

# Option Programming

at Michael Strembitsky School (2024-2025)

**All Junior High students are required to take French, and will take 1 Full-Year Fine Arts Option and 3 Trimester CTF Options.**

We are pleased to offer our students a variety of engaging optional programming at MSS. Optional courses offered to each grade are dependent on a combination of factors including student numbers, student interest, and staffing availability. Please read the course description carefully and thoughtfully before making optional course requests. Students will have an opportunity in the fall next year to complete an “Options Change Request Form”. While we cannot make any guarantees, we will consider all requests and do our best to accommodate. There are limited spaces in all classes. We do our best to include a “top” choice for each student in his/her schedule, but this is not possible in every situation. If more students request any particular option than we have room for, decisions will be made through a randomized process. Teacher input may also factor in as we work to build learning groups which foster safe, caring, and effective learning environments.

**French as a Second Language instruction is mandatory for Junior High students and so it is not listed as an option.**

Options will be offered dependent on the following factors:

- Number of students enrolled at each grade
- Staff availability and expertise to teach courses
- Scheduling/timetabling factors
- Student Interest



## **Fine Arts Options: (Full Year)**

### **Art (Gr. 7, 8, 9)**

In Visual Arts, students will have the opportunity to create masterpieces while working with a variety of media including clay, paint, collage, oil pastels, watercolor and mixed media. Student engagement is promoted through meaningful connections between art forms and other subject areas. Students may have opportunities to participate in workshops or field experiences with guest artists. (\$40.00 Course Fee)

### **Band (Gr. 7 & 9 only)**

In Band, students will have the opportunity to play, listen and read music while developing an appreciation for the value of music. Students learn to play a band instrument and obtain skills that help them towards musical appreciation and mastery. Focus will be placed on rhythm, tempo and playing as a group. Instruments are provided for rent or students may purchase their own instruments. (\$130.00 Fee: \$100.00 towards instrument rental (no charge if providing your own) and \$30.00 Course Fee)

### **Dance (Gr. 9 only)**

The goal of Dance is to foster an understanding and appreciation of, curiosity about, and a lifelong interest in dance. It is designed to expose learners to a broad range of artistic and aesthetic experiences from a variety of disciplines. Dance also contributes to preparing students for a range of exciting and rewarding careers in the arts, as well as careers in which they can draw upon the skills, knowledge and attitudes acquired through dance. Appropriate dance attire and footwear are required (jazz shoes and runners). (\$10 Course Fee)

### **Drama (Gr. 9 Only)**

In Drama, students explore the world around them by assuming different roles and building self confidence through performance. The focus of the course will be on orientation, movement, speech, improvisation, theatre studies and technical theatre. This course is for students who have an interest in the performing arts (No Course Fee).

### **Fitness & Wellness (Gr. 8 Only)**

Fitness and wellness is an introductory course that explores mental and physical wellness. Through this course, students can participate in the discovery and practical application of their own personal fitness and wellness journey. Students will participate in various activities, such as regular exercise and fitness lessons. Let's learn to be the best version of ourselves both mentally and physically! (\$10 Course Fee)

### **Technical Design (Gr. 7, 8, 9)**

Students will be introduced to the design process and will learn practical skills to help them communicate their ideas. They will be presented with design challenges where they are encouraged to be creative and problem solve. When the design process is complete, we will use the equipment in the construction room to make our designs a reality! (\$60.00 Course Fee)

## **Career and Technologies Foundations/CTF: (Trimestered)**

### **Building and Construction (Gr. 7, 8, 9)**

The Career and Technology Studies course focuses on skills and knowledge related to the design, construction, fabrication and maintenance of a product. Students will be encouraged to further their knowledge of design to apply in project work and building of useful products. Students will use a variety of materials, as well as hand and power tools. An emphasis is placed on proper and safe work habits. (\$40.00 Course Fee)

### **Environmental/Outdoor Ed (Gr. 9- 1st & 3rd Trimester)**

This activity-based course provides opportunities for in-depth practical studies and experiences. Throughout the course we will explore concepts related to outdoor pursuits, nature appreciation, and environmental stewardship. Cooperative problem solving, making recycled paper, nature photography, growing food sustainably and shelter-building are just some of the activities we will explore together. (\$10 Course Fee)

### **Foods and Nutrition (Gr. 7, 8, 9)**

Students will learn safe and sanitary food handling procedures, and comprehension of recipe terms and techniques. Students will be expected to demonstrate excellent time management skills, teamwork, and a basic understanding of the food industry and where our food comes from. (\$40.00 Course Fee)

### **Film Studies (Gr. 7, 8, 9)**

Students will develop their appreciation of film by studying the techniques used to enhance character development, plot development, mood, conflict, theme, and point of view in a variety of different films. The Film Studies course focuses on developing students' awareness of film as a form of art and visual media. Students will also have the opportunity to examine how elements of filmmaking, that is, sound, music, cinematography, and special effects, come together to enhance the audience's overall viewing experience. In addition, students will explore and create videos utilizing the knowledge and skills gained throughout the course. (\$5 Course Fee)

### **Leadership (Gr. 7, 8 & 9)**

Learning to lead students will be active and responsible citizens contributing positively to the quality of their environment, community and society as a whole. Students will learn about their personal strengths and style of leadership. They will understand the value of group work and mentoring. (\$5 Course Fee)

### **STEAM "Science, Technology, Engineering, Art and Math" (Gr. 9- 2nd Trimester)**

Students will integrate STEAM disciplines and challenges through different types of coding and robotics, connecting to authentic situations and current events. Utilizing technologies like Scratch coding, Makey-Makey, microbits, 3-D printing, and more, students extend their development of 21st century competencies. (\$5.00 Course Fee)