

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.

*PLEASE NOTE: **A Combo Option** refers to an option selection that is split in a Semester. If you choose this combination you will have Genius Hour for 12 weeks, and then shift to Advanced Science for the final 12 weeks.

- 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: Review this booklet, chat with your parents, and decide on the options that you would like to take next year.

Step 2: 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: In your homeroom, you will log into your Powerschool Account, and place yourself in your options. (This will be led by Mr. Harrison and will likely happen in **late May**)

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

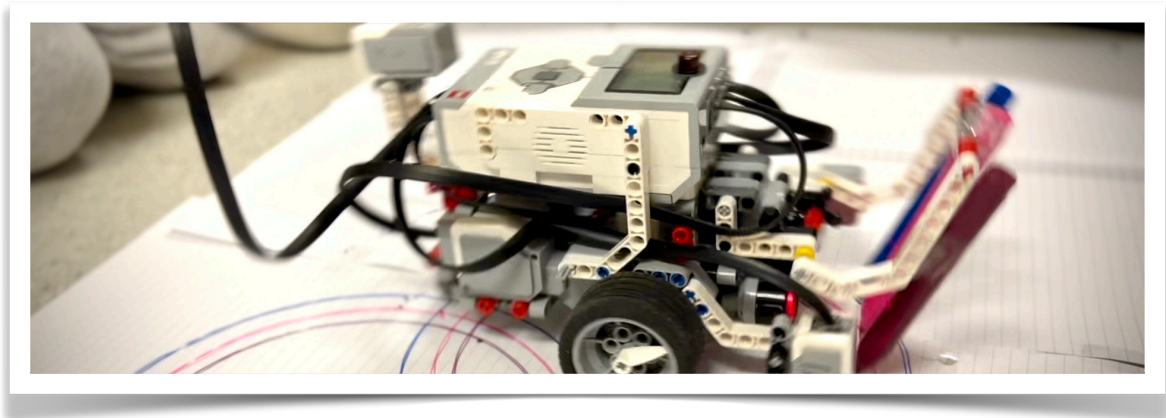


Academic Coaching No Fee

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 (Gr. 7 Only) No Fee

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.



Genius Hour: A Passion Project

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!

Advanced Science Fee: \$40

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: \$40

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 & Table Top Games No Fee

Welcome, young adventurers, to the ultimate fusion of imagination and intellect! In this electrifying class, we embark on a journey where the silver screen meets the gaming table, igniting your passion for both film and strategy. Dive into the captivating world of film studies, where every frame tells a story, and unravel the secrets of cinematic magic. Then, brace yourselves for a thrilling twist as we delve into the realm of board games, where strategy reigns supreme and every move shapes the narrative. Get ready to roll the dice, analyze shots, and strategize your way to victory in this dynamic fusion of film studies and board games!

Drama No Fee

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.

Fit for Life Fee \$90

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 Fee \$90

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

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

Math Plus No Fee

Math Plus is an interactive class designed to provide comprehensive assistance to students seeking to enhance their mathematical understanding and skills. This specialized math help option is structured to facilitate learning from fundamental concepts to advanced topics, ensuring a holistic grasp of mathematical principles. Throughout the class, students will collaborate to solve open-ended problems and consolidate math concepts.

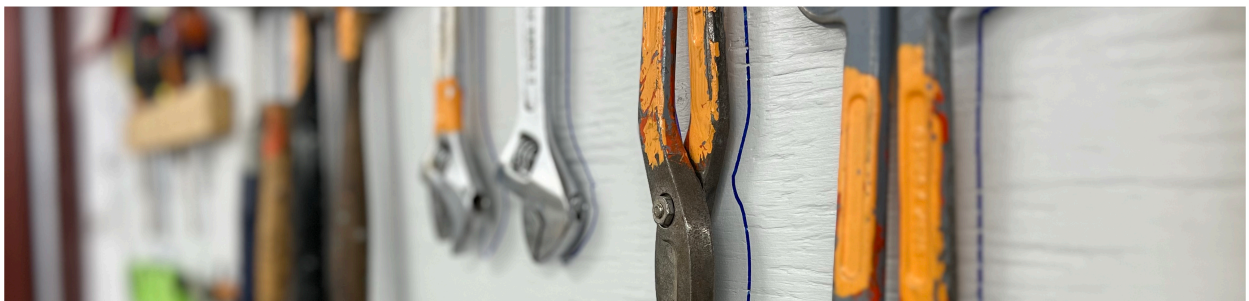
Musical Theatre / Stage Production Fee: \$50

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.



Industrial Arts Fee: \$45

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.



Food Studies Fee: \$40 *Gr. 7's, then Gr. 8 & 9's together.

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 & Rock/Guitar Combo: No Fee

Pop & Rock

The ESG Pop & Rock option offers students the opportunity to rehearse and perform modern and classic songs in small group ensembles, like duos, trios, quartets, and rock bands! Students with similar musical interests and styles join forces to prepare for a variety of amazing performances, including the legendary 'Gish's Got Talent' and the year-end 'Junior High Arts Night'. The ESG Pop & Rock course is designed for ALL students and does not require any previous musical knowledge. Students can learn how to play the acoustic guitar, electric guitar, bass guitar, ukulele, piano/keyboard, drums, in addition to singing. ESG Pop & Rock is an option that students take year after year, developing their skills on their favourite instrument(s) and enjoying time rehearsing and performing with friends. There is absolutely no school course like it! Dream out loud!

Guitar

Interested in learning how to play the guitar? Here is your chance! The ESG Guitar option provides students with the opportunity to learn this amazing 6-string instrument in a safe and exciting environment. Whether you are starting from scratch, or are an advanced guitarist, the ESG Guitar option is designed to accommodate and challenge ALL student skill levels. No previous musical experience is necessary to join this option. All that is required is your desire to learn and your commitment to play as often as you can. A standard size acoustic guitar will be provided to each student for use during the course duration. Students will also have opportunities to develop skills on the electric guitar, bass guitar, and ukulele. All musical styles and interests are welcome. There is no better time to learn the guitar than right now! Leave yourself no regrets.



Band (Full Year) Fee: No Fee

ESG Concert Band offers students the opportunity to practice their favourite brass, woodwind, and percussion instrument(s) and perform modern / classical repertoire in a large ensemble. You will learn everything there is to know about practicing, playing techniques, instrument maintenance, and preparing for a live concert. This option is extremely unique in that we collaborate with many other junior high schools in the division to rehearse and then put on a monumental year-end concert at venues like the Winspear Centre and the Jubilee Auditorium. Students enrolled in ESG Concert Band will have the opportunity to work with U of A clinicians at a beginner player workshop called JUMPSTART, meet and rehearse with high school concert band instructors in the school division, and make new friendships with students enrolled in the concert band option at other schools. ESG Concert Band is a one-of-a-kind opportunity to explore your passions in music with others from around St. Albert and Edmonton. To get the most out of this option, it is highly recommended to begin your journey in grade 7.

Soccer \$280 up front then \$80-\$100 p/month (Oct. - June)

*Joining Lorne Akins on Tuesday and Thursday.

Adopting a skill-centred model for player development, the Soccer Academy is open to students of all skill levels. In welcoming student-athletes who are passionate about athletics and soccer, the academy will provide an environment that will encourage respect, enthusiasm, confidence, cooperation and independence. The academy will provide student-athletes with individual and small-group training along with a personalized development plan. Student-athletes will also work with top youth development coaches, and be introduced to multiple sports and activities.

Sports Performance Fee: \$60

By enrolling in the Sports Performance option class, students will have the opportunity to pursue their passion for school sports, particularly basketball, volleyball, and other school-related sports. There will be opportunities to improve their athletic abilities, and contribute positively to their school's sports programs while fostering values of sportsmanship, teamwork, and personal growth.



Cooperative Games Fee: \$60

Students will engage in fun and challenging exercises designed to promote mutual support, trust, and camaraderie while developing a deeper understanding of the importance of collaboration in achieving common goals. A variety of invasion games, net-wall, racquet sports and fielding games will be included, as well as less-traditional sports.

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 (Gr. 8 & 9) 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 '24-25

Name: _____ Homeroom: _____ Going into Grade: _____

Use this form to choose your complimentary (comp.) courses for next year. For each semester you will choose three courses. 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. We will do our best to place you in your chosen options.

**IF you are in the "soccer option" you will only receive 2 options per semester, as soccer takes place on two of our three option days.*

SEMESTER 1 **Please rank from 1-10. All courses are for Gr. 7, 8 and 9 unless otherwise stated.*

Complimentary Course	Cost	Rank
Art	\$40	
Foods 7	\$40	
Foods 8 & 9	\$40	
Industrial Arts	\$45	
Academic Coaching	\$0	
Robotics 7	\$0	
Advanced Science	\$40	
Film Studies/Table Top Games	\$0	
Fit for Life	\$90	
Outdoor Pursuits	\$90	
Soccer Academy Option (full year)	\$280 + \$80 p/month	
Drama	\$0	
Pop and Rock / Guitar	\$0	
Math Plus	40	
Band (Full Year)	\$0	
Sports Performance	\$60	
Cooperative Games	\$60	
Weight Training / Yoga	\$50	
Leadership (Gr. 8 & 9)	\$30	

Parent Initial _____

Student Initial _____

SEMESTER 2

**Please rank from 1-10. All courses are for Gr. 7, 8 and 9 unless otherwise stated.*

COMPLIMENTARY COURSES

Complimentary Course	Cost	Rank
Art	\$40	
Foods 7	\$40	
Foods 8 & 9	\$40	
Industrial Arts	\$45	
Academic Coaching	\$0	
Advanced Science	\$40	
Genius Hour	\$0	
Film Studies/Table Top Games	\$0	
Fit for Life	\$90	
Outdoor Pursuits	\$90	
Musical Theatre	\$50	
Sports Performance	\$60	
Cooperative Games	\$60	
Weight Training / Yoga	\$50	
Leadership (Gr. 8 & 9)	\$30	

Parent Initial _____

Student Initial _____