



OPTION PROGRAMMING AT FLORENCE HALLOCK SCHOOL 2017-2018

All Junior High students are required to take French, one full year Fine Arts course and three trimester courses.

Please read the course description carefully and thoughtfully before making option selections. There will be no changes in option classes once schedules have been given to the students in September.

There are limited spaces in all classes. We will 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 than we have room for request any particular option, decisions will be made through a random selection process.

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

An Option Fee sheet for each student will be posted on Schoolzone prior to school startup in September. It is expected that these fees will be paid prior to September 30th. It is recommended that Fees be paid online through Schoolzone.

DREAM SOAR INSPIRE

OPTION PROGRAMMING AT FLORENCE HALLOCK SCHOOL

FINE ARTS OPTIONS—FULL YEAR



Drama

The drama program develops knowledge of self and others, competency in communication skills, and the tools to tell stories through action. This is accomplished by the study of movement, speech, improvisation, technical theatre and theatre history. Students perform in practical scene work, participate in character development and role play, and come to understand theatre tradition and etiquette. They learn to develop a positive self-image, self-confidence and self-discipline; as well as to think imaginatively, control and express emotions, and develop voice.

Cost: \$50.00

Instrumental Music—BAND

Instrumental Music provides students with the opportunity to play in the concert band. Students will develop the skills required to play a repertoire of interesting pieces written in a variety of musical styles. Students will be required to rent instruments and buy reeds and supplies as needed. Alternatively, students may use their own approved band instrument.

Cost: \$75.00 Instrument Rental and Maintenance
Other costs that will be incurred throughout the year are Band Camp, Festival fees, performances and transportation. Student fundraising opportunities will be available.

ART

Visual Art students will explore art through a variety of media and techniques, including drawing, painting and sculpture. Skills are developed and enhanced through a wide range of activities and assignments which draw upon art in a historical context, diving into the world of artist's lives and the art movements associated with them. Students will learn to apply skills in a way that develops not only their ability to create realistic pieces but also to look at art as a form of personal expression. Studio time allows students to create and become engaged with their art as they learn to look critically at pieces and discover what makes something "art".

Cost: \$50.00

OPTION PROGRAMMING AT FLORENCE HALLOCK SCHOOL

CAREER & TECHNOLOGY FOUNDATIONS (CTF)



Trimester Courses

Design and Construction: (Grade 7, 8 & 9)

Design & Construction students plan, build, and add beautiful finishes to useful or artistic wooden projects. Their experiences in the course develop the attitudes, skills and knowledge of wood and the technologies needed to successfully build what they design; to succeed in CTS construction courses in high school; and to purchase or build and care for wooden furniture and other things in their homes. The focus of the course is on student safety, and designing and building personal projects. Students may create artistic products. Elements of artistic design, collaboration, decision making, effective relationships, problem solving, environmental stewardship, and communication are learned and applied.

Cost: \$30

- Wood & other materials to build projects
 - Shop supplies: blades, bits, wood glue, sandpaper, stains, oils, paint, etc.
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Outdoor and Environmental Education (Grade 7, 8 & 9)

The aim of outdoor education is to develop the knowledge, skills, and the positive attitudes of individuals so that they will be self-confident, capable and committed to setting goals, making informed choices and acting in ways that will improve their own lives and the life of their community. The Environmental and Outdoor Education course is designed to reflect an integrated approach that addresses the needs of adolescents. Every student will have the opportunity to participate in various activities during the term (examples include wilderness skills, cross country and alpine skiing; snowboarding; orienteering; hiking; rock climbing, fishing, camping, mountain biking and canoeing). Lessons in each of these activities will gradually progress up to longer distances, with further skill enhancement. All activities are chosen to ensure success, but still provide a real element of challenge. An emphasis will be placed on planning and knowledge. Equipment for all activities is included, however, students may require access to some equipment such as good rain gear and outdoor winter clothing. Classroom theory, lessons, local trips, and potential overnight trips are all intended to prepare students for a possible longer overnight trip. The intent of this overnight trip (and in fact all field trips) is to allow students a chance to experiment with independence, leadership, and personal challenge while being under the supervision of professional guides.

Cost: \$175.00 for outdoor venue and equipment rental fees, instruction and transportation. Students should expect to participate in several field trips each term.

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CAREER & TECHNOLOGY FOUNDATIONS (CTF)



Trimester Courses

Breakfast Foods

This course is designed to teach students the fundamental skills and knowledge needed to successfully prepare their own nutritious and delicious breakfasts. Sweet and savoury breakfast dishes will be prepared including pancakes, french toast, a variety of egg dishes and smoothies. The course will end with a cooking challenge where students will work in teams to prepare a breakfast dish that will be judged by a panel of guests.

Cost: \$30.00 for grocery purchases

Baking and Pastry

This course is designed to teach students the fundamental skills and knowledge needed to successfully prepare a variety of baked goods. The course will focus on teaching four important methods for successful dishes that will result in a variety of delicious cakes, pies, cookies, scones and muffins. The course will end with a cooking challenge where students will work in teams to prepare a baked item that will be judged by a panel of guests.

Cultural Foods

Our school is a meeting place for students from a variety of cultural backgrounds. This class will celebrate our different culinary heritages and allow students a chance to learn the skills and knowledge needed to prepare their own delicious dishes. This course will focus on foods both from around the world and close to home including Italian, Indian, French, First Nations and Mediterranean dishes. The course will end with a cooking challenge where students will work in teams to prepare a cultural dish that will be judged by a panel of guests.

Basic Culinary Arts

This course is designed for students to explore the culinary arts using fruits and candies. Students will develop their skills to handle and cut fruits in a particular way to design a fruit bouquet like edible arrangements. Student will be able to make a great handmade gift for grads or any other celebratory occasions and to create a business idea.

Cost: \$40—Fruit and candy, wrapping material

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Trimester Courses

Spirit of the Game

Ultimate (Frisbee*) is one of the fastest growing sports across the world. It is gaining popularity partly for its lack of officials, even in international competition. Through the foundations of Ultimate, students will learn how to self-regulate, be a positive contributor to team dynamics, and constructively resolve conflict.

Spirit of the Game: This is the foundation of the sport of Ultimate. “Flying disc sports have traditionally relied upon a spirit of sportsmanship which places the responsibility of fair play on the players themselves. Highly competitive and committed play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to the agreed upon rules of any event, nor the basic enjoyment of play.” (WFDF Rules)

Ultimate Peace: Students will explore this foundation and have opportunities to take part in its initiatives. “[Ultimate Peace] emanated from a trip to Israel [to teach] Israeli children the sport of Ultimate. Members of the team wondered what it would be like to have Muslim, Christian and Jewish children [from this politically charged region] sharing the joys of throwing and catching a soaring disc, playing on a team cooperatively, and settling on-field disagreements collaboratively.” (www.ultimatepeace.org)

Ultimate: Students will also learn to play the sport with official CUA approved rules.

Cost: \$30 Tournament registration fee, transportation, disc, jersey

Sports Medicine

This an entry level course to introduce the student to the principles of Sports Medicine. It is a chance to provide students interested in “How the Human Body works” as well as student athletes an opportunity to learn a wide variety of knowledge, skills, and attitudes regarding the immediate care, prevention and rehabilitation of athletic injuries. Through a combination of theory and practical exposure to areas of sports science, students enrolled in the course will learn about sports medicine through the study of:

- Basic Anatomy and Physiology
- Immediate Care, Prevention, and Rehabilitation of Athletic Injuries
- Performance Enhancement
- Training Facilitation

The structure of the course will be centered on the four topics above.

Cost: \$50—two field trips (bus transportation) and materials (tape, pro-wrap, Kinesiology tape).

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CAREER & TECHNOLOGY FOUNDATIONS (CTF)



Trimester Courses

Sports Performance

Term 1—Volleyball

Term 2—Basketball

Term 3—Soccer

During the term, students interested in advancing their own understanding and skills in the applicable sport are encouraged to take this option. Students will examine careers within the sports and athletic field as they relate to competitive sport. Students will investigate how technology is being used to enhance athletic performance. They will investigate ways to increase their overall athletic performance, and incorporate these strategies towards their own development. Students will research and develop sports specific drills to improve their own performance during games, and have time to practice these skills each week. Students will look at a variety of high level coaches' philosophies and compare how strategy and coaching styles may vary at different levels of competition. Students will examine the role of medical professionals in the long term success of athletes, and learn how to prevent and recover from common injuries related to the sport.

Cost: Assessed as needed for alternate venues, fieldtrips and specialized equipment.

Learning to Lead

This course is designed to allow students to gain the knowledge, skills and attitudes necessary to build on or form their leadership style. Students will act as the student leaders in the school, they will plan whole school and junior high events and will be responsible for leading the school assemblies and events. Students will volunteer in Division 1 and 2 classes and work on their leadership skills with small groups of students. Students who take this class will examine the Me to We model and learn how they can impact their community locally, nationally and globally. Students will examine careers choices that their leadership and interests would fit into.

Cost: Assessed as needed for fieldtrips and transportation.

Volunteer and Community

This class builds on student leadership skills which may have been previously explored in the Leadership Option class. Learning to Lead is not a prerequisite course; however, knowledge in leadership traits will be an asset throughout this course. We will focus on being an active participant in the community by creating opportunities to volunteer. For example, students may design a community clean up program, design a youth-to-youth buddy program similar to big brothers big sisters or any other me-to-we opportunities that may interest the group

Cost: \$20.00 to pay for transportation to two field trips of volunteering in the community.

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CAREER & TECHNOLOGY FOUNDATIONS (CTF)



Trimester Courses

Production

Through real experiences with school productions and equipment, students will learn about three main aspects of live production. Students will have opportunities to work in an area where they have genuine interest and where they can grow the skills necessary to make artistic and technical decisions autonomously.

Lighting: Students will learn about both stage lighting and green screen lighting. They will experiment with colours to create mood and atmosphere, and also play with shadows and hot spots. Students will have opportunities throughout the year to set-up and operate lighting equipment for music and drama productions, and morning news broadcasts.

Audio: Students will learn how to work with all of the gadgets involved in sound engineering - mics, cables, speakers, monitors, soundboards, PAs, subwoofers, wireless transmitters and more! Students will have opportunities to set-up and operate sound equipment for drama and band productions, and morning news broadcasts.

Video: We're talking both in front of the camera and behind the scenes stuff here! Students will have opportunities to create pre-recorded specials for news and assemblies using green screen and video editing technology. Students will also have opportunities to work in front of or behind the camera during our live news in the morning.

No Cost

Film Studies

Movies are an important part of our lives and culture. But what do the directors really consider when they create this form of text? Through viewing and dissecting various films, we will take a look at specific decisions made by filmmakers in order to create an impression or present an idea. Techniques include angles, lighting, camera movements, shots etc. And don't forget screenplays and storyboarding! Many elements must come together to create a memorable film. We may even get to test some of these techniques out ourselves by creating our own memorable media!

Cost: TBD

Cosmetology

It is not about changing yourself to fit societal expectations, but rather having the guts to look however you feel your best! Cosmetology explores the care of skin, hair, and nails. This means testing out various products to consider beauty techniques and knowing healthy elements to add to a hygienic routine.

In cosmetology, students will learn more about skin, hair, and nails. They will have chances to test out and create different styles based on skin and hair type as well as personal preference. We may even get the chance to assist in some stage makeup!

Cost: \$55. (Makeup and application, minor hair and nail supplies, disinfecting/sanitation supplies)
Students are welcome to bring their own supplies from home if they prefer.

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Trimester Courses

Rock Band

You may have unlocked every possible achievement in Guitar Hero or Rock Band, but do you have what it takes to do the real thing? Before those songs hit the masses, there are crews of people working behind the scenes to make sure everything sounds perfect. Musicians, audio engineers, and producers work together to create what we hear. Students will have opportunities to experience the process of music recording from beginning to end.

The song: Perhaps you really want to start from scratch and write your own song. You will discover what makes a good song. Perfecting instrumental performance on guitar, bass, drums, keyboard, auxiliary instruments, and vocals is our first step. Students will refine their skills on their instrument through lessons on each individual instrument.

The studio: Once we've got something awesome enough to share, we go into the recording studio. Students will learn how to record real instrumental and vocal tracks, how to edit the tracks, and how to use computer generated instrument sounds (loops, samples, beats) to enhance the sound. Finally, students will learn how to create different file types for different purposes. They will experiment with R/L balance, bass and treble output, and digital signatures.

The performance: Depending where the experience takes us, there may be an opportunity to share our musical products with the school and community. Music videos or live performance, we'll see where the process takes us.

Cost: Assessed as needed for fieldtrip costs

Technical Design

The nature of technology has changed dramatically over the past hundred years. Indeed, the very idea of technology as we now conceive it is relatively new and growing at an exponential rate.

By completing this option students will develop:

1. An understanding of the connection between technology, science and engineering;
2. An awareness of the role and impact of technology in society including some of the social issues of technology;
3. An understanding of the technological design process; and
4. An ability to use the technological problem solving process to design, build and test simple technological devices.

Cost \$45.00 that covers all materials and project kits.

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Trimester Courses

Computing Science (Grade 7, 8 & 9)

Students are introduced to a general programming environment in which they write simple structured algorithms and programs that input, process and output data, use some of the more basic operators and data types, and follow a sequential flow of control.

Depending on grade/ability level, students will be using any or all of the programming languages of Scratch, Python or GameMaker.

No cost

Photography (Grade 7, 8 & 9)

In the Communication and Media course, students discover the impact of news and ad media and the techniques used to communicate, gain our attention and sell products and services.

Using digital still and video cameras, audio and computer technologies they also develop the skills to effectively communicate messages using various media forms: photography, video, sound and print. Students use their leadership, technology and communication skills to serve the school in activities such as photographing and videotaping school and classroom events, reporting activities in announcements and emceeing or helping to train emcees for school assemblies.

Cost: \$25.00 for color printing, memory stick and fieldtrip to alternate venue for photo-ops including transportation.

Fashion Studies

This course is designed for students to explore the fashion designs and industry. Show your passion for fashion by learning to sew and being able to repair clothes. Students will learn the basics of hand sewing by putting a button/zipper on a garment and sewing in a straight line. After practicing basics, students will design and create their own eco bag for everyday use. To extend our challenges, students will create a personal or home accessory.

Cost: \$ 40.00

- 2m of fabric
 - Thread and needle
 - Button and zipper
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