



École G.H. Primeau Middle School

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PRIDE and FAITH in our Students

For the 2020-2021 school year, there are two types of options for Grade 7 students;

1. **Traditional Options:** These are grade specific, take place twice a week, (45 minutes each class) and change each term for a total of 3 options, (unless Band is chosen as it fills all three terms.)
2. **Dynamic Options:** These may be cross-grade, (6, 7 & 8 together) and are expanded option choices. They take place twice a week, (90 minutes each class) and change each term for a total of 3 options.

NOTE: Hockey and Cheer Sports Academies count as Dynamic Options.

Several options are listed below. The availability of option offerings is based upon student enrolment, human and budget resources. Once the options are determined, we will make every attempt to place students in options of their primary preference but it may be necessary to substitute certain options. Therefore, students are required to select alternate option choices. Please be aware that many of these options have a fee attached to them.

TRADITIONAL OPTION DESCRIPTIONS – Grade 7: 2020-2021

Art 7

Draw, paint, sculpt, and create - what are your artistic abilities? Explore your talents as you learn about the various media and design elements. Learn about Canadian and international artists and their work. The emphasis in this class is not on artistic ability, but on the enjoyment of art and the understanding of art concepts.

Option Fee: \$25

Band 7 (FULL YEAR) NOTE: Students taking Band will receive it and their Dynamic Options only

This option allows students to learn a concert band instrument and provides opportunity to perform publicly. Students gain basic music reading skills and develop musicianship through actively participating in class. Young musicians gain appreciation for making music as an ensemble and being an important contributor to a musical team.

NOTE: Students rent or purchase their own instruments. The Band Director will help facilitate the rental or purchase process. Students will be responsible for transporting their instrument to and from school; larger instruments are not permitted on the school bus.

Option Fee: Variable depending on instrument rental

Fabrication Studies 7

This course provides practical hands-on learning and planning experiences to help develop student fabrication knowledge and skills. Students will choose from a selection of projects and be introduced to bench top power tools and safety practices of working in a fully functioning wood shop. Students will produce a usable product in a safe working environment.

Option Fee: \$36

Food Studies 7

Cook for yourself, your family and your friends. In this class, you will learn the basics of simple food preparation and nutrition. These practical life skills are learned in an environment where you will learn to manage your time and resources. Students will have the opportunity to be cooking breakfasts, lunches, suppers, and desserts.

Option Fee: \$42

Leadership 7

Develop their leadership skills through participation in planning, organizing and implementing whole school activities. Students will gain confidence in public speaking, while fostering organizational and interpersonal skills to become independent and positive leaders. This is an opportunity to demonstrate understanding, respect and appreciation for self, others and their views through experience and group work.

Option Fee: \$10

Sports Performance 7

Sports Performance is an opportunity for students to be introduced to, or improve their athletic skills. The goal of Sports Performance is to promote active living as well as prepare students to play sports either recreationally or competitively. Students who plan to try out for the junior volleyball, basketball or badminton teams will particularly benefit from taking this option.

Option Fee: \$0

DYNAMIC OPTION DESCRIPTIONS – Grade 7: 2020-2021

Computing Science Principles 7 & 8

Computer Science Principles 7-8 is an introductory computer science course that explores technology as a medium for creativity, communication, problem solving and fun. Students will learn about the use of computer technology and how it can help solve human problems. Exploration of emerging technologies such as coding, web technology, and apps will also be examined throughout the term.

Grade Levels: 7 & 8

Fees: \$20

Cosmetology 7 & 8

The cosmetology course is an introduction into the aspects of the beauty culture. Subjects are presented in lessons, demonstrations, cooperative learning, and student participation. You will learn hair styling, facials, make-up, manicures, and nail artistry. Note: Due to hygienic reasons, some personal grooming items need to be brought from home and stored in the classroom in large Ziploc bags. Other necessary items will be purchased using course fees, and given to students throughout the program.

Grade Levels: 7 & 8

Fees: \$31

Djembe Drumming 6-8

No experience necessary. Discover the basics and fun of playing the West African Djembe. Learn proper hand technique and timing while practicing traditional djembe rhythms. This class is designed for someone who has never played djembe before or has had very little experience; however, all students will be challenged at their level.

Grade Levels: 6, 7, 8

Fees: \$20

Driver's Education 7 & 8

Students will work through the Alberta Driver's Guide to Operation, Safety and Licensing. The information presented will teach the rules of the road and prepare students to write the Class 7 Learners License Test.

Grade Levels: 7 & 8

Fees: \$0

Environmental Pursuits 7 & 8

From basic survival skills and knot tying to a focus on our environmental imprint, students will gain confidence through experience. We will be in pursuit of new challenges as we learn about the world and global leadership skills. There exists the potential for activity-based field trips.

Grade Levels: 7 & 8

Fees: Variable depending on the activities (Maximum \$99)

Fashion/Sewing 7 & 8

Interested in making your own piece of clothing or sprucing up your bedroom with new pillowcases and cushions? This course is for you! Explore fashion trends and create your own fashion portfolio! Learn more about design elements and challenge yourself with an elaborate sewing project!

Grade Levels: 7 & 8

Fees: \$42

Fit 4 Life 6-8

Students who wish to enhance their physical activity and build on their athletic skills beyond the physical education class. Students will have the opportunity to explore age-appropriate physical activities that would not typically be covered in their physical education classes. Students will not be able to opt out of any of the activities.

Grade Levels: 6, 7, 8

Fees: \$0

Guitar 6-8

Sign up and learn to play guitar! This option will introduce students to guitar fundamentals. Students will gain music-reading skills and develop musicianship through active class participation and individual practice. Opportunities for individual and ensemble performance will also be presented. Students are encouraged to bring their own guitars and store them at the school but there will be guitars to use at the school.

Grade Levels: 6, 7, 8

Fees: \$20

HERstory 6-8

In this class, our young femmes of GHP will come together to learn and share what it means to navigate the world as a girl. To inspire, empower, experience growth, and to learn -- her options are endless. Learn skills from experience, hands-on activities, and guest speakers to build confidence, grow, and know her power starts with her own story.

Topics to be covered in this course include (but are not limited to): values, self-esteem, leadership, confidence, body image, healthy eating, creating healthy relationships, friendships, positive self-talk, barriers, boundaries, social media/internet safety, conflict resolution, goal setting, and teamwork.

Please note that this option is open to GIRLS ONLY.

Grade Levels: 6, 7, 8

Fees: \$0

Japanese Culture 6-8

Students will start to learn about authentic modern Japanese language and culture. We will be starting with the different alphabets and progressing to simply grammar and basic phrases. The culture will examine different aspects of life in Japan and look at how they compare with Canada.

Grade Levels: 6, 7, 8

Fees: \$15

Men of Honour 6-8

A class that seeks to empower boys to be themselves. We explore and discuss topics relevant to their daily lives and attempt to dispel many of the myths, stereotypes and unrealistic expectations that these boys are compelled to follow. The course seeks to build trust among the members of the class and provide the tools to go out into the world and be role models for other boys as well as, on a personal level to develop coping skills, self-awareness and confidence. Through discussion of various topics and by providing engaging activities, students will develop personal skills needed to navigate through life.

Please note that this option is open to BOYS ONLY.

Grade Levels: 6, 7, 8

Fees: \$0

Multimedia Art 6-8

In this Art class you will think artistically, value the act of creating art, and learn to explore the art that others have made. You will focus on creating 2D and 3D projects that involve both sculpting and building with different mediums. 3-4 projects will be made in 1 term.

Grade Levels: 6, 7, 8

Fees: \$25

Painting 101 6-8

In this Art class, you will express your feelings, think artistically, value the act of creating art and value art forms. You will draw and create your own art projects, and explore the art that others have made.

This class will focus on watercolour and acrylic paints.

Grade Levels: 6, 7, 8

Fees: \$25

Photography 7 & 8

Description: Students learn to employ fundamental elements and principles of design for various media and gain a strong foundational multidisciplinary experience. Students develop essential and specialized skills in camera use with a focus on basic composition, set-up and an examination of exposure. Students operate a camera to capture images and produce final display proofs.

Grade Levels: 7 & 8

Fees: \$15

School Play/ Drama Production 6-8

This option students will be working to practice, create, promote the school play/musical. Students will be chosen for different roles for the production, and have many options to further their involvement by working on promotion, choreography, art, etc. There will be additional practices and rehearsals after school in addition to the dynamic option for the play production rehearsals. Students will audition in November before term 2 and, should they make it in the production, this will be their option choice for term 2.

Grade Levels: 6, 7, 8

Fees: \$10

NOTE: Participation in this option is dependent upon an audition in mid-November and participation in the School Play. Students that register for this option but do not pass auditions will have the opportunity to choose another Dynamic Option. Students that pass the audition and are taking part in the School Play, but are not registered will need to join this option for Term 2.

Sports Medicine 7 & 8

This course is intended to provide learning opportunities for students with career plans in medical and related fields, as well as active student athletes. The sports community recognizes the importance of learning proper training principles, sports psychology, goal setting, and personal development. Sports experts believe that it is these skills that will ultimately be the most important component of a student's experience, one that will help to shape a productive caring citizen of our community in the future.

Grade Levels: 7 & 8

Fees: \$10

Yoga & Mindfulness 6-8

Develop yoga skills with a focus on safe, mindful movement that works for your body and your needs. The emphasis is on mindful body awareness that is calming and builds focus while also helping to listen to each body.

Grade Levels: 6, 7, 8

Fees: \$0