

# Senator Joyce Fairbairn

## Middle School

### 2023-2024 Grade 7 Options



#### General Information for Options:

- The school year is divided into 3 terms and each term has 2 option blocks. This means students could potentially have six different options each year.
- Band is a FULL YEAR option. This means Band will take up 3 of the 6 option blocks. Choir is a 2 TERM option and will take up 2 of the 6 option blocks.
- Some options have a supplementary fee to cover material and supply costs.
- Students and parents should talk about which options to select ahead of time.

#### Reminders:

- This process does not prioritize preferred options, nor do we track who selects options or when. Once all selections are entered for all students, our software will populate as many students with their requested options as possible.
- Selecting more options than required is better than selecting fewer. It helps create flexibility if some options fill up before others.
- You will learn what options you will be taking in the fall when PowerSchool opens at the end of August.

PLEASE NOTE: Depending on student numbers, students' option selections, and teacher schedules, options courses may be created or cancelled.

Questions? Please call us at 403-381-2977, or email us at [SenatorJoyceFairbairn@lethsd.ab.ca](mailto:SenatorJoyceFairbairn@lethsd.ab.ca)



## **ACTIVE LIVING**

We want to help you activate a passion for health and wellness! Active Living encourages students of all abilities to participate in educational experiences that promote and encourage lifelong active living for years to come. Through a variety of individual and group based physical activities, leadership opportunities, nutrition, and cultural connections – students will experience and develop healthy lifestyle habits. In today's fast paced, digitally dominated world, our class will embrace activities and concepts of *Olakino Maika'i* or "To Live Healthy".

## **ART**

"Creativity takes courage." - Henri Matisse. In this class, you will learn to apply the elements and principles of design through exploration of different tools, techniques, and media. As an artist, you will express your feelings, think artistically and value different art forms in our visual world. Course Fee: \$20.00

## **BAND** (3 Terms)

This option continues to focus and extend on the fundamentals of wind & percussion instruments that were taught in grade 6 band. Through individual growth and co-operative group interaction, students become confident musicians. Goals of the program include learning to play an instrument, learning to read music, learning music theory, and participating in public performances.

Additional Costs: Most students will privately rent from a local music store (flute, clarinet, alto/tenor saxophones, trumpet, and trombone). Percussion, bass guitar and larger wind instruments are rented from the school for a fee of \$90. All students pay an option fee of \$15 which includes a method book and folder that will be used for the year.

## **BOYS BASEBALL/SLOW PITCH**

Pre-Requisite: you have to be able to throw and catch (safety reasons).

Want to hit like Vladdy and field like Bo? Big leaguers didn't get to the "show" by accident, they had to put in the work. Come join us so we can develop our fielding, throwing, hitting, and base running skills. Not only will we play baseball, but we will also learn the game of Slow Pitch which is one of the world's most popular sports. Mental preparation, mind-set, positional play, sport specific conditioning, and nutrition will also be strong components of this program. Can't wait to see you on the field.



## **CHOIR** (2 Terms)

Come as you are and make music with us! We will sing a wide variety of music, including current hits you have heard on the radio...and classics your parents and grandparents might have heard too!

Course Fee: \$20.00 (supplies & materials)

## **DRAMA**

Drama is all about creating and expressing, whether that is through a character or just an exaggeration of oneself. This introductory option will have students learning the basic skills needed to begin a flowering career in the dramatic arts. They will learn elements of acting, movement, stage design, theatre history, and be given multiple opportunities to create and explore. There will also be opportunities to perform in front of an audience of fellow students within this class, to further gain the experiences needed to be a well-rounded thespian.

## **ESPORTS**

Esports option is designed to introduce students to the world of esports and provide opportunities to develop teamwork skills through various gaming activities. Students will learn about the history of esports and the various types of games that are commonly played competitively. They will also be introduced to the basic concepts of game design, including strategies and tactics for different game genres. Through a variety of team-based activities and competitions, students will learn how to work collaboratively with others to achieve common goals. They will also develop important skills such as communication, problem-solving, and decision-making as they work together to overcome challenges and improve their gameplay. The course will focus on creating a positive and inclusive gaming environment that fosters sportsmanship, respect, and teamwork. Students will focus on the physical and mental needs of ESport athletes as they learn how to create nutrition plans as well as fitness plans, that will be done during class time. Course Fee: \$25.00

## **FOODS**

Do you like food? Want to learn how to make food? This option will introduce you to all things culinary. Learn to talk like a chef, cook like a chef, and eat like a pro! Students will work in groups to create culinary delights and complete assignments to gain knowledge about kitchen safety, nutrition, simple meal planning, and food preparation techniques. By the end of this option, you will be “bacon” to be in the kitchen and have a greater understanding of the role food plays in our world!



## **GIRLS SOFTBALL**

Did you know Canada is one of the highest ranked softball countries in the world (ahead of the U.S.A.)? We also have a high school league in Lethbridge; however, many players don't start playing until they get to grade nine. Be a trail blazer and get on board to join the first ever middle school softball program. We will learn the game and develop the skills needed for you to play. Oh, and you don't need to have any experience playing, just show up with a smile on your face. I guarantee you will have fun and learn a game that you can play for a lifetime. Course Fee: \$15.00

## **HANDCRAFTS**

If you love to create beautiful things with your hands, this is the option for you! Come down to the Sewing Lab to experience a rich variety of handcrafts and how they have evolved through time and across different cultures. Practice cross-stitching, weaving, knitting, beading, and more in this class that will have you coming home with fine crafts that you will be proud to display. No prior experience needed! Course Fee: \$20.00

## **HOCKEY**

Pre-Requisite: For the on-ice portion of this course, students must be a member of a hockey association (for safety reasons). On-Ice sessions @ Nic Sheran or ATB: Monday & Wednesday 7:15-8:15 am . Our athletes will be exposed to high intensity drills, skills, and small area games. Students will be responsible for transportation to and from the rink. The In-class school portion of this program will include: video analysis (checking, face-offs, forecheck, hockey sense, offensive and defensive concepts, passing, shooting, PK, PP, skating, shoot out moves, system play), learning the basics of hockey analytics, positional analysis, social media awareness, respect for the game, nutrition, recovery, history of the game and hockey cards, trends, and what is happening in hockey around the world. Students will also participate in a referee clinic.

## **INDUSTRIAL ARTS - CONSTRUCTION**

Students develop basic hand tool and machine skills to design and build useful projects from solid wood and composite materials. Students will design and build their own custom projects. Course Fee: \$30.00



## **INTRO TO GUITAR**

This class focuses on the fundamentals of guitar playing. Through individual growth and co-operative group interaction, students become confident musicians. Students will expand their skills in music notation reading, TAB reading and proper playing technique leading into fundamental chords. Styles will vary from classical to rock and a bit of everything in between. Performance opportunities may arise out of the work done in class. Course Fee: \$10.00

## **MASKS**

This class will focus on presenting stories through the medium of masks. We will create pieces and then build a mask from scratch to help highlight the characters of their stories. All masks will be built from the student's face using plaster. Students will also be required to perform for an audience of their peers. There will be a goal of a public performance with this class. Course Fee: \$20.00

## **MUSICAL THEATRE**

In the world of acting, it is great to be what is known as a triple threat; singer, dancer, and actor. Musical Theatre helps build those triple threat skills. This class will be working on the elements needed to put on a musical production, as well as preparing an audition for one. Students will be cast in and perform in the Fairbairn Spring Musical. There will be a goal of a public performance with this class. Course Fee: \$30.00

## **OUTDOOR EDUCATION**

Outdoor Education is a student-centered program designed to enhance the participant's knowledge and skill in an outdoor setting, while prompting growth in student learning ability, self-confidence, and self-discipline. This activity centered course will help forge personal connections between course content and future career opportunities through unique challenges, discussions, and exposure to lifelong hobbies. Course Fee: \$30.00

## **SEWING**

Learn about the world of fashion, fabric, and design! In this option, students will practice the basics of machine assisted sewing while completing different sewing tasks and projects. Course fee does not include materials. Course Fee: \$20.00



## **STREET ART AND GRAFFITI**

In this class, you will examine the role that graffiti and street art play in popular culture. You will learn about the history and value of graffiti in society. As an artist, you will explore the different types of street art and create your own style through community approved works. Course Fee: \$15.00

## **TECH**

Digital Communications is a project-based option that introduces students to new media communication tools used throughout social media and global communications. Students will learn how to build an online-store, social media commercials, and interactive and engaging presentations. The class will be introduced to these new communication tools in a safe and supervised environment. Students will use visual media, audio, and desktop publishing tools for their projects.

## **THEATRE FOR YOUNG AUDIENCES**

Actors will be creating a thematic show with the intention to perform for the elementary school. Actors will use simplified props and costumes that are easily understood and portable, as well as focusing on creating something for a younger audience. There will be a goal of a public performance with this class. Course Fee: \$15.00