

# Sherwood Heights Junior High

## 2025-26 Grade 7 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](https://www.sherwoodheights.org)

📅 Registration is open from April 2–21, 2025

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### 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.*

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### 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.*

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### Grade 7 Core Courses (Automatically Registered)

All Grade 7 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*)
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### Grade 7 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 7 Option Choices

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

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Art  | <input type="checkbox"/> General Music                             | <input type="checkbox"/> CTF: Graphic Arts                    |
| <input type="checkbox"/> Band (Full year, counts as two choices)                        | <input type="checkbox"/> Math Strategies                           | <input type="checkbox"/> CTF: Management and Marketing        |
| <input type="checkbox"/> Drama  | <input type="checkbox"/> CTF: Communication Arts & Media Relations | <input type="checkbox"/> CTF: Personal Style and Image Design |
| <input type="checkbox"/> Environmental Outdoor Education                                | <input type="checkbox"/> CTF: Computer Science                     | <input type="checkbox"/> CTF: Recreational Fitness            |
| <input type="checkbox"/> French as a Second Language (Full year, counts as two choices) | <input type="checkbox"/> CTF: Construction Technologies            | <input type="checkbox"/> CTF: STEM Challenge                  |
|   | <input type="checkbox"/> CTF: Food and Textile Technologies        | <input type="checkbox"/> CTF: World of Sport                  |

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### Grade 7 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"/> General Music                             | <input type="checkbox"/> CTF: Graphic Arts                    |
| <input type="checkbox"/> Band (Full year, counts as two choices)                        | <input type="checkbox"/> Math Strategies                           | <input type="checkbox"/> CTF: Management and Marketing        |
| <input type="checkbox"/> Drama  | <input type="checkbox"/> CTF: Communication Arts & Media Relations | <input type="checkbox"/> CTF: Personal Style and Image Design |
| <input type="checkbox"/> Environmental Outdoor Education                                | <input type="checkbox"/> CTF: Computer Science                     | <input type="checkbox"/> CTF: Recreational Fitness            |
| <input type="checkbox"/> French as a Second Language (Full year, counts as two choices) | <input type="checkbox"/> CTF: Construction Technologies            | <input type="checkbox"/> CTF: STEM Challenge                  |
|   | <input type="checkbox"/> CTF: Food and Textile Technologies        | <input type="checkbox"/> CTF: World of Sport                  |

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### Need Help?

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