



Jr. High Options Guide



2024 - 2025

Introduction

At Namao School, we work hard to offer a wide range of complementary courses to meet the needs of a variety of student interests. Junior High Options run on a **three-term** schedule.

Course offerings are subject to change based on student interest, teacher availability, classroom availability, and timetable constraints. Fees are also subject to change.

Students will be able to enroll in up to six option courses for the year. In order to meet the needs of students, please **request eight** option courses per year, as well as an **alternate two** courses . We will do our best to accommodate students' top choices for course selection. When this is not possible, we operate a first submitted/first honoured system (by the date received) with priority given to grade 9 students. If a student has previously taken a course, priority may be moved to a younger student. **Students must be registered at Namao School for requests to be honoured.**

Notes:

- Requests that are received earlier get priority over later requests (ie/ June 1 has priority over June 2nd)
- Priority is also based on grade, and may also be impacted by whether the student has previously taken the option.
- Students enrolled in band for the year also get priority.

Option Confirmation

- Course selections will be available on Parent Portal before each term begins.

Options Withdrawal Process

- Students will not be withdrawn from their chosen course, except in very rare circumstances.

New: Mandatory Course

For the 2024-2025 school year, all **grade 7 and 8 students** who have previously not taken **Academic Skill Builder 1** must choose this option. This course helps to develop study habits for students. This is a different course than academic skill builder 2. Students in grade 9 may also still choose this option.

Please Note

- Minimum enrollments are required to offer complementary courses.
- Some options require a prerequisite.
- For safety reasons, some classes have limited enrollment.
- Final course offering is dependent on staffing.
- There is a selection of courses that are free, and courses that have a fee.

Band

- Students participating in Band enroll in all **three terms**.
- Students earn priority over their options selections as their choices.
- If a student withdraws from Band, they forfeit their initial prioritized choices.

Fees For Option Courses

Some options require additional fees to help support material, field trips, and transportation costs.

***The following fees are the maximum amount that may be required and are subject to change once the 2024/2025 school year begins.**

- Archery - \$25.00/term
- Art - \$30.00/term
- Baking - \$35.00/term
- Beginner Band - \$90.00/year (instrument rental & supplies)
- Ceramics - \$20.00/term
- Cake & Cupcakes - \$45.00/term
- Cosmetology - \$30.00/term
- Construction I, II, III - \$80.00/term
- Drama (Acting & Set Design) - \$30.00/two terms
- Foods I, II - \$55.00/term
- Foods III - \$60.00/term
- Film Studies I, II, III - \$10.00/term
- Fit for Life - \$20.00/term
- Intermediate Band - \$90.00/year (instrument rental & supplies)
- Outdoor Education - \$20.00/term
- STEAM - \$60.00/two terms
- Strategic Games - \$15.00/term
- Stop Motion Animation - \$10.00/term
- Photography \$25.00/term
- Yoga for Beginners, Yoga II - \$20.00/term

Option fees are used to support the costs associated with additional materials and resources needed to maximize student learning opportunities.

Option Courses with No Fees

The following options are also subsidized with instructional dollars and do not require a fee:

- Academic Skill Builders
- Arctic Winter Games
- Court Games
- Entrepreneurship
- Financial Literacy
- Indigenous Summer Games
- Leadership
- Music Studies 1 & 2
- Outdoor Field Games
- Podcasting
- Recreational Leadership - Basketball
- Recreational Leadership - Court Games
- Recreational Leadership - Field Sports
- Recreational Leadership - Soccer
- Recreational Leadership - Volleyball
- Running Club - Training for a 5km
- Spanish
- Write Well: Become a Fiction Author

Although there are no option fees, students may incur incidental expenses that support special opportunities, projects, and/or special field trips.

Option Requests will begin on Thursday, June 1st at 8:45am.

Option Request - Planning

Please review this handbook carefully before making your selections.

[Requests must be submitted using the Google Form.](#)

What grade is the student registered in for the 2023/2024 school year?

- Grade 7
- Grade 8
- Grade 9

Are you taking Beginner or Intermediate Band?

- Beginner Band
- Intermediate Band

★ Please number your option requests in **order of preference**. Please choose a minimum of 8.

★ If you are taking Band, please choose a minimum of 6.

★ **Selecting the same course repeatedly will not get you enrolled into your first choice and will result in being enrolled in a random option because you have not provided an alternative.**

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Alternate Choices

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MULTIMEDIA

Stop Motion

PREREQUISITE: NONE

FEE: There is a **\$10.00** fee for this course.

In this option, students will get a chance to explore the world of Stop Motion. Students will be familiar with this type of filmmaking through such movies as The Fantastic Mr. Fox, The Nightmare Before Christmas, and Coraline.

Throughout this option, students will have the opportunity to plan several short films with the use of storyboards and then create them through school supplies as well as things brought from home. Students will be using Chromebook/iPad applications and school-owned cameras, but the use of their own devices would be preferred for consistency and quality. Expect to work in a group during this class.

Photography

PREREQUISITE: NONE

FEE: There is a **\$25.00** fee for this course.

In this introduction to digital photography, students learn basic photography skills such as the parts of the camera, transferring images onto a computer and editing images. Students will learn various techniques, including framing, the rule of thirds, lighting, point of view, and close-ups. We will take pictures in multiple locations and several activities to increase familiarity with their digital cameras. Students will develop unique skills enabling them to take interesting and appealing images.

Students will be responsible for supplying batteries for the cameras they use.

Students may be permitted to use personal digital devices (cell phones etc.), at times, to complete some of the assigned projects. The fee for this course is for camera rental, and maintenance.

Podcasting

PREREQUISITE: NONE

FEE: There is a **no fee** for this course.

Have you ever listened to a podcast or radio program and wondered just how they do it? Do you have interesting stories to tell? An interest in sound editing? In this option, students will get the opportunity to explore and create their very own mini-podcast. This option requires a lot of self-directed work and an interest in

planning, recording, and editing. There will be much group work within this option.

MULTIMEDIA

Film Studies I : History & the Basics

PREREQUISITE: NONE

FEE: There is a **\$10.00** fee for this course.

Film Studies focuses on film and media history, theory and technique and the study of genres. This course aims to help students understand the history of cinema as an art form and to know how filmmakers structure their work to communicate ideas and feelings to an audience. Particular focus will be given to film language and different film genres. We will study many film clips, and one to two full-feature films, depending on time.

Film Studies II : Camera work **PREREQUISITE:** Film

Studies I (recommended) **FEE:** There is a **\$10.00**

fee for this course.

In this course we will look deeper into some classic movies as well as production choices like camera work. We will study film clips as well as a feature film, time-permitting. It is beneficial for students to have taken film studies I prior to this course, but if not, may still enroll if interested.

Film Studies III: Director Choices, Themes, Impacts on Society & Popular Culture

PREREQUISITE: Film Studies I/II (recommended)

FEE: There is a **\$10.00** fee for this course.

If you love movies, “cult classics,” and the artistry of film, you will enjoy this class. We will explore modern films, cult classics, themes, and the connection to popular culture. It is beneficial for students to have taken Film Studies I/II prior to this course, but if not, may still enroll if interested.

MUSIC

Beginner Band

PREREQUISITE: NONE

COMMITMENT: Full Year

FEE: There is a **\$90.00 instrument rental fee** for this FULL YEAR course or provide your own.

Beginner Band is open to all junior highs who are new to their instrument or who want a refresher. Develop confident playing skills on a woodwind, brass, or percussion instrument. Learn to play, rehearse and perform in a variety of styles as a band and in small groups. Make friends, play musical games, be a team player, and have an amazing time in this hands-on course. Let's make some music!

Possible Beginner Band Activities:

- Jumpstart / Refresher (October)
- Winter Concert (December)
- Band Camp (March)
- St. Albert Rotary Music Festival (April)
- Sturgeon Night of Music (April)
- Spring Concert (June)



MUSIC

Intermediate Band

PREREQUISITE: NONE

COMMITMENT: Full Year

FEE: There is a **\$90.00 instrument rental fee** for this FULL YEAR course or provide your own.

Intermediate Band is open to students who love making music and is intended for Grade 8s and 9s. Continue to develop *next-level* playing skills on a chosen woodwind, brass, or percussion instrument. Learn to rehearse and perform in a variety of styles as a band and in small groups, play games, grow your musical-reading, and instrument playing skills. Make friends, be a team player, perform for the community, and have a blast in this step-up course!

Possible Intermediate Band Activities:

- Oil Kings Performance (November)
- Winter Concert (December)
- Band Camp (March)
- St. Albert Rotary Music Festival (April)
- Sturgeon Night of Music (April)
- In or Out of Province Trip (April or May)
- Spring Concert (June)



Music Studies 1 - **PREREQUISITE:** NONE **COMMITMENT:** One Term

FEE: There is **no fee** for this course.

Music Studies focuses on music genres and how they have changed through the decades. This course aims to help students understand the history of music as an art form and to know how musicians structure their work to communicate ideas and feelings to an audience.

Music Studies 2 - **PREREQUISITE:** NONE **COMMITMENT:** One Term

FEE: There is **no fee** for this course.

Music Studies 2 will pay particular focus to historical impact on music. This course will aim to learn how world events can influence music development and popularity. We will study various genres and compare trends and changes through the decades.

ARTS & PERFORMANCE

Art

PREREQUISITE: NONE

FEE: There is a **\$30.00 fee** for this course

In the Art complimentary program, students will take inspiration from natural and artificial forms, cultural traditions, and social activities through time and across cultures to create both drawings and compositions. The program fee covers the cost of art supplies and a possible in class field trip.

In the program, students will:

- gain an understanding of the elements of art
- experiment with the principles of design
- be introduced to drawing and drawing techniques
- explore various media
- use digital means to create various forms of artwork

Ceramics

PREREQUISITE: NONE

FEE: There is **\$20.00 fee** for this course

Welcome to Ceramics! In this course, students develop knowledge and skills in ceramics. These skills include, using the moulds, finishing, firing and glazing the ceramic.



ARTS & PERFORMANCE

Drama - Acting & Set Design

PREREQUISITE: None

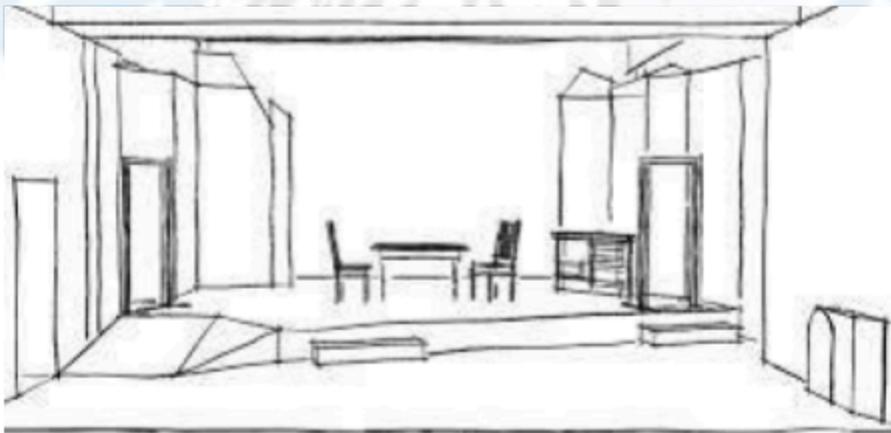
COMMITMENT: Term II & III

FEE: There is a **\$30.00 fee** for this course

Acting will be focussed on finding and performing a one-act play that the class will choose together as a team with guidance from the teacher. You will get the opportunity to understand how to dissect the play's text, how to improve your characterization, how to use costumes and/or props as useful tools, and how to work and communicate with your drama team to put together an amazing and cohesive live performance.

Set Design will be a course where we explore the significance of spacing, colours, patterns and levels of furniture and objects on stage. There is a meticulous reason for everything we do in drama.

You will be the creative engineers working behind the scenes designing and building a set for the actors who will be performing a one-act play.



FOODS

Foods I

PREREQUISITE: NONE

FEE: There is a **\$55.00** fee for this course

This Foods I course introduces students to basic skills in the kitchen and allows students to learn about safe food handling and preparation. Food studies enables students to develop cooking skills through demonstrations, activities, preparation, and evaluation of recipes. Embedded throughout this course is the hands-on application of cross-curricular concepts from other courses, including Math, Science, English Language Arts, and Social Studies.

Please remember that this class is intended to provide students with a sampling of dishes to expand their palate and knowledge of food, not feed the student and their peer group a full meal.

★ *For safety reasons, this class is limited to 20 participants.*

Foods II

PREREQUISITE: Foods I

FEE: There is a **\$55.00** fee for this course

This Foods II course builds on basic skills acquired in Foods I, and allows students to strengthen their knowledge about safe food handling and preparation. Food studies enables students to develop cooking skills through demonstrations, activities, preparation, and evaluation of recipes. Embedded throughout this course is the hands-on application of cross-curricular concepts from other courses, including Math, Science, English Language Arts, and Social Studies.

Please remember that this class is intended to provide students with a sampling of dishes to expand their palate and knowledge of food, not feed the student and their peer group a full meal.

★ *For safety reasons, this class is limited to 20 participants.*

FOODS

Foods III

PREREQUISITE: Foods II

FEE: There is a **\$60.00** fee for this course

This Foods III course builds on basic skills acquired in Foods II, and allows students to continue to strengthen their knowledge about safe food handling and preparation. Food studies enables students to develop cooking skills through demonstrations, activities, preparation, and evaluation of recipes. Embedded throughout this course is the hands-on application of cross-curricular concepts from other courses, including Math, Science, English Language Arts, and Social Studies.

Please remember that this class is intended to provide students with a sampling of dishes to expand their palate and knowledge of food, not feed the student and their peer group a full meal.

★ *For safety reasons, this class is limited to 20 participants.*

Cake & Cupcakes

PREREQUISITE: NONE

FEE: There is a **\$45.00** fee for this course

In this course, students explore techniques related to baking, leveling and decorating cakes effectively. These techniques include: crumb coat, icing, and fondant.

★ *For safety reasons, this class is limited to 20 participants.*

Baking

PREREQUISITE: NONE

FEE: There is a **\$35.00** fee for this course

Students will develop and demonstrate an understanding of traditional and contemporary baking focusing on basic measuring techniques, preparation methods, role of ingredients and the proper use of equipment for baked goods. In this course they will learn to bake a variety of items that may include but is not limited to: cookies, scones, biscuits, and cake based items.

★ *For safety reasons, this class is limited to 20 participants.*

CONSTRUCTION

Construction I

PREREQUISITE: NONE

FEE: There is a **\$80.00 fee** for this course

Welcome to Construction II! In this course, students develop knowledge and skills in the use of basic hand and power tools. They will have the opportunity to learn how to measure, cut, shape and construct projects using wood, ceramics and a C&C machine. The course is mainly project-based, with safety and employability skills emphasized.

★ For safety reasons, this class is **limited to 14 participants**.

Construction II

PREREQUISITE: Construction I

FEE: There is a **\$80.00 fee** for this course

Construction II subsequently builds on Construction I. The fee covers the cost of materials that become the property of the student upon completion. This higher-level courses will have students completing projects with greater difficulty and will be focused on the woodworking aspect from construction I.

★ For safety reasons Construction II is **limited to 14 participants**.

Construction III PREREQUISITE:

Construction II

FEE: There is a **\$80.00 fee** for this course

Construction III subsequently builds on Construction II. The fee covers the cost of materials that become the property of the student upon completion. This higher-level courses will have students completing projects with greater difficulty and will be focused on the woodworking aspect from construction II.

★ For safety reasons Construction II is **limited to 14 participants**.

★ Construction III is **limited to grade 9 students**.

SPORTS & RECREATION

Recreational Leadership Options

PREREQUISITE: NONE

FEE: There is **no fee** for this course.

Have you ever wanted to develop skills useful for coaching, fitness leadership, sport performance, and leading recreational activities?

- **Basketball**

In this course students have the opportunity to learn the rules of basketball, skills associated with basketball, strategies used in gameplay, how to design and run a practice or tournament, and other athletic principles and skills related to physical activity.

- **Field Sports**

In this course students have the opportunity to learn the rules of various field sports (**lacrosse, soccer, ultimate frisbee, flag football**, and others), skills associated with those sports, strategies used in gameplay, how to design and run a practice or tournament, and other athletic principles and skills related to physical activity.

- **Volleyball**

In this course, students have the opportunity to learn the rules of volleyball, skills associated with volleyball, strategies used in gameplay, how to design and run a practice, and other athletic principles and skills related to physical activity.

- **Soccer**

This course will be held outside. We will learn different soccer drills, help each other improve our skills, and participate in games. Be prepared to run, work hard, and have a lot of fun!

- **Court Games**

This option will provide those students who love traditional court sports an opportunity to learn and play new court games, as well as some basketball, volleyball, badminton, and other court games. Students will switch which sport is played from class to class. Students will be graded on participation and sportsmanship and should come to class prepared with appropriate clothing and footwear.

SPORTS & RECREATION

Archery

PREREQUISITE: NONE

FEE: There is **\$25.00 fee** for this course.

The purpose of this class is to introduce the sport of archery to students. With a focus on safety, we will use the school owned bows to improve your accuracy.

Whether you have never shot a bow before, or do it on your own time, you will have the opportunities to improve and have fun!

Fit for Life

PREREQUISITE: NONE

FEE: There is **\$20.00 fee** for this course.

Philosophy:

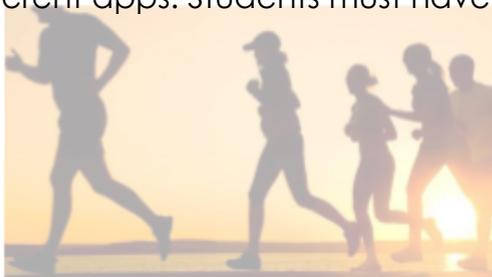
Quality of life is enhanced when individuals maintain a healthy lifestyle. Fitness for Life emphasizes active living with a focus on the value of physical activity, making responsible choices, and committing to a healthy lifestyle. This course is designed to include all levels of ability. Students can expect to participate in group fitness like HIIT, boot camp, yoga, pilates, aerobics, cardio dance, etc.

Run Club - Training for a 5K

PREREQUISITE: NONE

FEE: There is **no fee** for this course.

Do you want to run a 5K but you find it difficult right now? Or, do you want to improve your running skills and you already love running? In this class, we will be outside each class and train using different apps. Students must have a good pair of outdoor running shoes.



SPORTS & RECREATION

Outdoor Field Games

PREREQUISITE: NONE

FEE: There is **no fee** for this course.

In this course, students will learn and participate in different types of outdoor field games. Students will play games such as Capture the Flag, Ultimate Frisbee, Predator vs. Prey, Four Corners, Soccer, Lord of the Rings, etc. Students will also take a leadership role in researching, planning and teaching a common outdoor field game of their choice to the class. Students will demonstrate and grow in teamwork, cooperation, planning, strategy, and decision-making throughout the course.

Arctic Winter Games

PREREQUISITE: NONE

FEE: There is **no fee** for this course.

In this course students will learn traditional games, activities and practices from the Arctic region. Students will learn about the different indigenous groups who created these activities, why they came to be and how they are still relevant today. Students will also help to lead others in the various activities on a school wide activity day in February.

Indigenous Summer Games

PREREQUISITE: NONE

FEE: There is **no fee** for this course.

In this course students will learn traditional games, activities and practices from the Prairie region. Students will learn about the different indigenous groups who created these activities, why they came to be and how they are still relevant today. Students will also help to lead others in the various activities on a school wide activity day in June.



SPORTS & RECREATION

YOGA I (Beginners)

PREREQUISITE: NONE

FEE: There is a **\$20.00 fee** for this course.

Yoga for Beginners (I) teaches basic postures and breathing exercises. Students are encouraged to develop a greater body-mind alliance, such as mindfulness practices. The combination of relaxation, general body toning, flexibility, and mindfulness gives the student an awareness of their enhanced human potential.

Students are encouraged to bring their own yoga mats; if this is not possible, we have shared mats at the school.

YOGA II

PREREQUISITE: Yoga I

FEE: There is a **\$20.00 fee** for this course.

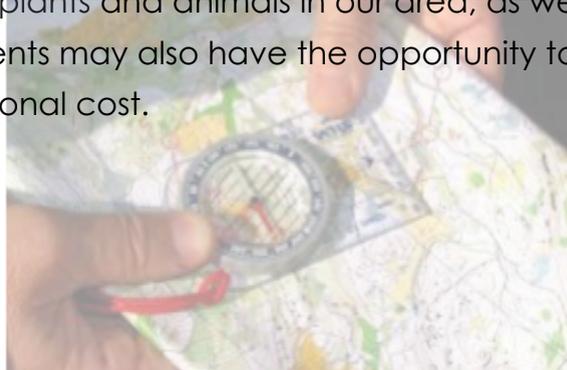
This class will continue and expand on what we learned in Yoga for Beginners. In addition to some more challenging poses, we will also delve deeper into mindfulness and, time-permitting, attend a local yoga studio for a unique class of our choice. Students are encouraged to bring their own yoga mats; if this is not possible, we have shared mats at the school.

Outdoor Education

PREREQUISITE: NONE

FEE: There is a **\$20.00 fee** for this course.

Outdoor education means learning in and about the outdoors. It is a means of curriculum extension and enrichment through outdoor experiences. Learn about different animals, biomes, and skills that can help survive in the wild! They will also learn to recognise common plants and animals in our area, as well as map reading and orienteering skills. Students may also have the opportunity to go on field trips that will be subject to an additional cost.



OTHER OPTIONS

Write Well: Become a Published Author!

PREREQUISITE: NONE

FEE: There is a **no fee** for this course.

Do you love to write stories, poems, non-fiction, and descriptive paragraphs? In this class we will write in various styles, read each other's work and seek peer feedback, and enter several writing contests that are open to students throughout the year. Lucky winners will be published (guardian permission required for this)!

Strategic Games

PREREQUISITE: NONE

FEE: There is a **\$15.00 fee** for this course.

This course is designed to help foster growth in critical thinking skills as well as promoting problem solving in the classroom. Utilizing math curriculum with regards to data analysis and probability, students are challenged to re-examine popular card and board games to establish more efficient and effective methods of play. The unit culminates with building and demonstrating an original game of their own creation.

If you prefer a good game and love a challenge, this is the option for you!



OTHER OPTIONS

Academic Skill Builders

PREREQUISITE: NONE

FEE: There is a **no fee** for this course.

Students of all levels benefit from extra time with a teacher to reinforce and expand their learning. While many learning strategies are taught within each course, Academic Skill Builders allows students extra time to develop their learning skills and study habits with the support of a teacher.

This course is designed to assist students in becoming more successful in one or more of their core courses. It will provide alternate tools, skills and learning strategies tailored to individual needs. Students will also explore critical elements of digital citizenship and work in an online context. Students will learn to explore, create, submit, and analyze work within the digital environment. This options class will allow students to complete homework and focus on areas of concern in their core subjects. Parental support is fundamental in students experiencing success in this course.



STEAM (Session 1 and 2)

PREREQUISITE: NONE

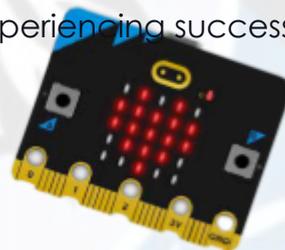
FEE: There is a **\$60 fee** for this course per session.

Commitment: **Term I and II or Term III and IV.**

Do you love hands on learning, solving critical thinking challenges and trying something new? If so, this course is for you! In this course, students will work in small groups to complete project-based learning related to science, technology, engineering, art and math.

Throughout each module students will address and develop the 4 C's of STEAM: collaboration, creativity, critical thinking, and communication. Students will explore the engineering design process, 3D printing, coding and robotics, and be challenged with design problems. As part of this course, students will use (and keep) a micro:bit. Students may also have an opportunity to go on one field trip that relates to in-class learning such as: bowling, pinball games or mini golf.

Students who take this course all year will have a reduced fee of \$30 in the second



session, if they reuse their micro:bit.

OTHER OPTIONS

Spanish I

PREREQUISITE: NONE

FEE: There is a **no fee** for this course.

In this course, students will learn through participation and games as they gain basic understanding and knowledge of the Spanish language and culture, focussing on travel, home, everyday vocabulary. They will learn how to speak in small conversations with friends, family and peers.

Entrepreneurship

PREREQUISITE: NONE

FEE: There is a **no fee** for this course.

Students will develop their business sense as they start their own business ventures. We will discuss supply vs. demand, the costs of business, and the difference between success and failure. We will look at what it means to be an entrepreneur; the mindset, work ethic, and ability to solve problems. We hold a market at the end of the term where students can put their ventures to the test and they will be required to fund their own start up.

Leadership

PREREQUISITE: NONE

FEE: There is a **no fee** for this course.

Students in this option will learn about what it means and takes to be a leader. They will have opportunities 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 and display empathy. Students will be able to provide support in circumstances that allow them to be helpers and leaders in our school. This course encourages students to be confident, supportive, and positive in and around our school and community.

OTHER OPTIONS

Cosmetology

PREREQUISITE: NONE

FEE: There is a **\$30.00 fee** for this course.

The introductory level of Cosmetology gives students the chance to explore both the hairstyling and esthetics components of Cosmetology. They learn basic hairstyling, hair care, and braiding techniques, as well as skin care, manicuring, and make-up techniques. The course fee goes towards supplementing the cost of some products used and maintaining the tools and equipment used by the students.

Financial Literacy

PREREQUISITE: NONE

FEE: There is a **no fee** for this course.

Budgeting is a part of everyday life. In this option, students will develop skills surrounding financial literacy that are necessary to make informed decisions in their future. Students will learn about budgeting, money management, and saving. We will discuss credit cards, money loans, wants vs. needs, and future financial goals.

Leadership

PREREQUISITE: NONE

FEE: There is a **no fee** for this course.

Develop leadership skills within the school and have some input on some student-led initiatives. Learn how to propose, plan and execute initiatives effectively with your school community.

- ★ *Leadership is **limited to 10 students** to ensure that students develop efficacy throughout the term.*



2023-2024 Options Guide

Namao School

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Sturgeon County, AB

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