

Option Course Descriptions for 2024 -25

High-Performance Athletics

Students will be introduced to training methodologies to improve their athletic ability. Participants will learn about nutrition, training systems, and mental strategies to give them an advantage when participating in athletics in and out of the school. Students will be assessed on their ability to follow directions, train, and improve their performance.

Cooperative Games

Students will participate in a broad spectrum of games that will develop their ability to work collectively to complete a goal. Participants will have the opportunity to work with both small and large groups encouraging active and passive engagement. Students will be assessed on their ability to engage in decision-making relevant to the task at hand.

Drama: Acting for stage & film

Working in the professional setting of the Maclab Theatre you'll experience first-hand what performance is all about. In our supportive and inclusive environment, every student is encouraged to shine, regardless of experience level. Learn tips to guide you through the audition process for film and stage. Through hands-on exercises, scene studies, improvisational skills, and collaborative projects, you'll discover your unique voice as a performer while cultivating confidence, empathy, and creative expression. Unlock the spotlight and ignite your performance spark with us this year!

"Theatre SFX Design"

From the dazzling glow of stage lights to the intricate details of costume design, embark on a journey of creativity to bring theatrical productions to life. Working with industry professionals, this immersive course invites students to explore every facet of theatre design, including special effects stage make-up, props, sets, costumes, lighting, sound, and stage management. Through hands-on workshops and collaborative projects, unleash your artistic talents and learn the technical skills needed to transform ideas into breathtaking realities.

Course fee of \$20 to help cover costs of special presentations & consumables

Outdoor Adventure and Survival

Dive into the thrill of adventure sports and essential survival skills. This course focuses on building confidence, teamwork, and resilience through various outdoor activities and survival techniques, including winter preparedness.

Outdoor Education

Explore the natural world while learning to protect it. This course blends eco-adventures with environmental education, promoting sustainable practices and a love for nature.

Foods 1

General introduction into kitchen safety, food preparation, ingredients and techniques while focusing on different international foods and integrating healthy eating along with the Canada Food Guide. Students will learn about different cultures and the foods that are specific to different areas of the world. After each recipe students will reflect on how the process went; along with how the recipe turned out.

Foods 2

Students will develop a more in-depth understanding of kitchen equipment use and care, food safety, nutrition, and cooking processes while introducing students to the concepts and courses they would delve into in Foods 10-12. After each recipe students will reflect on how the process went; along with how the recipe turned out.

JH Construction: Aeronautics

Students will learn how to safely use basic tools and machines in the construction lab, along with building some basic projects that they will be able to keep. Students will also learn the differences between using hardwoods, softwoods, manufactured materials, metals, and plastics to build a project, as well as using different fasteners to assemble projects. Students will also explore the design of rockets used in aeronautics and build a model rocket that we will test and launch. Students are able to take their projects home when completed.

JH Construction: Race Cars

Students will learn how to safely use basic tools and machines in the construction lab, along with building some basic projects that they will be able to keep. Students will also learn the differences between using hardwoods, softwoods, manufactured materials, metals, and plastics to build a project, as well as using different fasteners to assemble projects. Students will also research dragster designs and design their own CO2 dragster that they will build and race. Students are able to take their projects home when completed.

“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 and ensemble playing while 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. Enhance your musical abilities and enjoy a rewarding and enriching band experience!

Learn to “See” Like an Artist

Have you always wanted to learn how to draw or paint? Or do you already love drawing and painting, but want to improve your skills? This course will teach students simple and practical ways to observe and record the world around them using a variety of different art materials. This course is based on the Art 8 curriculum but open to both grade 8's and grade 9's. The course is suitable for artists of all skill levels, from absolute beginners to more experienced artists.

All course materials provided; course fee of \$25 applies to cover the cost of consumables

Learn to “Think” Like an Artist

Building on the basics learned in Art 8, students will continue to develop their technical skills while exploring the ways we can transform and modify images to express ourselves and our ideas. Students will become familiar with a wider variety of art materials and approaches. This course is best suited for artists with some experience and/or those students who have completed Art 8.

All course materials are provided; a course fee of \$25 applies to cover the cost of consumables

Introduction to Digital Media

Students will study basic design theory and learn ways to apply it through a variety of digital media. They will learn to create art using Google Slides, design effective signs and posters, learn photo editing and photomanipulation techniques, use software such as Canva, Adobe Express, work with AI-generated art, and design 3D models using TinkerCAD.

Engineering Challenges

Students will work in teams to design and build contraptions out of everyday household materials to compete in a variety of challenges. Example challenges include building paper airplane launchers, balloon-powered cars, and solar ovens.

Auto Mechanics

This course introduces students to the fundamentals of small engine repairs and provides foundational knowledge in automotive shop practices. Through hands-on learning and theoretical instruction, students will gain practical skills essential for maintaining and repairing small engines commonly found in lawnmowers, motorcycles, and other equipment. Additionally, the course will cover basic automotive shop safety, tools, and procedures.

The Art of Beauty

This course provides students with a comprehensive exploration of beauty techniques and practices. Students will learn to create various bath and body care products, explore the art of nail art and manicures, and delve into skincare routines and facials for healthy skin. Additionally, they will be introduced to makeup application, including techniques like foundation choice, eyebrow shaping, and basic makeup routines. They will explore cultural traditions through the art of henna. By the end of the course, students will have acquired practical skills in beauty care, fostering creativity and self-expression in personal grooming and beyond.

Creative Hair Styling and Design

Students will be introduced to the fundamentals of hair care and styling, focusing on practical skills and creative techniques. Students will explore various hair products, and learn how to protect the health of their hair by using heat styling tools and products correctly. They will experiment with various hot tools to produce curls. This course also covers how to create trending hairstyles, faux braids and simple updo's and half updo's. By the end, students will understand hair styling, balance, and design principles, ready to apply these skills in their everyday lives.