



École Our Lady of Perpetual Help School

273 Fir Street, Sherwood Park, Alberta T8A 2G7

Tel.: (780) 467-5631 Fax: (780) 467-1786 Web Site: <http://olphschool.eics.ab.ca>

June 12, 2020

Dear Grade 6 & 7 parents:

We are pleased to offer exciting options that will enhance our students' education at École OLPH through sports-related, technology, foods, construction, or creative courses.

Attached are the descriptions for the complementary courses for the **grade seven and eight** students at École OLPH Catholic School during the **2020 - 2021** school year.

Any Grade 7 or 8 English stream students who **are not** enrolled in the Sport For Life (SFL) or Performing Arts (PA) programs will have the choice of 3 options per semester for a total of six options during the school year. Any Grade 7 or 8 English stream students who **are** enrolled in the SFL or PA programs will only be able to choose 2 additional options, one per semester, during the school year. (See the charts below for further clarification.)

Any Grade 7 & 8 French Immersion stream students who are not enrolled in the SFL or PA will have the choice of 2 options per semester for a total of four options during the school year. Any Grade 7 & 8 French Immersion stream students who are enrolled in SFL or PA programs will have no other options available to them. (See the charts below for further clarification). **Please ensure that you have a green checkmark beside each track in Powerschool before continuing.**

Course requests will be submitted online via your Parent PowerSchool account starting **June 15, 2020 at 10:30 a.m.** It is important to register as these courses fill up quickly. The PowerSchool program has almost always been able to provide students with their top two choices for options. However, when completing course requests you will also be asked to pick two alternate options. This selection may be scheduled if timetabling conflicts prevent your top two preferences from being met.

Many classes have a budget, which is created by the teacher based on enrollment numbers. As a result, we ask that parents and students choose their options carefully as changes will not be able to be made once the following school year has begun. *All option course fees will be collected at the beginning of the school year to cover any field trips/outings/materials.*

The cost of each option is listed in the document below. These fees will become available for payment through PowerSchool at the beginning of the 2020/2021 school year.

If you require further information please feel free to contact us at the school.

Sincerely,

M. Alyre Morin
Directeur/Principal

M. Marc St.Jean
Directeur-adjoint/Assistant Principal

Grade 7 and 8 ~ Track 1: English Students also enrolled in SFL or Performing Arts


Choose 1 option per semester for a total of 2 options from the chart below

Choose 2 from the Options Below
<ul style="list-style-type: none">● French as a Second Language● JH Art● JH Construction Tech● JH Food Studies● JH Media Arts

When choosing your options, please go to Track 1. (see below). **Please make sure you mark**

View course requests

Grade 7 Core Courses	Language Arts 7	Homeroom 7	Math 7	Religion 7	Science 7	Social Studies 7	
Number of requests to generate : 1	ELA7100 - 0 credits	HOM7010 - 0 credits	MAT7110 - 0 credits	REL7000N - 0 credits	SCN7140 - 0 credits	SST7250 - 0 credits	
Grade 7 French Immersion	Click the edit button to request a course ⇒						
If your student is in the French Immersion program, please select French Language Arts below							
Number of requests to generate : 1							
Track 1 - English student taking Performing Arts or Sport for Life	Click the edit button to request a course ⇒						
Track 1 - English student taking Performing Arts or Sport for Life. If this is the track you are pursuing, please select the appropriate program and 2 more options from the list below:							
Number of requests to generate : 1							
Track 2 - English Student not taking Performing Arts or Sport for Life	Click the edit button to request a course ⇒						
Track 2 - English Student not taking Performing Arts or Sport for Life. If this track is applicable, please select 6 options from the list below.							
Number of requests to generate : 1							
Track 3 - French Student taking Performing Arts or Sport for Life	Click the edit button to request a course ⇒						
Track 3: French Student taking Performing Arts or Sport for Life							



all other tracks as not applicable.

Grade 7 and 8 ~ Track 2: English Students who are not enrolled in SFL or PA programs


Choose 3 options per semester for a total of 6 options from the chart below.

Choose 6 from the Options Below (2 of your choices must be in asterisks)
<ul style="list-style-type: none">● French as a Second Language ***● JH Art ***● JH Construction Tech ***● JH Drama● JH Enterprise and Innovation● JH Food Studies ***● JH Leadership● JH Media Arts ***● JH Outdoor Education● JH Robotics 1 (Semester 2 only)● JH Robotics 2 (Semester 1 only)● JH School of Rock● JH Hands on Science● JH Sports Performance● JH Style and Self Care

Please pick Track 2 when selecting your options. **Please make sure you mark all other tracks as not applicable.**

View course requests

Grade 7 Core Courses	Language Arts 7	Homeroom 7	Math 7	Religion 7	Science 7	Social Studies 7	
Number of requests to generate : 1	ELA7100 - 0 credits	HOM7010 - 0 credits	MAT7110 - 0 credits	REL7000N - 0 credits	SCN7140 - 0 credits	SST7250 - 0 credits	
Grade 7 French Immersion	Click the edit button to request a course ⇒						
If your student is in the French Immersion program, please select French Language Arts below							
Number of requests to generate : 1							
Track 1 - English student taking Performing Arts or Sport for Life	Click the edit button to request a course ⇒						
Track 1 - English student taking Performing Arts or Sport for Life. If this is the track you are pursuing, please select the appropriate program and 2 more options from the list below:							
Number of requests to generate : 1							
Track 2 - English Student not taking Performing Arts or Sport for Life	Click the edit button to request a course ⇒						
Track 2 - English Student not taking Performing Arts or Sport for Life. If this track is applicable, please select 6 options from the list below.							
Number of requests to generate : 1							
Track 3 - French Student taking Performing Arts or Sport for Life	Click the edit button to request a course ⇒						
Track 3 - French Student taking Performing Arts or Sport for Life. If this track is applicable, please select 6 options from the list below:							
Number of requests to generate : 1							



Grade 7 & 8 ~ Track 3: French Immersion Students who are enrolled in SFL or PA programs

Please go to Track 3 when making your selections. **Please make sure you mark all other tracks as not applicable.**

Please select “French Immersion (Program) and either the Sport for Life or Performing Arts program as appropriate.

(Choosing prerequisite for the program below.)

<input checked="" type="checkbox"/>	Course Name	Number	Course Description	Credits	Prerequisite Note	Alerts
<input type="checkbox"/>	Course or Track Not Applicable	TNA1000		6		
<input type="checkbox"/>	French Immersion (Program)	FRE0000		2		
<input type="checkbox"/>	JH Performing Arts	JPA7890		4		
<input type="checkbox"/>	JH Sport for Life	SFL7895		4		

Grade 7 & 8 ~ Track 4: French Immersion Students who are not Enrolled in SFL or PA programs

Choose 2 options per semester for a total of 4 options from the chart below. Additionally, please choose “French Immersion (Program) from the list.

<p>Choose 4 from the Options Below</p> <ul style="list-style-type: none"> ● JH Art ● JH Construction Tech ● JH Drama ● JH Enterprise and Innovation ● JH Food Studies ● JH Leadership ● JH Media Arts ● JH Outdoor Education ● JH Robotics 1 (Semester 2 only) ● JH Robotics 2 (Semester 1 only) ● JH School of Rock ● JH Hands on Science ● JH Sports Performance ● JH Style and Self Care
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Please go to Track 4 when making your selections. **Please make sure you mark all other tracks as not applicable.**

Grade 7 Core Courses							
Number of requests to generate : 1	<table border="1"> <tr> <td>Language Arts 7 ELA7100 - 0 credits</td> <td>Homeroom 7 HOM7010 - 0 credits</td> <td>Math 7 MAT7110 - 0 credits</td> <td>Religion 7 REL7000N - 0 credits</td> <td>Science 7 SCN7140 - 0 credits</td> <td>Social Studies 7 SST7250 - 0 credits</td> </tr> </table>	Language Arts 7 ELA7100 - 0 credits	Homeroom 7 HOM7010 - 0 credits	Math 7 MAT7110 - 0 credits	Religion 7 REL7000N - 0 credits	Science 7 SCN7140 - 0 credits	Social Studies 7 SST7250 - 0 credits
Language Arts 7 ELA7100 - 0 credits	Homeroom 7 HOM7010 - 0 credits	Math 7 MAT7110 - 0 credits	Religion 7 REL7000N - 0 credits	Science 7 SCN7140 - 0 credits	Social Studies 7 SST7250 - 0 credits		
Grade 7 French Immersion Click the edit button to request a course ⇒							
If your student is in the French Immersion program, please select French Language Arts below Number of requests to generate : 1							
Track 1 - English student taking Performing Arts or Sport for Life Click the edit button to request a course ⇒							
Track 1 - English student taking Performing Arts or Sport for Life. If this is the track you are pursuing, please select the appropriate program and 2 more options from the list below. Number of requests to generate : 1							
Track 2 - English Student not taking Performing Arts or Sport for Life Click the edit button to request a course ⇒							
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Track 3 - French Student taking Performing Arts or Sport for Life Click the edit button to request a course ⇒							
Track 3: French Student taking Performing Arts or Sport for Life. If this track is applicable, please select the appropriate programs below. Number of requests to generate : 1							
Track 4 - French Student not taking Performing Arts or Sport for Life Click the edit button to request a course ⇒							
Track 4: French Student not taking Performing Arts or Sport for Life. If this track is appropriate, please select the French Immersion Program plus 4 options from the list below. Number of requests to generate : 1							



Grade 7 & 8 ~ French Immersion Students ~ Enrolled in SFL or PA programs

All French Immersion students enrolled in Sport For Life or Performing Arts will have no other options available to them. Please go to Track 3. **Please make sure you mark all other tracks as not applicable.**

View course requests

Grade 7 Core Courses							
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Track 3: French Student taking Performing Arts or Sport for Life. If this track is applicable, please select the appropriate programs below. Number of requests to generate : 1							



Fine Arts Courses- Grade 7 and 8 (Semester Course)

JH Art ~ Course Fee \$40

This course focuses on three major components of visual learning: *Drawings* (the way we record visual information and discoveries), *Compositions* (the way images are put together to create meaning) and *Encounters* (where we meet and how we respond to visual imagery). Students will have many opportunities to draw, paint and sculpt in various media. The program is further designed to allow students to be creative, to develop skills and knowledge, and to develop appreciation and respect for the artistic efforts of others.

JH Drama ~ Course Fee \$15

Students will engage in various dramatic activities including melodramas, monologues, improvisation, games, skit-building and other small theatrical activities. Students will learn how to use their voice, facial expressions, body positions and body movements to convey emotion and meaning. Emphasis will be placed on learning trust and teambuilding skills; which will further encourage students to step outside of their comfort zone in a safe and welcoming environment. Students will gain self-confidence, entertain and have fun as they explore different mediums of dramatic expression.

Foods Courses- Grade 7 and 8 (Semester Course)

JH Food Studies ~ Course Fee \$75

Welcome to the world of food studies! Work in École OLPH's top notch kitchen facilities on basic techniques in food preparation, kitchen techniques and basic baking practices. This course concentrates on nutrition and preparation of simple recipes and the role of food in physical wellness and fitness. Students have the opportunity to develop skills regarding selection, safe handling, preparation, and service of a variety of foods.

JH Construction Tech ~ Course Fee \$75

Students learn woodworking skills in the construction lab. The students will be given instruction in the safe operation of hand and power tools, proper project sequencing, finishing techniques and project assembly. Emphasis is placed on safety, however students will be able to take advantage of the full wood shop to build several different projects.

Sports-Related Courses- Grade 7 and 8 (Semester Course)

JH Sports Performance ~ Course Fee \$100

The purpose of the Sports Performance Course is to provide student athletes an opportunity to learn a wide variety of knowledge, skills and attitudes that support the maximization of physical, social, cultural and emotional potential through lifelong, non-traditional sporting endeavours. Students will have exposure to activities such as Scuba diving, Swimming, Water Polo, Fencing, Taekwondo, Zumba etc.

Through a combination of theory and practical exposure, students enrolled in the course will learn about sport development through the study of:

1. Current training principles
2. Performance enhancement tools
3. Sport injuries as they apply to the athlete
4. Performance evaluation techniques
5. Personal and group development through leadership skills and volunteerism

The course fee includes the cost of admission, use of facilities, instructors and transportation to facilities

JH Outdoor Education ~ Course Fee \$125

Field trips include: Shelter Building, Cross-Country Skiing/Snowshoeing, Team Building, Navigation, Wall Climbing, and Archery.

The Junior High Outdoor and Environmental Education class is composed of six main course elements:

1. Commitment to Action – Encourage responsibility for the local and global environment
2. Outdoor Expeditions – Learn the skills, judgement, confidence and sensitivity in outdoor settings
3. Environmental Investigations – Investigations regarding the effects of human lifestyles on environments
4. Outdoor Core – Learn the skills and attitudes necessary for a safe, comfortable outdoor experience in all seasons
5. Personal and Group Development – understand and respect self and others
6. Environmental Core – awareness and appreciation for living things and understanding of basic ecological processes

Technology and Career-Related Studies (Semester Course)

JH Robotics 1 (Semester 2 only) ~ Course Fee: Free

This is a class for students with no experience in robotics and lego-based coding. Based on the Electro-Assembly CTS curriculum, students will be delving into the world of robotics through the First Lego-League's Robotics for Youth. In **FIRST LEGO League** (FLL), students are immersed in real-world science and technology challenges. Teams design their own solution to a current scientific question or problem and build autonomous LEGO robots that perform a series of missions. Through their participation, children develop valuable life skills and discover exciting career possibilities while learning.

JH Robotics 2 (Semester 1 only) ~ Course Fee: \$35

Robotics 2 is a continuation of Robotics 1. Students will work all semester on different challenges and on a research project in order to participate in the First Lego League competition at NAIT in January.

FIRST Lego League (FLL) competition will introduce younger students to real-world engineering challenges by building LEGO-based robots to complete tasks on a thematic playing surface. FLL teams, guided by their imaginations and adult coaches, discover exciting career possibilities and, through the process, learn to make positive contributions to society.

Participating students get to:

Design, build, test and program robots using LEGO MINDSTORMS® technology

Apply real-world math and science concepts

Research challenges facing today's scientists

Learn critical thinking, team-building and presentation skills. What FLL teams accomplish is nothing short of amazing. It's fun! It's exciting! And the skills they learn will last a lifetime!

JH Media Arts ~ Course Fee \$40

Students in Media Arts will learn to use all the different aspects of computers as used in today's multimedia environment. Emphasis will be placed on: **Graphic Arts**—Students will work with several graphic arts programs to develop their own computer art and to manipulate existing art to different media designs and functions. **Video Making**—Students will learn the aspects of video development and creation by developing their own video from beginning to end. **Simple Animation**—Simple animations will be created using freely available software.

*This course content may vary slightly, once the teacher is determined for the course.

JH Leadership ~ Course Fee: Free

Leadership is an option that students will gain skills in becoming a leader. Students will have the opportunity to explore what leadership means within a school context and gain skills that will set them up for success. An important aspect of being a leader is to help others by displaying empathy for their circumstances and being able to provide support without letting such circumstances impact the helper/leader. This course encourages students to be confident, supportive, and positive in our school.

French As a Second Language - Course Fee: Free

Students will engage in various language activities, grammar and tasks. Using games, oral-based activities and word associations, students will be able to read, comprehend and speak fluently and spontaneously.

JH Enterprise and Innovation - Course Fee: \$20

In this course, students will have the opportunity to practice their entrepreneurship by creating, marketing, managing, and distributing a product of their choosing. Students will be creating their own business and learn the skills and abilities needed to bring a product to a specific market from start to finish. They will learn to work collaboratively towards a common goal and they will learn how to improve upon their product through critique and self-evaluation.

JH Style and Self Care - Course Fee: \$25

In this course, students will have the opportunity to explore topics related to occupational areas like wellness, cosmetology, esthetics, and others, for personal use and as potential career options in the future. Through research, hands-on experience, and guest speakers, students will learn about mind & body wellness, hair care & updos, nail care & nail art, and skin care. The aim of this course is to provide students with a variety of skills that will help them to develop a positive self-esteem, maintain a strong self-image, and manage stress.

JH Hands On Science - Course Fee: \$25

In this course, students will have the opportunity to apply scientific knowledge and skills to real-world situations by designing and creating projects. They will be exploring themes related to STEM (Science, Technology, Engineering and Math) to create and design projects alone and with teams. This option will have a very hands-on approach to science and will require students to collaborate to problem-solve challenging real-world situations.

JH School of Rock - Course Fee: Free

With an emphasis on skill development and performance, students will explore the history of rock and pop music in a group band setting. Whether through singing, guitar, bass guitar, keyboards, drums, percussion, laptops, midi interfaces, or orchestral instruments, students will learn about common/popular chord progressions, music technology, songwriting, and how to be rock stars in this class and in life. Students will learn about music as it relates to societal change while also learning classic and contemporary rock and pop songs with the goal of recording and/or performing songs for an audience. Roles will be assigned based on student skills and interest. Small and large group projects will be possible depending on the number of students and repertoire will be selected based on student input.