

Senator Joyce Fairbairn Middle School

2025-2026 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

In Active Living, you'll get to explore what it means to live a healthy, balanced life—your way. Whether you're already active or just getting started, this class is designed for students of all fitness abilities. You'll take part in fun, challenging and informative activities, including smart nutrition habits that help you feel your best—now and in the future. In today's fast-paced, screen-filled world, we'll slow things down and focus on Olakino Maika'i — "To Live Healthy" — by finding what total body fitness looks like for you

Course Fee: \$15.00 (supplies & materials)

ART

In this exciting and hands-on class, you'll dive into a world of artistic adventure, experimenting with drawing, painting, sculpture, and printmaking using materials like clay, charcoal, and acrylics. You'll sharpen your skills, find your own unique artistic voice, and explore your creative process through fun, engaging projects. As you create, you'll also discover the principles of design, explore art history, and connect art to culture and your personal story. Ready to unleash your inner artist? Let's get creative and make some magic!

Course Fee: \$ 15 (for supplies and materials)

ART ACROSS TIME

In this exciting class, you'll explore art from ancient civilizations to modern movements, discovering how culture, politics, and technology have shaped the creative world. Through hands-on projects and art analysis, you'll learn about key art movements, materials, and techniques, gaining a deeper understanding of history and its impact on art. You'll also create your own works inspired by different time periods, connecting the past with the present. Ready to dive into the rich history of visual art and make your own mark on it? Let's get started!

Course Fee: \$ 15 (for supplies and materials)



BAND (3 Terms)

This option builds on the fundamentals of wind and percussion instruments introduced in Grade 6 Band. Through individual growth and cooperative group interaction, students will continue to develop as confident musicians. The program's goals include learning to play an instrument, improving music reading skills, studying music theory, and participating in public performances.

Prerequisite: Completion of Band 6 or private, continuous music lessons, along with a strong commitment to developing the skills necessary to perform at the Band 7 level. This is **not** a beginner band class.

Course Fee: \$25, which includes a method book, a folder for the year, sheet music played in class, and maintenance of the school's music library.

Additional Costs:

- Most students will privately rent instruments such as flute, clarinet, alto/tenor saxophone, trumpet, or trombone from a local music store.
- Percussion, bass guitar, and larger wind instruments (e.g., baritone, tuba) are rented from the school for a fee of \$100.

Important Note: Students playing instruments larger than an alto saxophone (e.g., tenor saxophone, baritone, tuba) will need to arrange personal transportation for their instrument, as these cannot be transported on school buses. This will ensure they can practice at home.

Full Year Commitment: Band is a full-year option. Students may take band along with an additional option of their choosing each term. Once enrolled in band, students are expected to remain in the class for the full year.

COSMETOLOGY

In this cosmetology class, students will explore the world of beauty and self-care through hands-on learning and creative expression. The class covers the basics of skincare, hairstyling, nail care, and makeup application, with a special focus on the artistry of makeup. Students will learn how to create simple hairstyles, perform basic manicures, and apply makeup for both everyday looks and artistic, bold styles. The class encourages students to view makeup as a form of self-expression, allowing them to experiment with colors, techniques, and creative designs. By the end of the course, students will have a better understanding of how to maintain a healthy beauty routine, explore the artistic side of makeup, and express their unique personalities with confidence.

Course Fee: \$15 fee for this class will be allocated towards replenishing and replacing essential supplies used throughout the term, including cleansing and sanitation materials, hair supplies, and makeup products.



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

Missed drama class in grade 6? Don't worry, I've got you covered. 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 Equipment upkeep and maintenance fee.

GUITAR

This class focuses on the fundamentals of guitar playing and is designed as an introduction to the instrument. It is open to all Grade 7 students, regardless of prior experience. However, previous music experience is an asset. Through individual growth and cooperative group interaction, students will develop confidence as musicians. The class will focus on expanding skills in music notation reading, TAB (tablature) reading, and proper playing techniques, leading to fundamental chords. The styles explored will range from classical to rock, with a variety of genres in between. Expect to play music daily in this class.

In Term 1, there will be an opportunity for students to participate in our entry to the CBC Music Class Challenge 2025.

Course Fee: \$10.00 includes use and upkeep of guitars



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

In this hands-on Industrial Arts class, students will explore the fundamentals of woodworking and learn to use both hand and power tools in a safe and structured environment. The course emphasizes building practical skills and encourages creativity through various projects. Students will gain a solid understanding of tool operation, measurement techniques, and materials, while focusing on safety practices at all times. Each project will build on students' growing skills, helping them develop confidence and proficiency in woodworking. By the end of the class, students will have a portfolio of completed projects and a strong foundation for future work with tools and craftsmanship.

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 is attributed to this class to purchase the rights to perform our musical

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.

Course Fee: \$10 will be to purchase supplies such as puzzles and games.

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, 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.)

STEM

STEM 7 is your chance to dive into the exciting world of science, technology, engineering, and math through fun, hands-on projects. You'll tackle real-world problems, unleash your creativity, and discover how STEM shapes the world around us. Imagine building your own simple machines, learning about coding and programming, creating robots, and exploring topics like renewable energy and environmental solutions. Every project is an adventure that sparks curiosity and helps you think outside the box!

Course Fee: \$10 for materials

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)

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.

WORLD OF DRUMMING

Ready to explore your inner drummer? Join this exciting percussion ensemble class designed for Grade 7 students! This program introduces students to playing percussion-based music in a group setting. We will study and perform world music from Africa, Brazil, North America, Trinidad, and beyond. The music will feature African drums like Djembes and talking drums, Surdos, Caixas, and Tamborims, and Trinidadian Steel Drums.

This class is unique—Senator Joyce Fairbairn Middle School is one of the few schools in Canada to offer such a robust World Percussion Program, providing students with a rare opportunity to explore diverse percussion instruments from around the world. Students will generally be performing music daily as part of this ensemble.

Music experience is an asset, but beginner musicians are welcome. In Term 1, participants will have the opportunity to participate in the 2025 CBC Music Class Challenge with this group. Other performance options may also arise throughout the year.

Course Fee: \$15 for instrument upkeep and replacement of consumable materials (sticks/mallets).

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.

Course Fee: \$10 to pay for the upkeep and replacement of yoga mats