

# ESG JR. HIGH OPTION INFORMATION

At ESG you have a choice among several different and unique options. Complementary courses are offered in a variety of categories. The information in this booklet is intended to provide you with an overview of the course offerings.

- All courses are offered as sufficient numbers warrant.
- Some courses have fees or special equipment/material requirements.
- All students are automatically registered in core subjects.

## CHOOSING YOUR OPTIONS:

Step 1: You will receive a list of options from your **Homeroom** teacher.

Step 2: You will rate your options, from 1-10. 1 being the option you would like the most, and 10 being the option you want the least.

Step 3: With your homeroom, you will log into your Powerschool Account, and place yourself in your options. (May)

If you have any questions, please feel free to contact Mr. Harrison or Mrs. Werner.



**Academic Coaching No Fee**

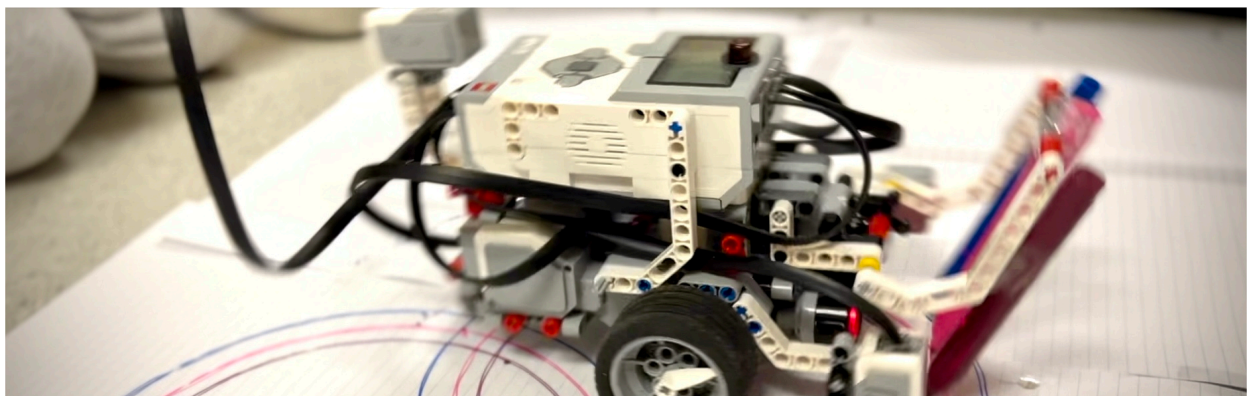
Students wishing to improve achievement in core subjects may select this option. Students will have the opportunity to develop effective study habits such as note taking, organization, time management and test taking strategies. Students may also be provided with the opportunity to catch up on homework or missed assignments.

**Robotics and Advanced Science (Combo) Fee: \$40****Robotics**

Students will use Lego Windstorm equipment to design, develop, implement and debug robotics programs that employ standard structured programming constructs and simple data structures. In the process, they develop a general understanding of robots and the robotics environment. Students will start by using a simple vehicle to program their robot to perform a variety of tasks that get progressively more difficult. Once the simple programming language is established, students can then design more complex creations that perform a variety of tasks.

**Advanced Science**

This option is an extension of the science curriculum that will broaden and deepen exploration of various science strands through research, hands-on projects and labs and visits to off-site learning and competition events. Some examples of topics include (but are not limited to) planets and space station creation, Da Vinci miniature construction, human impact on ecosystems, robotic programming, eco-friendly house construction, and airplane contests.



**Art Fee: \$25**

Art education involves having students think and behave like artists, expressing their feelings in visual forms. The goals of Jr. High art programs include: composition, drawing, and the exploration of various art forms across time and cultures. We begin with fundamentals of artistic language and technique. As they progress, students will engage in a holistic approach that fosters critical thinking and reflection. Throughout the years, students will study art history and will engage with a number of different mediums.

**Film Studies & Drama (Combo) No Fee*****Film Studies***

This course provides story enthusiasts the opportunity to view films, and engage in critical analysis of the role, the written word, and film play in our society. By reading, viewing and engaging in discussion with peers, students will gain insight into the interplay between the storyteller and the filmmaker. In the course, students will view films based on their interests and needs.

***Novel Ideas* No Fee**

Do you love to read, but cannot find enough time to make it happen? Or do you struggle with reading and wish someone could give you a little extra help? Then this is the course for you! Novel Ideas: Reading Enrichment is for bibliophiles and bibliophobes alike.

We will read contemporary and classic novels together using a Book Club format to develop reading comprehension skills and strategies, and to complete creative projects.

Novels read in this class CAN be used to complete Reading Workshop assignments. Interested in this option? Consider it BOOKED!

### ***Drama***

Lights, camera, action! If you enjoy being creative, playing games, and trying new things, the drama option is for you! We love to play acting games, act through improvisation, and put on small skits for class! Now is your turn to step out into the spotlight and shine.

### **W.O.W. : Workout Of the Week / Personal Fitness No Fee**

Tired of sitting at a desk all day? Hoping to add more movement in your life? In this course students will explore a variety of fitness activities to promote and encourage an active way of life, with an emphasis on improving their personal fitness. Students will experience different fitness circuits or workouts each week that will incorporate equipment and a variety of exercise styles like HIIT, Tabata, and AMRAP. We will be outside when the weather is nice, and indoors during the winter. All workouts will take place on site. Gym shoes and changeout is required. If you are high energy and strive to live that ever-active lifestyle, this course is for you!

### **Fit for Life with Outdoor Pursuits (Combo) Fee: \$80**

#### ***Fit for Life***

Students will explore a variety of activities to promote and encourage an active way of life with an emphasis on enhancing skills for team sports. Some skills addressed in this course will be specific to a particular sport. Other skills such as agility, general fitness, strength and cooperation are more general and transferable to a variety of athletic situations. Flag football, fitness, ice hockey, indoor soccer, swimming, and track and field are some of the activities that will be explored outside the school. Servus Place will accommodate the majority of this program. If you are high energy and live the ever active lifestyle, this course is for you!

#### ***Outdoor Pursuits***

Outdoor Pursuits is learning about the outdoors and our natural environment. A variety of topics will be explored. Content for this course will be delivered in a classroom



setting followed by a multi-day practical application of content covered in class. Possible topics include, but are not limited to:

- Survival skills, fire building, shelter building.
- Camping skills, hiking, bear and cougar safety
- Plant and animal studies,
- Fitness orienteering
- Rock climbing
- Meal plans

**\*Additional cost for a possible end of semester camp may be applied.**

### **Industrial Arts Fee: \$40**

Students will begin being taught safety and will then move into being introduced to basic hand and power tools that are used in woodworking, plastics and metals. The course is designed to familiarize the student with the lab and to provide them with the fundamentals they will need before choosing future IA courses. Topics include: woods, metals, work experience, car/rocketry. Students are invited to complete larger projects as well, but would require supplemental material costs.



### **Genius Hour: A Passion Project No Fee**

Is there a skill you would love to learn that they do not teach in school? Do you have a passion that you would like to develop and show off? Genius Hour is an inquiry-based learning course where students work on individual projects centred around their PASSION. You can create, explore, learn, build, design, craft, invent, modify, write or follow any passion you have. You will set a goal, work on your project, track your

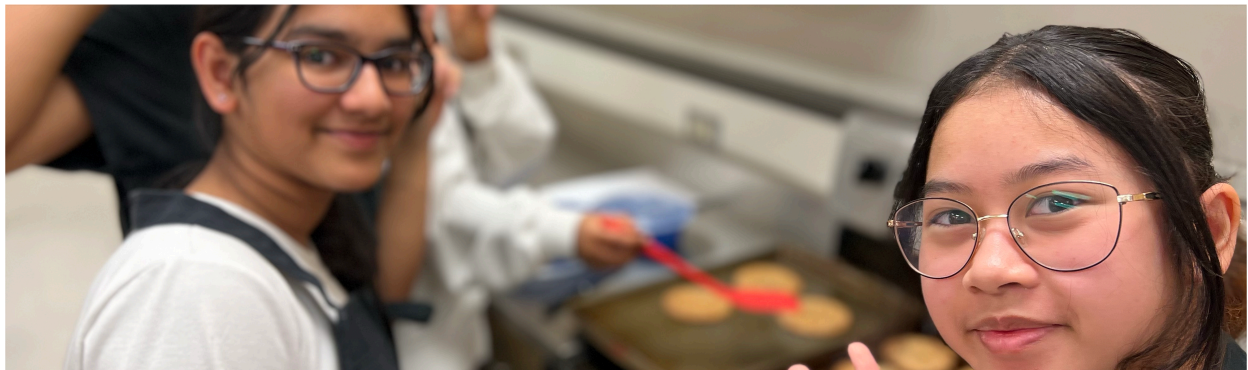
progress, and present your achievement to the class at the end of the semester. The greater project you will ever work on is you!

### **Musical Theatre Fee: \$50**

Musical Theatre class will combine drama, dance, and voice to recreate, reinvent, or reproduce hit show tunes from Broadway and beyond. Students taking this option will learn, prepare, and perform scenes from musicals, stand and deliver repertoire such as; Taylor the Latte Boy, Peter Pan, Beauty & the Beast, Frozen, Into the Woods, Glee and much more. Being a triple threat (singing dancing, and acting) is not necessary, but having the guts to try anything is an asset.

### **Food Studies Fee: \$40**

Welcome to Jr. High Foods! Students will be introduced to the wonderful world of food by participating in a broad range of labs to explore and develop basic skills and habits for cooking. Students will enjoy preparing various recipes related to baking basics, snacks and appetizers and simple meal planning. Prior experience is not necessary, but a great attitude will go a long way! Part of the course fees provides a Tupperware container for leftovers. Recipes chosen will represent the grade and skill level of the students. *\*please note: some dietary restrictions will not always be able to be accommodated.*



### **Pop and Rock Fee: \$20**

The Gish Pop and Rock course allows students to explore the world of playing in a real rock band! Students will work as a team to form their own music groups and spend class time preparing for a variety of performances. Students will experience the full range of real world demands on musicians such as: rehearsing, marketing, songwriting, performing, and recording. Students will be able to learn instruments other than their

primary instrument such as: vocals, drums, keyboard, guitar, and bass guitar. Gish Pop and Rock provides a remarkable dynamic music experience to all music enthusiasts.

**Guitar Fee: \$20**

Interested in learning how to play the guitar? Here is your chance! Guitar provides you with the opportunity to learn to play this amazing 6-string instrument in an exciting and safe environment. Whether you are starting from scratch or are an advanced guitarist, the GISH GUITAR course is designed to accommodate and challenge ALL student skill levels. NO music experience is necessary to enrol. All that is required is your desire to learn and your commitment to practice. A standard size acoustic guitar will be provided to each student for use during the course duration. You will also have the opportunity to work with the ukulele and the bass guitar, as well as other complementary instruments such as the keyboard and drums.

**Concert Band (Beginner Students Full Year) Returning Students Semester 2**

**Fee: \$50 beginner band and \$25 for returning students.**

Concert Band takes place in semesters 1 and 2 collectively. The course focuses on individual musical development through group rehearsals and performances. Mentorship will be provided with regards to individual practice techniques, small group practice techniques, performance preparation, instrument maintenance, and music theory. Students may choose, with the assistance of the band director, from a variety of brass, woodwind, and percussion instruments. Performance repertoire includes both classic and modern pieces.

W A R R I O R S



**Athletics 1 Combo Fee: \$60****Volleyball**

This course has been designed for students with volleyball experience who are looking to further develop their skills, as well as, those with little or no experience, but are interested in learning a new sport. This course encourages participation from all students grades 7-9. The course will provide students with the opportunity to develop a variety of skills like: forearm passing, overhead passing, serving, attacking, blocking, and digging. Additionally, students will learn various rotation systems commonly used in volleyball.

**Soccer**

Student athletes will have the opportunity to develop technically and physically within the game of soccer. Our program is based on the CSA's Long Term Player Development Model, which allows students with a variety of skill levels to explicitly attend to skill development and the application of the skills through team games. The students registered in the course are required to pay a fee to help offset transportation costs.

**Athletics 2 Combo Fee: \$60****Basketball**

Basketball will provide students with the opportunity to develop a variety of fundamental skills such as ball handling, passing, shooting, as well as offensive and defensive skills. Students will explicitly attend to skill development and application of the skills through team games and individual breakdown drills. Dry land skills and plyometric training will also be developed. This course is designed for those students with some basketball experience who are looking to further their skills.





***Softball***

Students registered will learn proper fundamentals of baseball. Student athletes will receive sound instruction to develop more as a baseball player and as an athlete. The students registered in the course are required to pay a fee to offset the cost of buses. This course will help student athletes with their minor baseball teams or recreational fun.

**Weight Training and Yoga (Combo) Fee: \$50*****Weight Training***

Students will have the opportunity to learn about nutrition, weight lifting and the benefits of having an active lifestyle. Students will gain the knowledge to successfully create both a nutrition and workout plan they can put to the test! If you are looking to challenge yourself and take both your health and fitness to the next level, this course is for you!

***Yoga***

This class is tremendously beneficial to the healthy development of teens. Through yoga poses, students will build strength, balance and flexibility. Students will gain a sense of well-being through breathing and relaxation techniques that will aid in ways to reduce stress, increase body awareness, self-respect, and self confidence.

**Leadership Fee: \$30**

Students registered in this option will begin to explore leadership through teamwork, event planning, and giving back to the community. Students will learn to work together, listen to perspectives, plan school wide events, operate and manage the school store and begin to explore ways of giving back to the surrounding community. Each semester a trip will be planned to the Hope Mission in downtown Edmonton, where groups of students will prepare lunch for Edmonton's less fortunate citizens. There is a leader in all of us, let this course help you find it!

# Complimentary Course Form '23-24

Name: \_\_\_\_\_ Going into Grade: \_\_\_\_\_

You will use this form to choose your complimentary (comp.) courses for next year. For each semester you will choose three courses (*the only time this is not true, is if you take beginner band, as it is a full year option*). Please place a number beside each course that you would like, using 1 for your first choice, 2 for second choice, 3 for third choice etc.

**SEMESTER 1** \*You will receive three courses each semester. Please rank from 1-10. All courses are for Gr. 7, 8 and 9 unless otherwise stated.

## COMP A, B, & C

Art	_____
Foods 7	_____
Foods 8 & 9	_____
Industrial Arts	_____
Academic Coaching	_____
Robotics / Advanced Science (Combo)	_____
Film Studies / Drama (Combo) - <b>S1 only</b>	_____
W.O.W. Workout of the Week - Personal Fitness.	_____
Fit for Life / Outdoor Pursuits (Combo)	_____
Genius Hour: A Passion Project	_____
Pop & Rock	_____
Guitar	_____
Beginner Band (Full Year) *only choose if you have yet to take band.	_____
Athletics 1 Combo (Volleyball & Soccer)	_____
Athletics 2 Combo (Basketball & Softball)	_____
Weight Training / Yoga Combo	_____
Leadership (Gr. 8, 9 only)	_____

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**SEMESTER 2** *\*You will receive three courses each semester. Please rank from 1-10. All courses are for Gr. 7, 8 and 9 unless otherwise stated.*

**COMP A, B, & C** *\*If you have chosen Beginner Band for S1, please note that it is called "Concert Band" for S2, therefore you will select Concert Band for S2.*

Art	_____
Foods	_____
Industrial Arts	_____
Academic Coaching	_____
Robotics / Advanced Science (Combo)	_____
W.O.W. Workout of the Week - Personal Fitness.	_____
Concert Band <i>*for students who have already taken beginner band.</i>	_____
Fit for Life / Outdoor Pursuits (Combo)	_____
Musical Theatre	_____
Pop & Rock	_____
Guitar	_____
Band <i>*only choose if you have taken band before.</i>	_____
Athletics 1 Combo (Volleyball & Soccer)	_____
Athletics 2 Combo (Basketball & Softball)	_____
Weight Training / Yoga Combo	_____
Leadership (Gr. 8, 9 only)	_____
Novel Ideas	_____

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_