

Semester 1 Day 2 (Option #1)

Start by placing your first and Last name in the first row of the chart below. Rank the options on this page from 1-7, with 1 being the option that you want the most, 7 being the option you are least interested in.

NAME:	
Rank	Option Name and Description
	<p>Fit Sport - Gain the extra edge. This fitness-based class teaches students how to gain an edge against competitors by engaging them in cardio and resistance training, prior to learning sport skills. The class is broken up into two parts. Part 1 is the cardiovascular and resistance training, where students will be tested and engage in a variety of exercises to increase athletic performance. Part 2 is where students will learn new skills and abilities related to different sports.</p> <p>Note: <i>Students are required to arrive in class dressed to participate with gym-appropriate attire and footwear.</i></p>
	<p>The Science of Athletics - Master the strategy behind the sport. This classroom-centred course teaches students how to optimize training through anatomy, workout design, sports nutrition, and injury prevention techniques like taping. Learning is enriched by industry guest speakers and select opportunities to try alternative sports.</p> <p>Note: <i>This is a lecture and lab-based course, not a daily physical education class.</i></p> <p>Fee: \$50</p>
	<p>Introduction to Welding A - Students will learn to safely use basic hand tools and power tools related to the welding trade. These tools will be used to create various metalworking projects.</p> <p>Note: <i>An additional fee applies to cover the cost of providing PPE and consumables.</i></p>
	<p>Band - Join the Grade 8/9 Band and experience the thrill of making music in a fun, energetic, and supportive community. Whether you're a total beginner or have some experience, our band welcomes you to choose a brass, woodwind, or percussion instrument and learn from expert instructors. You will develop essential skills such as rhythm, music reading, ensemble playing, and performing in exciting events including festivals and a spring tour! Students with 1+ years of prior experience will enjoy additional opportunities to showcase their talents throughout the year.</p> <p>Note: Band is a FULL YEAR option. Students will have this option every second day all year.</p>
	<p>Junior High Art #1 - Learn how to draw and paint! Students will create a series of Art projects aimed at teaching them the basic skills associated with art, design, painting, and drawing. Materials we will use include pencil, coloured pencil, chalk pastels, and acrylic paint.</p>
	<p>All About Beauty: Hair, Nails & Self-Care - Do you love hairstyling, beauty trends, and DIY projects? Then this is the course for you! In this class, you'll get hands-on experience exploring the exciting world of hairstyling, nail care, and self-care products. Learn how to create professional-looking blowouts, add curls using a variety of hairstyling tools and techniques, and master fun styles such as faux braids and basic updos. You'll also discover the art of beauty product creation by making your own bath bombs, soaps, sugar scrubs, and henna designs. The fun doesn't stop there! You'll learn basic manicure techniques and explore the world of skin care by learning how to perform basic facials. Whether you're interested in beauty as a hobby, considering a future career in the industry, or simply want to learn skills you can use on yourself, friends, and family, this course offers a fun, creative, and hands-on experience. Come ready to create, experiment, and leave with skills you can use for years to come!</p>
	<p>Theatre SFX - In Theatre SFX Design, we explore special effects stage make-up, props, sets, costumes, lighting, sound, and stage management.</p>

Semester 2 Day 1 (Option #2)

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NAME:	
Rank	Option Name and Description
	<p><u>Learning to coach</u> - Students will be given the opportunity to learn how to coach a variety of sports. This practical, coach-centric class prepares you to build, teach, and execute a highly effective option practice plan at the junior high school level. The course culminates with the application of a practice plan to younger students. Instruction will be split between the gymnasium and a traditional classroom setting.</p> <p>Note: <i>Students are required to arrive in class dressed to participate with gym-appropriate attire and footwear</i></p>
	<p><u>Adventure Sports and Wilderness Survival</u> - Discover the fundamentals of adventure sports and outdoor survival. This course builds confidence, teamwork, and resilience through hands-on challenges, navigation, and winter preparedness.</p> <p>Note: A bike or scooter is required.</p> <p>Fee: \$125</p>
	<p><u>Introduction to Welding B</u> - Students will learn to safely use basic hand tools and power tools related to the welding trade. These tools will be used to create various metalworking projects. These projects will be different from the projects that are completed in Intro to Welding A and C</p> <p>Note: <i>An additional fee applies to cover the cost of providing PPE and consumables.</i></p>
	<p><u>Construction A</u> - Students will learn to safely use basic hand tools, power tools, and woodworking machines to create various woodworking projects. Students will use different materials such as hardwood, softwood, and sheet goods to construct useful projects, and will be able to keep all projects they build. *Construction A projects <i>will be different</i> from Construction B projects.</p> <p>Note: <i>An additional fee applies to cover the cost of materials.</i></p>
	<p><u>Voice and Performance</u> - Discover the many ways the human voice can be used in music, media, and performance. Students will explore singing, harmony, beatboxing, vocal effects, voice acting, narration, sound effects, and performance skills through activities and creative projects. Learn how voices are used in media and live performances while building confidence, creativity, and communication skills. No previous singing or performance experience is required.</p>
	<p><u>Less Art, more Crafts</u> - For students who love to make things! The focus of this class will be on using unconventional materials and upcycling discarded items to bring our creative visions to life. (No drawing, painting, or art skills are required for this course).</p>
	<p><u>Acting for the stage production 2</u> - Through hands-on exercises, collaborative games, and performances in 'Acting for the Stage', we attempt to cultivate confidence, empathy, and creative expression.</p>

Semester 2 Day 2 (Option #3)

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	<p><u>Competitive League Sports</u> - Get ready to play. Students will participate in a variety of age-appropriate sports while learning new skills and abilities. Each month, a specific set of sports will be chosen, and the class will be broken up into teams. Teams will practice with each other and engage in a tournament at the culmination of the month. Students will be moved around on a monthly basis in order to participate with all of their classmates. Note: <i>Students are required to arrive in class dressed to participate with gym-appropriate attire and footwear</i></p>
	<p><u>Studio Fitness and Wellness</u> - Explore different pathways to active living without the competitive environment of traditional gym class. This classroom-based course introduces students to lifelong fitness styles including Yoga, Pilates, Zumba, and Step Fitness. Students will focus on personal goal setting, mind-body wellness, and discovering what types of movement they enjoy. The course will also feature occasional off-campus trips to local studios to experience these fitness styles live. Note: <i>most daily workouts will be guided by instructional videos inside a standard classroom setting. Fee: \$30</i></p>
	<p><u>Introduction to Welding C</u> - Students will learn to safely use basic hand tools and power tools related to the welding trade. These tools will be used to create various metalworking projects. These projects will be different from the projects that are completed in Intro to Welding A and B Note: <i>An additional fee applies to cover the cost of providing PPE and consumables.</i></p>
	<p><u>Construction B</u> - Students will learn to safely use basic hand tools, power tools, and woodworking machines to create various woodworking projects. Students will use different materials such as hardwood, softwood, and sheet goods to construct useful projects, and will be able to keep all projects they build. *Construction B projects <i>will be different</i> from Construction A projects. Note: <i>An additional fee applies to cover the cost of materials.</i></p>
	<p><u>Band</u> - Join the Grade 8/9 Band and experience the thrill of making music in a fun, energetic, and supportive community. Whether you're a total beginner or have some experience, our band welcomes you to choose a brass, woodwind, or percussion instrument and learn from expert instructors. You will develop essential skills such as rhythm, music reading, ensemble playing, and performing in exciting events including festivals and a spring tour! Students with 1+ years of prior experience will enjoy additional opportunities to showcase their talents throughout the year. Note: <i>Band is a FULL YEAR option. Students will have this option every second day all year.</i></p>
	<p><u>Junior High Art #2</u> - Learn how to draw and paint! Students will create a series of Art projects aimed at teaching them the basic skills associated with art, design, painting, and drawing. Materials we will use include pencil, coloured pencil, oil pastels, and watercolour paint.</p>
	<p><u>Acting for the stage production 2</u> - Through scene work, improv activities, and performances in 'Acting for the Stage', we attempt to cultivate confidence, empathy, and creative expression.</p>