44.00 optional field trip



Performance Arts Production 8-9

Step into the spotlight and experience the full process of a dramatic production! Performing Arts Production is designed for students who are passionate about theatre and want to develop their skills for Senior High and beyond.

Students will explore monologue preparation, audition techniques, production planning, backstage roles, and stage management. They will work with scripts, develop characters, and bring performances to life. This course offers a hands-on, immersive experience, requiring students to attend rehearsals outside of class and participate in a public performance. Whether on stage or behind the scenes, this course is perfect for those who love theatre and want to be part of an unforgettable production!

Course Fee (both grades): \$12.00 + \$44.00 optional field trip

Environmental Outdoor Education

Environmental Outdoor Education 7-8-9

Step into nature and discover the world around you in an Environmental Outdoor Education course! This hands-on program helps students develop an appreciation for survival skills, safety, and environmental stewardship while engaging in exciting outdoor activities throughout the year. This exciting program includes outdoor pursuits, cooperative games, and projects that cover everything from planning outdoor trips to identifying wildlife and understanding key environmental concerns.

In the fall, spring, and summer, you'll master skills like orienteering, map building, fire building, archery, outdoor cooking, and play fun cooperative games. Winter brings the thrill of snowshoeing, sledding, and broomball. Get ready to experience the beauty of every season while learning essential skills to thrive outdoors! We are outside as much as the weather permits us to be!

Environmental Outdoor Education 7

Field Trips:

- Orienteering at Festival Place
- Hiking at Elk Island National Park

Course Fee: \$10.00 + \$24.00 additional field trip fee

Environmental Outdoor Education 8

Field Trips:

- Orienteering at Cottonwood Park
- Hiking at Blackfoot Recreational Area
- Snow Valley Aerial Park

Course Fee: \$10.00 + \$80.00 additional field trip fee



The Home of Cougar Pride

Environmental Outdoor Education 9

Field Trips:

- Hiking at Blackfoot Recreational Area
- Vertically Inclined Indoor Wall Climbing
- Overnight Camping Trip at Strathcona Wilderness Center
- Beaverhill Bird Observatory in Class Presentation

Course Fee: \$10.00 + \$118.00 additional field trip fee



French as a Second Language

French as a Second Language 7-8-9 (Full Year Course)

Learning French allows students to fully appreciate Canada's bilingual identity while gaining valuable language and intercultural skills. As global citizens and future world travelers, students will benefit from the cognitive advantages of learning a second language, which supports brain development and enhances problem-solving abilities.

This program provides engaging and interactive language experiences, focusing on common phrases, essential vocabulary, cultural appreciation, and effective language-learning strategies. Students will build a strong foundation in French, giving themselves a competitive edge in future careers and opening the door to learning additional languages.

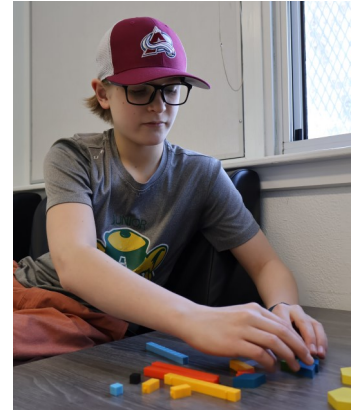
Course Fee (all grades): No Course Fee + \$25.00 optional field trip

Math Strategies

Math Strategies 7-8-9

Unlock your math potential! Math Strategies is designed to build confidence and sharpen essential skills in number sense, algebra, logical reasoning, statistics, and more. Whether you need extra support to fill learning gaps or want to take your problem-solving to the next level, this course provides the tools, strategies, and real-world connections to help you succeed. With a focus on critical thinking and hands-on learning, you'll tackle math in new and exciting ways, strengthening your ability to reason, communicate, and apply mathematical concepts. Get ready to boost your skills and see math in a whole new light!

Course Fee: No Course Fee



Music 7-8-9

Band 7-8-9 (Full Year Course)

In this hands-on course, students will learn to play a musical instrument, read music, and develop teamwork skills—all while having fun and making new friends. No musical experience is required!

Beyond the classroom, students can take part in exciting opportunities like overnight band camps, festival performances, and clinic days. In addition to school concerts, students can explore different musical styles by joining ensembles and jazz bands. Instruments can be rented or purchased, ensuring everyone has the opportunity to play. Come be part of the band!

Course Fees:

Grade 7: \$35.00 + \$150.00 musical instrument rental (if applicable) + up to \$280.00 in additional field trip fees

Grade 8: \$35.00 + \$150.00 musical instrument rental (if applicable) + up to \$500.00 in additional field trip fees

Grade 9: \$35.00 + \$150.00 musical instrument rental (if applicable) + up to \$500.00 in additional field trip fees

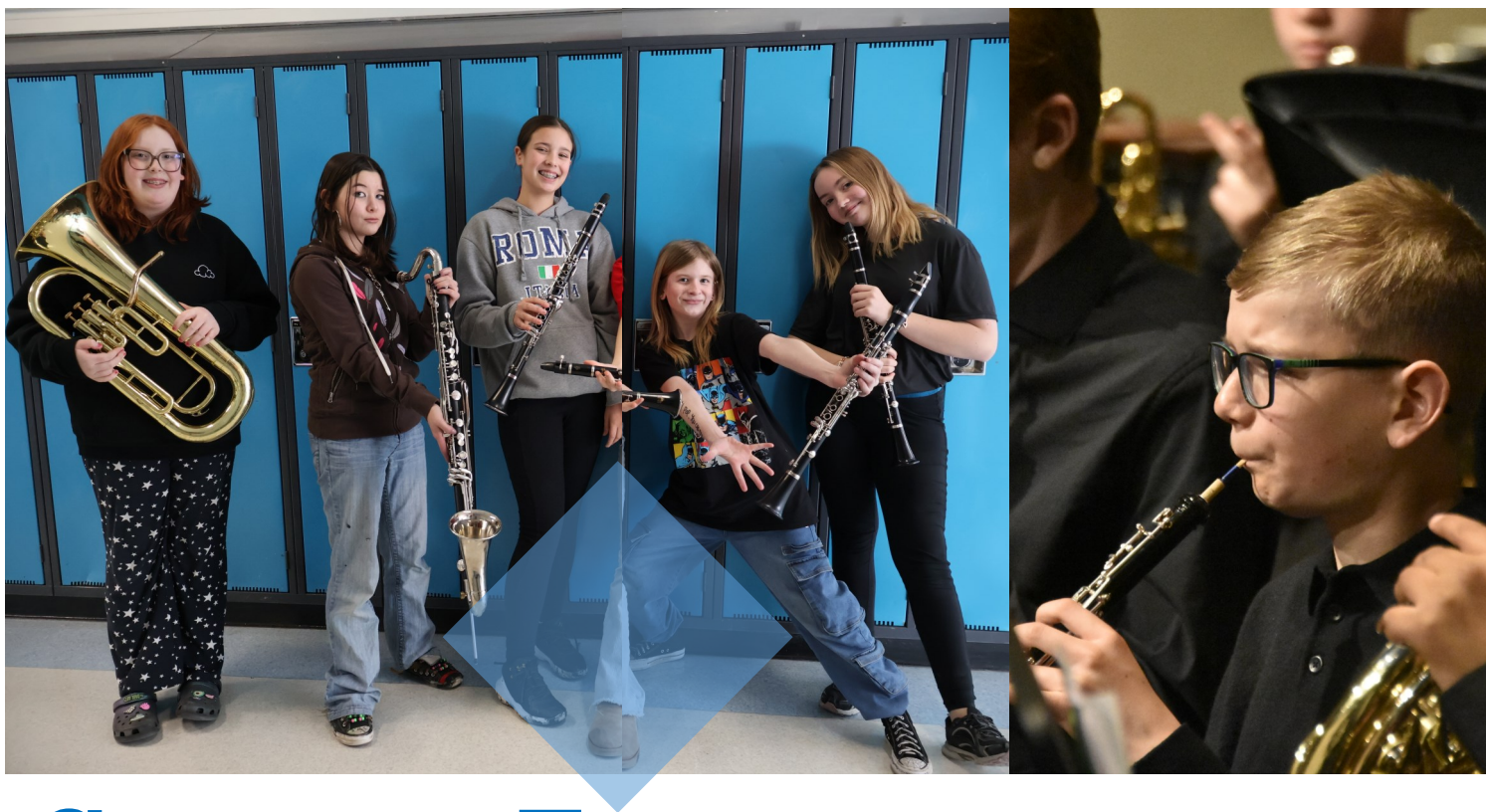


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General Music 7-8-9

Discover the world of music creation in General Music! This course introduces students to music notation, structure, and composition using modern technology. With a digital audio workstation, students will develop the skills to compose their own digital music, exploring everything from cinematic soundtracks to personal songs and immersive soundscapes. Whether you're new to music or looking to expand your skills, this course offers a dynamic and engaging way to bring your musical ideas to life!

Course Fee: No Course Fee



Career and Technology Foundations (CTF)

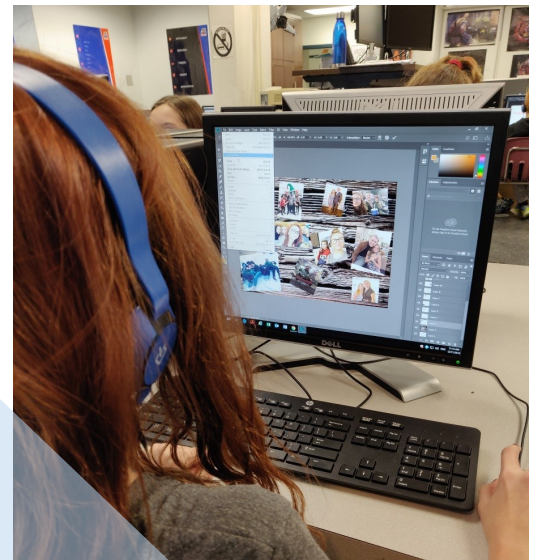
In Career and Technology Foundations (CTF), your child can explore their interests and passions while making connections to career possibilities and technologies. Skills and competencies from Career and Technology Studies (CTS) are developed through learning activities that respond to real-world problems, issues, or topics. CTF provides a foundation for students to transition into Career and Technology Studies in high school.

CTF: Computer Science

Computer Science 7-8-9

Step into the exciting world of coding, problem-solving, and digital innovation! In this course, you'll explore the fundamentals of computer science and programming languages, equipping yourself with the skills to become a confident and ethical creator of digital technology. Through hands-on challenges and engaging projects, you'll develop computational thinking, dive into both block and text-based coding, and experiment with algorithms, AI, and graphic design. Whether designing websites, creating video games, or exploring the impact of technology on society, this course will prepare you for the ever-changing digital world and open the door to countless opportunities!

Course Fee: No Course Fee



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CTF: Construction Technologies

Construction Technologies 7

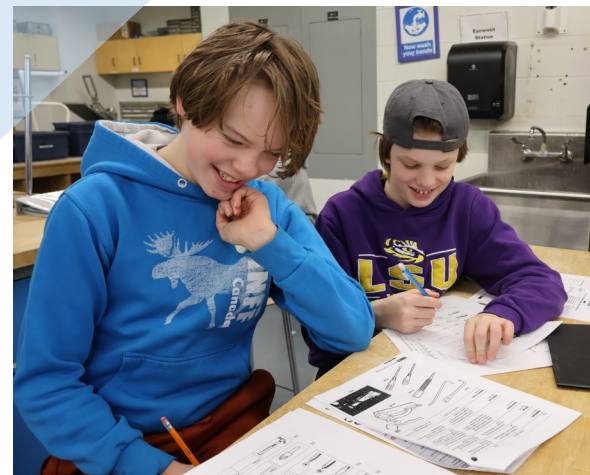
Are you ready to explore new skills and uncover hidden talents? Whether you enjoy lending a hand with home renovations or want to take your DIY skills to the next level, this program is for you! In this introductory course, you'll learn how to safely use a variety of hand tools, power tools, and machines as you complete woodworking and metal fabrication projects. This course is the perfect way to develop practical skills that will help you both now and in the future!

Course Fee: \$38.00

Construction Technologies 8

Ready to take your skills to the next level? This is your chance to build on what you've already learned in a safety-focused environment. Continue developing your woodworking and metal fabrication techniques, or explore exciting new areas like soldering circuit boards, similar to the ones in your personal electronic device, or unleash your creativity by designing and crafting your own custom novelty license plate. You'll have the opportunity to personalize each project and create something truly unique!

Course Fee: \$38.00





Construction Technologies 9

This course is perfect for students eager to develop the skills that will set them apart in the workforce. Whether you're looking for your first summer job or aiming to boost your future career, you'll gain valuable safety, workability, and employability skills that employers are looking for. Explore advanced woodworking, metal fabrication, electro-technologies, and tackle new, challenging projects that will boost your confidence. Plus, get hands-on with exciting tools like MIG welding, the CNC machine, or even design custom gear using the Vinyl Cutter and Heat Press. Build the skills that go beyond the classroom and get ready for real-world success!

Course Fee: \$40.00

CTF: Enterprise & Innovation

Enterprise & Innovation 8-9

Are you ready to take your ideas and turn them into reality? In this project management-focused course, you'll have the opportunity to create, organize, and manage a project of your choice. You'll learn how to assess and compare a range of possibilities, from brainstorming to execution, all while developing valuable skills in planning, managing, and reflecting on your own project or innovation. Explore areas like project management, market research, financial considerations, risk management, and more. Whether it's for a personal project, community impact, or something new you're passionate about, this course will equip you with the tools to lead and succeed in any endeavor!

Course Fee: No Course Fee



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CTF: Food and Textile Technologies

Food and Textile Technologies 7

Discover the art of cooking, baking, and sewing in this hands-on course designed to introduce you to the basics of Foods and Textiles. You'll learn essential safety practices, key techniques, and how to use tools effectively, whether in the kitchen or with textiles. Explore a variety of projects, from hand sewing, cooking snacks and baking delicious treats. Get ready to develop practical skills that you can use for a lifetime!

Course Fee: \$35.00



CTF: Foods

Foods 8

Get ready to explore the world of baking in Foods 8! This hands-on course teaches you the essentials of kitchen safety, measurement and mixing methods. Learn how to prepare simple, delicious recipes like cookies, pastries, and more! You'll develop key skills in food handling, kitchen safety, and the art of baking, including mastering the proper techniques for measuring and mixing to create quality baked goods. This course is the perfect start to becoming a baking pro!

Course Fee: \$40.00





Foods 9

Ready to satisfy your hunger with healthy, delicious snacks? In Foods 9, students will dive into the basics of kitchen safety, measurement, mixing, and recipe preparation while focusing on nutrition. Explore healthy snack and appetizer options, and learn how to make better food choices. Plus, take on a fun, project-based challenge where you'll develop your own restaurant concept—creating menus, calculating costs, and even learning the art of plating. With an emphasis on safe food handling and kitchen practices, this course will give you the skills and knowledge to prepare meals with confidence!

Course Fee: \$45.00



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CTF: Graphic Arts

Graphic Arts 7

Ready to turn your imagination into eye-catching visuals? In this exciting Graphic Arts course, you'll dive into the world of digital design with Adobe Photoshop! Learn to create stunning graphics, retouch photos, and design your own posters using professional tools. Whether you're a beginner or just looking to sharpen your skills, this course will guide you through the basics and help you transform pixels into masterpieces. By the end, you'll have the confidence and creativity to create your own digital art. Get ready to click, design, and wow the world with your creations!

Course Fee: \$21.00

Graphic Arts 8

Ready to bring your ideas to life with bold, eye-catching designs? In Graphic Arts 8, you'll unlock the power of Adobe Illustrator to create stunning vector art and illustrations. Learn how to use professional design tools to craft sleek graphics, dynamic posters, custom icons, and personalized artwork. Master precision design techniques, from the pen and shape tools to creating visuals that truly stand out. No experience? No problem! By the end of the course, you'll have the skills to design, draw, and dominate the world of digital art with confidence. Get ready to create and transform your ideas into stunning visuals!

Course Fee: \$21.00



Graphic Arts 9

Ready to take your creative skills to the next level? In this advanced Graphic Arts course, you'll master the full power of Adobe Photoshop to create striking visual art, perfect photo manipulation, and design like a professional. Dive deep into advanced techniques like layering, masking, blending, and special effects to elevate your work. Whether you're retouching photos, designing bold posters, or crafting digital masterpieces, this course will sharpen both your creativity and technical skills. Unleash your artistic potential and take control of the digital canvas—it's time to create, innovate, and captivate with Photoshop!

Course Fee: \$21.00

CTF: Leadership

Leadership 8

Step up, take charge, and make a difference! Leadership 8 is all about building confidence, teamwork, and the skills to inspire others. You'll take on exciting service projects that leave a lasting impact on your school and community while learning what it takes to be a strong leader. From hands-on team challenges and guest speakers to creative workshops and real-world problem-solving, this course will push you to grow and lead with Cougar PRIDE. Get ready to make your mark! Some projects may require time before school, during lunch, or after school.

Course Fee: No Course Fee



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Leadership 9

Ready to take the lead and make a real impact? In Leadership 9, you won't just learn about leadership—you'll live it! As a key organizer of school events and community initiatives, you'll plan and run activities like Grade 7 Welcome Week, charity drives, mentorship programs, theme days, and more. Whether you're rallying school spirit, supporting peers, or making a difference in the community, this course is all about action. Leadership is about doing, not watching—so bring your energy, creativity, and passion to help shape Sherwood Heights into an even better place! Self-motivation, a positive attitude, and the ability to work independently are essential for success.

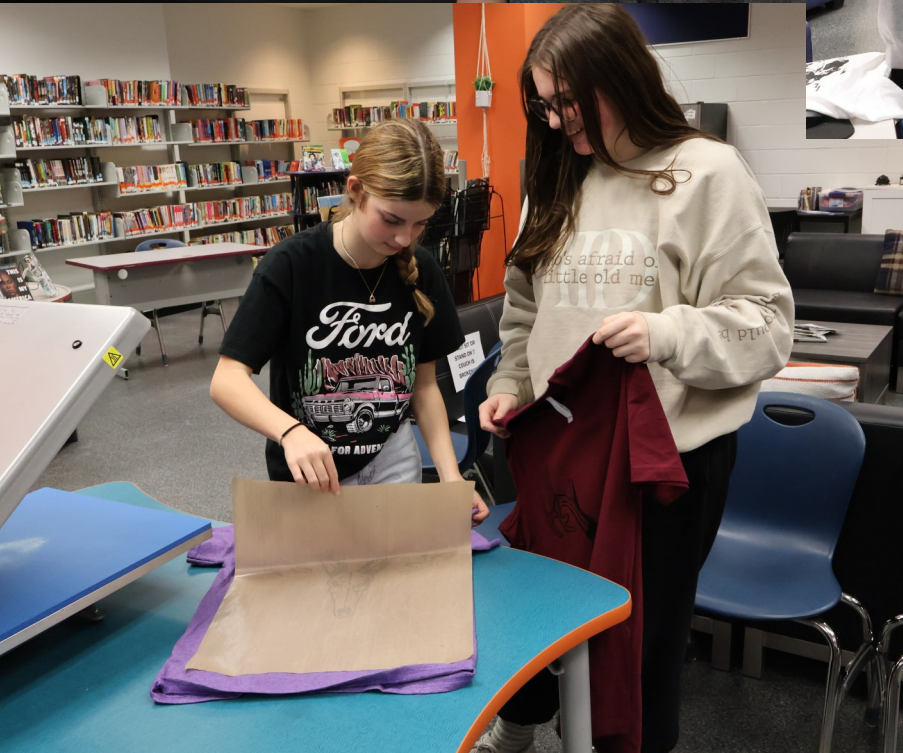
Course Fee: No Course Fee



CTF: Management and Marketing

Management & Marketing 7-8-9

Ready to learn how businesses reach their audience? In this dynamic course, you'll explore the fundamentals of management and marketing, focusing on key concepts like professional communication, customer service, quality control,



and advertising. You'll apply these skills to market a product or service to your peers and understand how they work in a larger community context. Dive into areas like social media marketing, entertainment industry strategies, and the difference between print and digital marketing. Plus, you'll assess and evaluate real-world marketing strategies to understand what makes a product successful. Get ready to unlock the secrets of marketing and become a pro at promoting products and ideas!

Course Fee: No Course Fee

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CTF: Communication Arts & Media Relations

Communication Arts & Media Relations 7-8-9

Step into the world of cinema and discover the art and history behind the silver screen! In this course, you'll explore past and present film genres, delving into the filmmaking process as an art form. Study the works of great directors and film artists and learn about the diverse techniques and styles that define different genres. From classic films to modern masterpieces, this course will give you a deeper understanding of the impact of cinema and its evolution over time. Get ready to analyze, appreciate, and discuss the magic of film!

Course Fee: No Course Fee



CTF: Personal Style & Image Design

Personal Style & Image Design 7-8-9

Your personal style speaks volumes about who you are, what you do, and what you value. In this course, you'll explore the art of personal image design and learn how to use your style as a tool for success, both personally and professionally. Dive into the beauty industry, from hair styling and cosmetics to skin care and self-care. Explore personal branding through sports, technology, social media, and even influencer culture. You'll also learn about clothing styles, marketing strategies, and how big-name companies create powerful brand images. Whether you're interested in styling or professional image-building, this course will help you craft a look that reflects your unique identity and enhances your personal brand!

Course Fee (all grades): \$26.00





CTF: Recreational Fitness

Recreational Fitness 7-8-9

Ready to make fitness fun and lifelong? The Recreational Fitness course is your gateway to discovering the benefits of staying "fit for life" while exploring exciting sports and activities. Learn the basics of fitness and training, sports safety, and enjoy a variety of lifetime leisure activities like bowling, biking, running, racket sports, and outdoor adventures. This course promotes a healthy attitude, fair play, and sportsmanship, all while keeping you engaged in the world of sport and wellness. Whether you're looking to stay active or explore career possibilities in the fitness industry, Recreational Fitness has something for everyone!

Course Fee: Please see next page

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Recreational Fitness 7

Field Trips (subject to change):

- Millennium Place
- Sherwood Bowl
- Park Yoga and Wellness

Course Fee: \$5.00 + \$71.00 field trips

Recreational Fitness 8

Field Trips (subject to change):

- Arashido
- Clip 'n Climb
- Gateway Lanes
- GARC
- Werkhaus Spin & HIIT

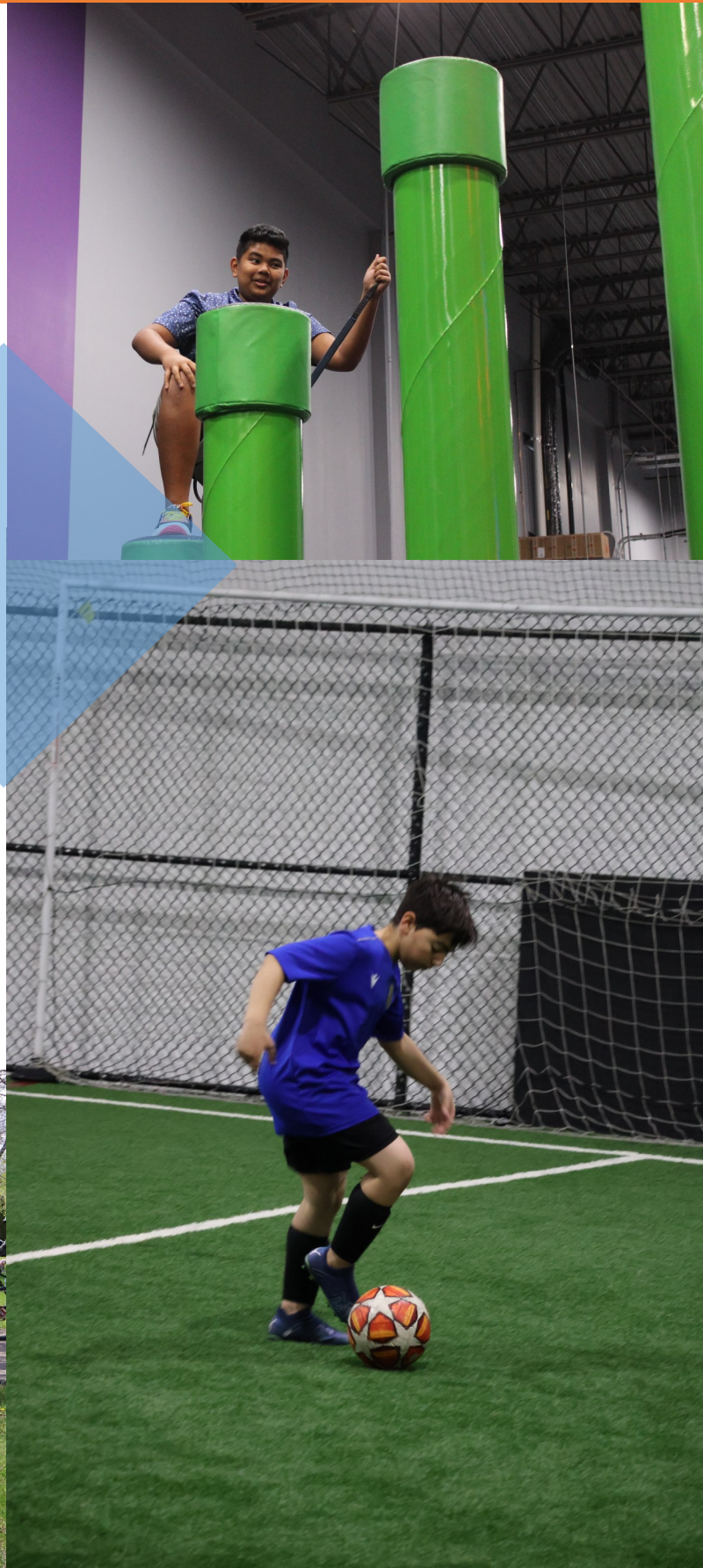
Course Fee: \$5.00 + \$104.00 field trips

Recreational Fitness 9

Field Trips (subject to change):

- Activate
- Bowling
- Rabbit Hill
- Argyll Velodrome

Course Fee: \$5.00 + \$150.00 field trips

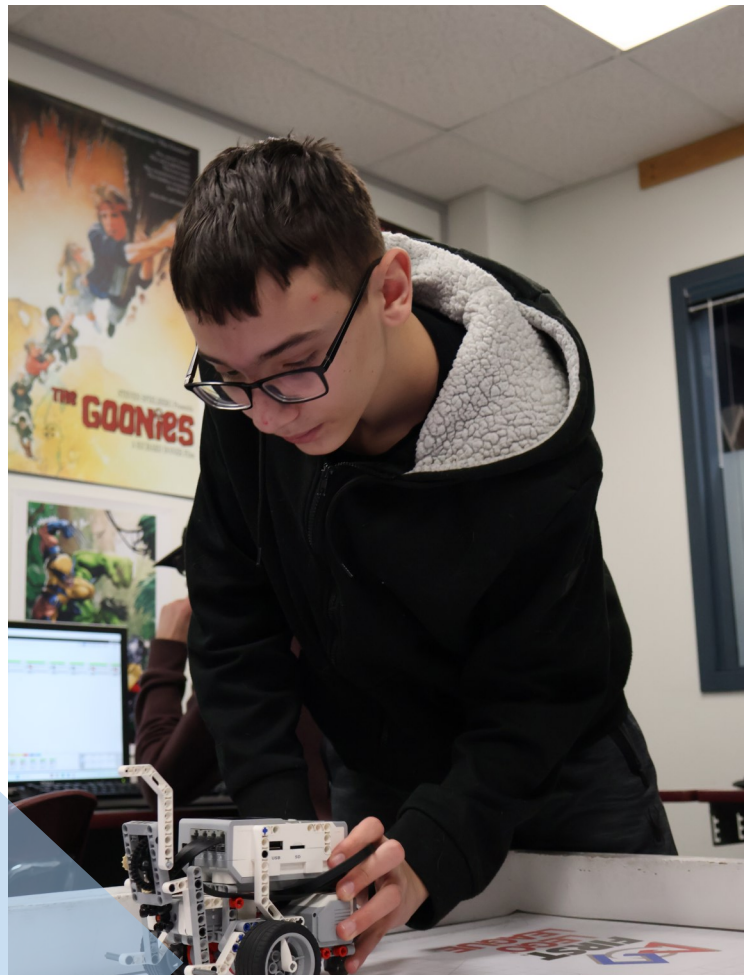


CTF: Robotics

Robotics 8

Ready to dive into the exciting world of robotics? In this hands-on course, you'll explore LEGO MINDSTORMS EV3 kits and learn to construct, control, and program robots, even if you have no prior programming experience! Work in groups to tackle engaging STEM challenges and discover how science, technology, engineering, and math come together to make robots come to life. The EV3 Software makes it easy to experiment and learn at your own pace, giving you the tools to build and program your own creations. Get ready for a fun, interactive experience that will spark your interest in robotics and technology!

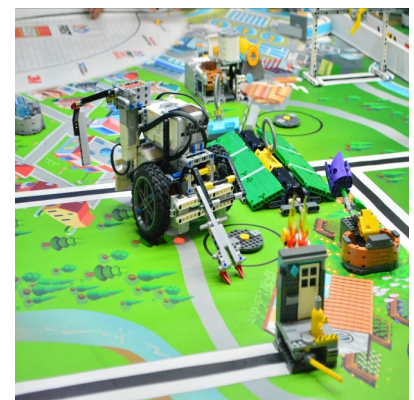
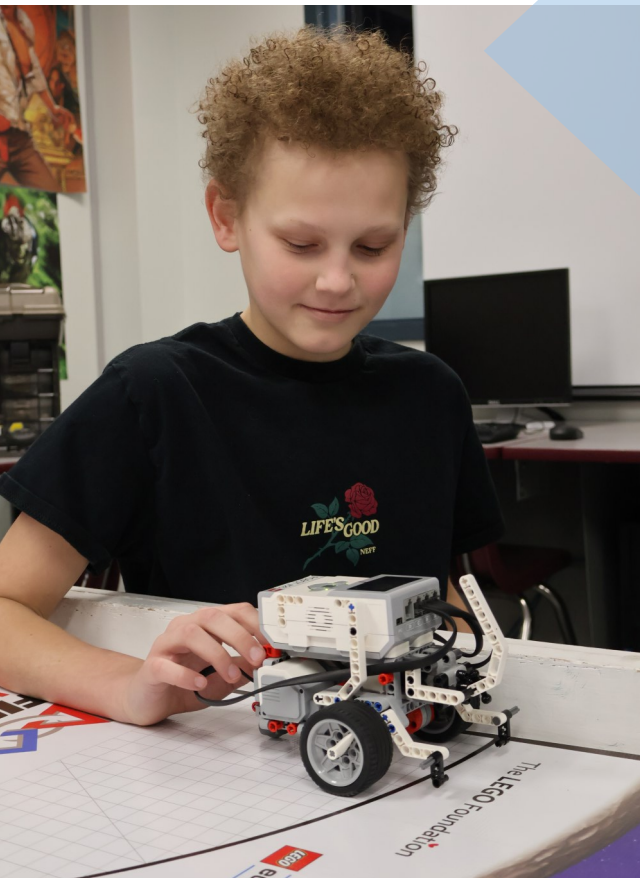
Course Fee: \$28.00



Robotics 9

Take your robotics skills to the next level in this advanced course! Using LEGO MINDSTORMS EV3 kits, you'll dive deeper into programming and tackle more complex STEM challenges. Work in groups to construct, control, and program robots that solve real-world problems, all while building on the skills you developed in Robotics 8. The EV3 Software's engaging tools will guide you through advanced challenges, helping you refine your programming and problem-solving abilities. If you're ready to push your creativity and technical skills to new heights, Robotics 9 is your next step into the world of robotics and engineering!

Course Fee: \$28.00



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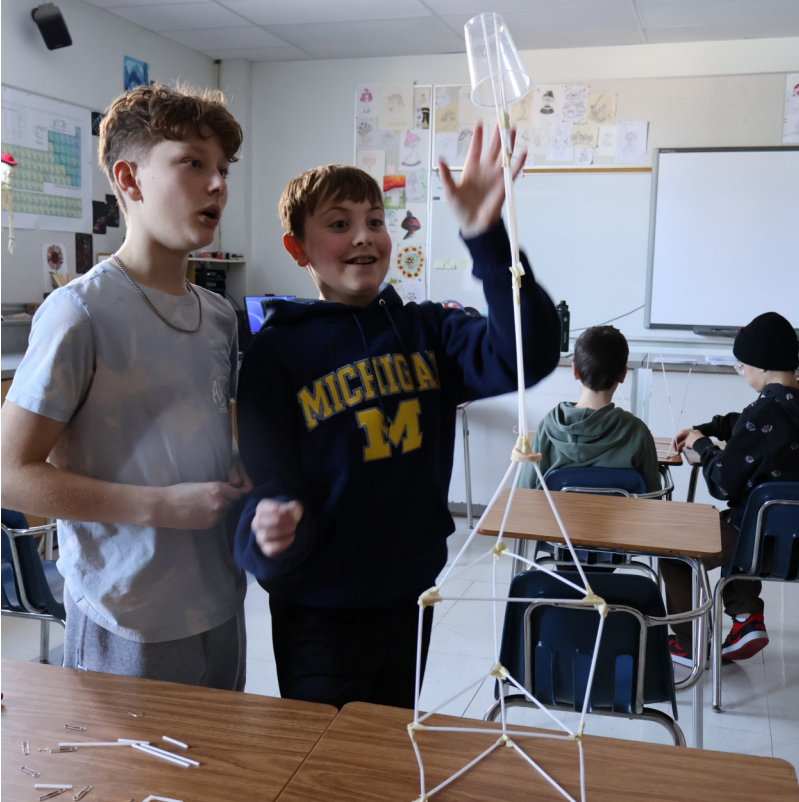
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CTF: STEM Challenge

STEM Challenge 7-8

Step into the world of innovation and problem-solving with our STEM Challenge! This hands-on program invites students to dive deep into the scientific method, applying scientific principles to develop creative solutions for real-world challenges. From designing, building, and testing prototypes to engineering products that can improve quality of life and the environment, you'll gain valuable skills in creativity, teamwork, and critical thinking. Whether you're optimizing efficiency or stretching the limits of your imagination, the STEM Challenge will ignite your passion for science, technology, engineering, and mathematics. Get ready to create, test, and innovate — the future is in your hands!

Course Fee: No Course Fee





CTF: Textile Arts and Technologies

Textile Arts and Technologies 8

Explore the world of fabric and fashion in the Textile Art and Technologies course! This hands-on class allows students to dive into exciting sewing projects while mastering the use of a sewing machine. You'll develop key skills like seam finishing, pattern reading, layout, and pressing, all while creating your own unique pieces. Materials for class are provided, and if you want to work with specialty fabrics, you'll have the opportunity to bring in your own. Whether you're new to sewing or looking to refine your skills, this course will inspire your creativity and help you bring your textile ideas to life!

Course Fee: \$44.00

Textile Arts and Technologies 9

Didn't get the chance to take Textiles 8? Don't worry — no experience necessary! Textiles 9 goes deeper into the construction of garments and accessories. You'll learn to use the serger, rotary cutter, and have the opportunity to choose your own independent project. Show off your skills with more advanced techniques and get creative! Materials for class are provided, and if you want to work with specialty fabrics, you'll have the opportunity to bring in your own. You'll also explore the world of design, create your own products, and learn how to repurpose materials in innovative ways, all while developing an understanding of the eco-footprint associated with production.

Course Fee: \$32.00



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CTF: World of Sport

World of Sport 7-8-9

Dive into the dynamic and exciting world of sports with our project-based course! Students will explore the rich history and global reach of sports, uncovering their impact on communities, society, and the economy. From understanding the diverse careers in sports — like sports psychology, medicine, entertainment, data analysis, and broadcasting — to learning how sport organizations and facilities operate, this program provides a comprehensive look at the sport industry. Whether you're passionate about the game, behind-the-scenes logistics, or exploring the economics of sports, the World of Sport course will equip you with the knowledge and skills for a future in this thriving field!

Course Fee: \$5.00 + up to \$47.00 in additional field trip fees





Reach for the Heights!



780-467-5930



general.swh@eips.ca



www.sherwoodheights.org

Principal: Mr. Sunny Sandhu

Assistant Principal: Mr. Kristian Basaraba

Assistant Principal: Mrs. Angela Sonnenberg

Sherwood Heights
Junior High School

