

Senator Joyce Fairbairn Middle School

2024-2025 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.
- 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: Every effort will be made to accommodate your choices, however, be advised that availability of options may change due to space restrictions, staffing changes, and demand. Choices are not guaranteed.

Questions? Please call us at 403-2977, or email us at 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 is contagious, pass it on." – Albert Einstein Come and explore the wonderful world of Art! As an artist, you make others see, think, and feel differently about the visual world around them. Here you will dabble in a variety of drawing, painting, printmaking, sculpture, and fabric art techniques. If you love to create and design, this class is for you!

Course Fee: \$15.00 (supplies & materials)

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.

Course Fee: \$15 which includes a method book and folder that will be used for the year.

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.

BASEBALL

Do you want to hit like Shohei 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, learning how to umpire and score keep are other strong components of this program. Ending the semester with a World Series Playoff is also a big attraction. See you on the field.

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

Course Fee: \$15 for equipment replacement costs



BOOK CLUB

Find your fellow book lovers here! This option will support multiple book clubs as they choose texts from our extensive collection, set a reading schedule, and develop their literacy, self-advocacy, and decision-making skills.

CHOIR

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 for purchasing music, folders, equipment rentals, and for costs related the in-city choir retreat.

CREATIVE WRITING

This option will support aspiring writers in multiple genres. Students will learn about the writing & publishing process, receive and give feedback in writers' workshops and participate in creative writing challenges. We will examine decisions authors make to craft engaging texts, learn to write clearly and powerfully, and support students as they find their writing voice.

CULINARY ARTS

Like food? Want to learn how to make food? This option will introduce you to all things culinary. 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. Additionally, students will look at design and artistic aspects in the culinary world. Students will have the opportunity to design and create layouts, menus, and interior/ exterior design for the food industry. 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!

Course Fee: \$30.00 for supplies and 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

The Esports option introduces students to esports, covering its history, game types, and basic design concepts. Through team activities and competitions, students develop teamwork, communication, problem-solving, and decision-making skills. They also learn about the physical and mental needs of esports athletes, creating nutrition and fitness plans during class.

Course Fee: \$25.00 Includes student access to \$5000 worth of gaming tech and basic cleaning and updating will be needed each year to ensure that all equipment runs smoothly. This fee is also used to pay for any local tournaments that our students participate in.

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 (supplies & materials)

IMPROV

Learn how to rock the improv stage! Develop skills like storytelling, teamwork, characterisation and quick thinking. Students will learn about and perform different improv forms including short scenes, long form improv, and tournament style play.

INDUSTRIAL ARTS—CONSTRUCTION

Students will learn woodworking skills and workshop safety. Students will work primarily with hand tools and some assorted power tools.

Course Fee: \$30.00 for supplies which include the cost of lumber, fasteners (nails, screws, glue), sand paper, clear coat, stain and any other items related to the cost of building materials.

INTRO TO GUITAR

This class focuses on the fundamentals of guitar playing. Through individual growth and cooperative 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 includes use and upkeep of guitars



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- includes the making of a plaster and purchasing the materials.

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: \$40.00- includes the purchasing of the rights to perform our desired and purchasing of our musical t-shirts.

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 The course fee for Outdoor Education falls in three streams. Maintenance of equipment (Archery, Disc Golf and fly fishing). Field trips (Bussing, facility entrance fees). Classroom supplies (Paracord, Survival shelters and fire starting).



PUZZLES AND PROBLEMS

In this course, we will use problem solving skills and strategies to work through number and word problems. We will explore strategy games and puzzles to expand our thinking.

SEWING

Learn about the world of fashion, fabric, and design! In this option, students will gain basic hand sewing and machine sewing skills while learning how to work with different fabrics, follow pattern instructions, sew basic stitches, and explore garment design.

Course Fee: \$20.00 includes consumables such as iron-on adhesive, poly-fill stuffing (which I provide because I can source it for cheaper and it prevents storage issues), thread and fabric used for teaching/practice purposes in addition to their personal projects that they take home, classroom-provided supplies (students do not have to purchase their own tools if finances are a barrier as I have a classroom supply of scissors, seam rippers, measuring tapes, pins, etc.)

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 girl's 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 our middle school softball program; this is your chance to master the diamond. We'll incorporate innovative drills and skills to foster the fundamentals of throwing, catching, and hitting. We work hard and play hard so we can learn the game that you can play for a lifetime.

Course Fee: \$15 for equipment replacement costs

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 (Supplies and Materials)

STREET HOCKEY

Wanna shred some asphalt and learn mad hockey skills at the same time? Street hockey is where it's at. When we aren't outside tearing up the pavement, hitting "Michies", or working on our toe drag releases, we will be competing in a hockey draft and learning all about the game. A student favourite is mini-stick Mondays which really get the juices flowing. Twice during the semester, we will go to Nicholas Sheran for an on-ice scrimmage (full gear). This class ain't "dust", we guarantee it.



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- includes renting the bus to tour elementary schools for performances they have written and created as well as purchasing any materials the students need in order to costume, set and create their plays.

YOGA

In this class students will participate in and explore the different components of Yoga and mindfulness. Students will engage in mindfulness, relaxation, strength and flexibility training. It will help students to understand and support their own unique needs, limitations and growth within their own bodies. This class is designed for students who will be mature and respectful to a practice that is based on a healthy mind, body, and soul.