

# 2020-2021 Junior High Option Courses

**New for the 2020-2021 school year:**

**All Junior High Students will be rotating through 9 different option courses throughout the year. 3 of these courses have a minimal supply fee of \$20. This fee can be seen in your Parent PowerSchool account as "Junior High Option Fee".**

## **Film Studies**

This is a course for those who love to watch, discuss, and critique movies of all types and genres. In addition to watching movies, students can be expected to complete questions, research a director/actor/actress, review professional movie reviews, and create a movie review of their own.

Movies will be rated G, PG, and PG 13/14. Parent consent will be required to watch films.

## **Sports of All Sorts**

In this Physical Education based option, students will be exposed to different sports and activities throughout 4 weeks. Activities will take place in the gym or outside and will include (but not limited to): badminton, basketball, soccer, etc.

## **Comics and Graphic Novels**

This option will be exploring graphic novels and comics. Students will be researching various layouts and designs. From there, students will create their own comic or graphic novel.

## **Puzzling Option**

In our world, we are often faced with problems that need to be deciphered and solved using a variety of skills and logic. In this option, we will explore different types of puzzles like logic puzzles, picture puzzles, cryptic puzzles, riddles and various other puzzles. Students will have an opportunity to experience and try to solve these different types of puzzles, create their own and explain strategies to approach and solve these puzzles. This option will give students an opportunity to problem solve for a common end goal.

## **Mental Health & Self-Care**

This option will focus on mental health education and practices students can use to positively impact their mental health. The content of this option is related to how stress/anxiety/depression affect the brain and information and supports that are available. Activities and practices this option may include are breathing/calming methods, yoga, music therapy, calming art/drawing such as mandalas, sketch notebooks, and calligraphy, mindfulness jars and "Bucket Filling", journaling, self-care practice, and positive self talk. This option is all about relaxation and awareness!

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## Pop Art

Pop Art uses simple, bold images that are often based on popular culture. Pop Art can include everything from comic books, advertisements, paintings of every-day objects, and digital images. In this option, we will create art projects inspired by Pop Art style. **\$5 for supplies**

## Tech Education

The fundamental purpose of this Technology Education program is to provide students with knowledge, skills, and attitudes that will enhance their ability to achieve success in junior high, high school, the workplace, post-secondary education or training, and daily life. This option will specifically focus on typing skills, word processing skills, and becoming familiar with Google platforms such as Drive, Classroom, Docs, Slides, Sheets, Meets and Forms. Students will learn proper email etiquette, Chromebook shortcuts, and how to organize information in an effective manner.

## The Best Breakfasts

Is breakfast the most important meal of the day? Learn how to create some simple, healthy, and quick breakfast options with the new Canada Food Guide as a reference. We will also work on perfecting those important classics you can count on. We will bake, blend, and boil while you learn how to adapt and adjust these staple recipes to suit your own tastes, preferences, and schedules. **\$10 for supplies**

## Woodshop

The woodshop options courses for grade 7,8 and 9 will compliment the skills and procedures that students learn in their complimentary woodshop course. Because each option course is short ( 4-6 classes) the focus will be on assembly and finishing. Students will develop skills in measuring and layout and use various hand tools and fasteners to assemble their projects, Safety will be a focus throughout the course. **\$5 for supplies**