

Sherwood Heights Junior High

2025-26 Grade 9 Option Course Planning Sheet



Name: _____

✦ This form only needs to be handed in if you answer **NO** to any of the questions below.

🔗 Access our **Course Handbook** for full option descriptions at sherwoodheights.org

📅 Registration is open from April 2–21, 2025

Step 1: Course Selection in PowerSchool

Yes, I have completed my course requests digitally in **PowerSchool**.

- Sign into the [PowerSchool Parent Portal](#)
- Click **Class Registration** in the left menu
- Click the **pencil icon** on the right to select *option courses* with your student
- Click the **pencil icon** on the right to select *alternate option courses* with your student
- *If you have multiple students, select each one individually from the dropdown menu in the top left*

No, I do not have the technology to select my courses in PowerSchool. *Please enter them for me.*

Step 2: Friend Requests

Yes, I have completed my **friend requests** digitally using the [Microsoft Form: Student Request and Programming Information 2025-26](#).

No, I do not have the technology to complete my friend requests online. *Please enter them for me.*

Grade 9 Core Courses (Automatically Registered)

All Grade 9 students are automatically registered in the following **year-long** courses:

- ✓ English Language Arts
- ✓ Social Studies
- ✓ Mathematics

- ✓ Science
- ✓ Physical Education
- ✓ Health/Bionic

- ✓ **French Language Arts** (*French Immersion students only*)

Grade 9 Option Course Selection

📖 Use the Course Handbook to read descriptions and this planning sheet to organize your selections before entering them in PowerSchool.

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Grade 9 Option Choices

✓ Select 6 options (or 4 for French Immersion students) from the list below.

- | | | |
|---|---|---|
| <input type="checkbox"/> Art | <input type="checkbox"/> Musical Theatre | <input type="checkbox"/> CTF: Graphic Arts |
| <input type="checkbox"/> Band (Full year, counts as two choices) | <input type="checkbox"/> Performance Arts Production | <input type="checkbox"/> CTF: Leadership |
| <input type="checkbox"/> Drama | <input type="checkbox"/> CTF: Communication Arts & Media Relations | <input type="checkbox"/> CTF: Management and Marketing |
| <input type="checkbox"/> Environmental Outdoor Education | <input type="checkbox"/> CTF: Computer Science | <input type="checkbox"/> CTF: Personal Style and Image Design |
| <input type="checkbox"/> French as a Second Language (Full year, counts as two choices) | <input type="checkbox"/> CTF: Construction Technologies | <input type="checkbox"/> CTF: Recreational Fitness |
| <input type="checkbox"/> General Music | <input type="checkbox"/> CTF: Enterprise and Innovation (Mandatory if in Honours) | <input type="checkbox"/> CTF: Robotics |
| <input type="checkbox"/> Math Strategies | <input type="checkbox"/> CTF: Foods | <input type="checkbox"/> CTF: Textile Arts and Technologies |
| | | <input type="checkbox"/> CTF: World of Sport |

Grade 9 Alternate Option Choices

✓ If your preferred courses are full, select 2 alternate options you would be willing to take.

Please choose different options than your original selections above.

- | | | |
|---|---|---|
| <input type="checkbox"/> Art | <input type="checkbox"/> Musical Theatre | <input type="checkbox"/> CTF: Graphic Arts |
| <input type="checkbox"/> Band (Full year, counts as two choices) | <input type="checkbox"/> Performance Arts Production | <input type="checkbox"/> CTF: Leadership |
| <input type="checkbox"/> Drama | <input type="checkbox"/> CTF: Communication Arts & Media Relations | <input type="checkbox"/> CTF: Management and Marketing |
| <input type="checkbox"/> Environmental Outdoor Education | <input type="checkbox"/> CTF: Computer Science | <input type="checkbox"/> CTF: Personal Style and Image Design |
| <input type="checkbox"/> French as a Second Language (Full year, counts as two choices) | <input type="checkbox"/> CTF: Construction Technologies | <input type="checkbox"/> CTF: Recreational Fitness |
| <input type="checkbox"/> General Music | <input type="checkbox"/> CTF: Enterprise and Innovation (Mandatory if in Honours) | <input type="checkbox"/> CTF: Robotics |
| <input type="checkbox"/> Math Strategies | <input type="checkbox"/> CTF: Foods | <input type="checkbox"/> CTF: Textile Arts and Technologies |
| | | <input type="checkbox"/> CTF: World of Sport |

Need Help?

If you have any questions or need assistance, please contact our school registrar: Johanna.Ryan@eips.ca