November 2026

Dear Parents and Students:

We are thrilled to continue to offer DAILY Options programming!

Building on our commitment to a robust options program, our team has thoughtfully designed a diverse menu of engaging choices for our students. Every course pairs exciting learning opportunities directly with essential Alberta Education CTF skills, knowledge, and technologies.

Students will sign up for their choice of options on Thursday, Nov. 5. Please take time with your child to read through the following information so that you are both informed and prepared to make selections on those days.

Our Option Program is divided into four quarter terms (Q1, Q2, Q3, Q4).

During each Quarter, students will participate in 2 different options, **identified by Day A and Day B.** This means that students will participate in 2 separate options in each Quarter, and by the end of the year, each student will have 8 separate option experiences!

Quarter Dates:

Sept 1-Nov 15 (*Q1 Option classes will start on Sept. 8 - Day A options)
Nov 16-Jan 31
Feb 1 - Apr 11
Apr 12 - June 29 (*Q4 Option classes will end on June 18)

If you have any questions about a particular complementary course, please do not hesitate to contact the teacher who is offering the course. ***Please discuss with your child which complementary course he/she would like to be registered in.*** ***Students will need to have a 2nd through 6th choice ready if their first choice is full.***

Day A	Day B
1. Creative Writing (Schafer) 2. Computer Programming for Dummies (Van Scheik) 3. Watercolor (Eklund) 4. Cosmo (Butcher) 5. Sports Performance - Basketball (Berdan) - Grade 8 only 6. Band - Beginner (McQuillan) 7. Scrapbooking (Heindel) 8. The Project Lab (Wiseman) 9. What Goes Up...(Lachapelle) 10. (Schneider) Weightlifting 11. (Chatwood)-World Record's	1. Handwriting & Typing (Schafer) 2. Chess (Van Scheik) 3. LEGO Sculpture Studio (Eklund) 4. Mixed Media Art (Butcher) 5. Sports Performance - Basketball (Berdan) Grade 7 Only 6. Advanced BAND (McQuillan) 7. Sport Performance - ICE - Hockey/Ringette (Heindel and Chatwood) 8. Film School (Wiseman) 9. Today's Tech (Lachapelle) 10. (Schneider) Sports Management

Q2 - Nov 16 - Jan 31
Day A

*The complementary courses listed below will be offered in **Q2 - Day A***

1.	Creative Writing (Schafer)
Description:	Creative writing invites you to challenge your abilities as a writer and discover your style. Different creation projects include short stories, poems, songs, scriptwriting, and nonfiction. Stretch your imagination and develop the necessary skills to be an effective writer. In this relaxed environment, you will have the opportunity to express yourself through the artistry of words. Everyone has the ability to write something worth reading!
Cost:	$5

2.	Computer Programming for Dummies (Van Scheik)
Description:	**Computer Programming for Dummies** Have you ever wanted to make your own video game? Well, this option is an excellent place to start (as you will literally make a small basic game)! Students will learn the basics of computer science through engaging with: ○ Different types of hardware ○ Programming different types of hardware ○ Learning the beginning of app development and the basics of coding ○ Gaining an appreciation for AI in the use of program development At the end of the course, students will receive a certificate for completing the Code.org introductory course (which looks great on a resume and college application).
Cost:	$15

3.	Watercolor (Eklund)
Description:	Relax, create, and explore. Looking for a chance to slow down, get creative, and try something new? Watercolour is all about exploring the art of painting in a relaxed and welcoming environment. You'll learn different watercolour techniques and experiment with colours, blending, and textures while creating your own artwork. Projects may include beautiful landscapes, greeting cards, seasonal artwork, and more. No experience is needed, just a willingness to try something creative! Come unwind, learn new skills, and create something you're proud of!
Cost:	$5

4.	Cosmo (Butcher)
Description:	Do you love experimenting with hairstyles, learning beauty tips, or getting creative? In Cosmetology, students will explore the exciting world of hair, skin, nails, and beauty! Students will learn hairstyling techniques, nail art, skincare basics. Whether you're interested in the beauty industry or just want to try

	something new, this course is all about creativity, learning new skills, and having fun!
Cost:	$15

5.	**Sports Performance - Basketball (Berdan) - Grade 8 only**
Description:	***Ready to shoot some hoops?*** Students will engage in a variety of Basketball activities with the intention of developing skills and appreciation of a healthy, active lifestyle through sport. Students will gain experience with many aspects of the sport including: ● Coaching/Practice plan development and implementation - students will create a practice plan and use it to teach a skill to a small group. ● Officiating - students will learn the rules of the specific sport and use their knowledge to officiate a game in class. ● Athlete Nutrition - students will develop a meal plan geared toward a competitive athlete. ● Sport specific player skill development - students will complete sport related drills through practice and game scenarios.
Cost:	$0

6.	**Band - Beginner (McQuillan)**
Description:	**Unleash Your Inner Musician! Zero Experience Required. 100% Fun.** We are excited to invite all Grade 7 and 8 students to join our Beginning Ensemble this year—**no prior musical experience required!** Learn to read music, play an instrument and work together as a team.This year, in addition to concert band instruments, we will be offering the opportunity to learn **string instruments (violin, viola, cello, double bass)** for students who have their own or are willing to source an instrument to use.
Cost:	Concert band school instrument rental is $30 per term, plus $5 for reeds for clarinet and sax players.

7.	**Scrapbooking (Heindel)**
Description:	Do you enjoy being creative, making things, and capturing memories? This option is an opportunity to explore scrapbooking and create your own personalized pages and projects! Students will get to experiment with different colours, layouts, patterns, and decorative materials while creating something unique to them. Whether you love arts and crafts or just want to try something new, this is a great opportunity to get creative and have some fun! Students must bring their own: ● Scissors ● Glue stick
Cost:	$10

8.	The Project Lab (Wiseman)
Description:	What could your team build if someone gave you the time, the tools, and the freedom to figure it out? In The Project Lab, you won't be handed a worksheet. You'll be handed a problem. Working in small teams, you'll take on challenges with no easy answers, then investigate, plan, and create something real to solve them. You'll also learn to use AI the way professionals do, as a thinking partner and not a shortcut. Your team will use AI to brainstorm, poke holes in your ideas, get feedback on your plans, and learn to spot when the AI is wrong. The thinking, decisions, and final product stay yours. You'll start with a couple of short team challenges to build your skills, then finish the quarter with a bigger project your team designs around a question you care about. Your team chooses how to show its work: build it, film it, record it, design it, or present it. Along the way, you'll share responsibilities, work through disagreements, and present your final work to the class. This option is for students who like to think, tinker, argue, and make things, and who want to learn how to work well with other people and with AI.
Cost:	$5

9.	**What Goes Up...(Lachapelle)**
Description:	In **What Goes Up...**, you won't just study science; you'll design it, build it, launch it, and test its absolute limits. This isn't a read-from-a-textbook kind of class—it's a 100% hands-on engineering lab where every lesson gets off the ground (literally). **Some things you might create:** ● **Go Up:** Build heat-powered tissue paper hot air balloons, high-pressure 2-liter bottle rockets, and rubber-band helicopters. ● **Come Down:** Engineer shock-absorbing egg-drop landers, design precision action-figure parachutes, and test high-risk rubber-band bungee jumps. ● **Get Mechanical:** Construct hand-cranked elevators, test Cartesian water divers, and build cascading vertical Rube Goldberg machine circuits down the walls. If you love building, tinkering, launching, and testing your creations in high-stakes drop challenges, **Up & Down** is the option class for you.
Cost:	$5

10.	**(Schneider) Weightlifting**

Description:	Ready to feel more confident in the gym? In this option, you'll learn the basics of weightlifting, including proper technique, safe equipment use, and gym etiquette. We'll explore basic anatomy and biomechanics to understand how muscles, bones, and joints work together during exercise. You'll also learn how to create a balanced workout program, set personal goals, and track your progress. Whether you're new to lifting or looking to improve your skills, this option will help you build strength, knowledge, and healthy habits!
Cost:	Need an Abbey Centre Membership ($34.13/month)

11.	**(Chatwood)-World Record's**
Description:	Ever wondered if you have what it takes to make history? In this class, you'll dive into the world of extraordinary achievements, research records that spark your interest, and analyze what it actually takes to break them. Together, we will map out the realistic timelines and feasibility of challenging these titles, both as a team and individually. By the end of the course, we'll put our skills to the test and make an official attempt to write our names into the record books.
Cost:	$15

Q2 - Nov 16 - Jan 31
Day B

*The complementary courses listed below will be offered in **Q2 - Day B***

1.	**Handwriting & Typing (Schafer)**
Description:	Discover the lost art of handwriting and typing. Fine-tune your printing techniques and learn how to write legible cursive. By the end of the quarter, you will be able to craft complete sentences using your newfound handwriting skills. Through the use of a simplistic typing program, change your hunt-and-peck method to touch typing with guided practices. Watch your speed and accuracy improve with consistent time on the keyboard!
Cost:	$0

2.	**Chess (Van Scheik)**
Description:	***Learn how to outsmart even the best strategist!*** Chess is one of the world's oldest games, easiest to learn, yet the hardest to master. In this option, you will get a basis for playing and winning chess, and you will also explore other common games and strategies to beat your friends at them. From this option, students will: • Gain an appreciation for chess, the mathematics behind it, strategies, and the basic intricacies that led to successful chess development. • Understand and apply various strategies to achieve more successful gameplay in other popular board or digital games.
Cost:	$10.00

3.	LEGO Sculpture Studio **(Eklund)**
Description:	Think outside the brick! Love LEGO and enjoy building things? In LEGO Sculpture Studio, you'll use LEGO bricks to design and create your very own 3D sculptures. From animals and characters to food, objects, and completely imaginative creations, the possibilities are endless! You'll experiment with shapes, colours, and designs before permanently assembling your finished sculpture using hot glue. Your finished creation will become a unique piece of LEGO art! Dream it, build it, glue it, and display it!
Cost:	$12

4.	**Mixed Media Art (Butcher)**
Description:	Love getting creative, trying new things, and making something uniquely yours? Mixed Media Art is the perfect place to let your imagination run wild! Students will explore a variety of art forms, materials, and techniques, including painting, drawing, sculpting, and mixed-media projects. Whether you're an experienced artist or just looking to try something new, this class is all about experimenting, expressing yourself, and having fun while creating amazing works of art. No artistic experience needed—just bring your imagination!
Cost:	$10

5.	**(Berdan) Grade 7 Only**
Description:	***Ready to shoot some hoops?*** Students will engage in a variety of Basketball activities with the intention of developing skills and appreciation of a healthy, active lifestyle through sport. Students will gain experience with many aspects of the sport including: • Coaching/Practice plan development and implementation - students will create a practice plan and use it to teach a skill to a small group. • Officiating - students will learn the rules of the specific sport and use their knowledge to officiate a game in class. • Athlete Nutrition - students will develop a meal plan geared toward a competitive athlete. • Sport specific player skill development - students will complete sport related drills through practice and game scenarios.
Cost:	$0

6.	**Advanced BAND (McQuillan)**
Description:	**<u>Advanced Band</u>** This band is for any students who have previous concert band experience. Students in this band will learn more note and rhythm reading, as well as techniques particular to their instrument. **If you play**

	an instrument already, you do not need to do beginner band first. You can expect to play and perform some exciting music! **String players are very welcome!** (violin, viola, cello, and double bass).
Cost:	Concert band school instrument rental is $30 per term, plus $5 for reeds for clarinet and sax players.

7.	**Sport Performance - ICE - Hockey/Ringette (Heindel and Chatwood)**
Description:	Do you love hockey or ringette? This option is an opportunity for students with hockey and/or ringette experience to get out for some extra ice time at our local arena! Students can look forward to approximately 20 ice times in a fun, recreational, and non-contact environment. It's a great opportunity to work on skills, enjoy the game, and hit the ice with classmates! Required Equipment: Students must bring their own: • Skates • CSA-approved hockey helmet with a cage (proper fit will be checked) • Hockey gloves • Hockey or ringette stick (or both if you have it!) Transportation & Parent/Guardian Consent: Students will travel on a bus to the arena. At the end of the option, students must either be picked up directly from the arena by a parent/guardian or have permission to walk home. Students are NOT permitted to get a ride home with anyone else. A parent/guardian consent form must be completed before students can participate, confirming their approved plan for getting home from the arena.
Cost:	$20

8.	Film School (Wiseman)
Description:	Every film starts with a story, and you already have one worth telling. In Film School, you'll learn how real filmmakers turn ideas into short films using the National Film Board of Canada's Media School program. Step by step, you'll plan, shoot, and edit your own digital story using photos, voiceover, and music. Students will: • Learn the stages of filmmaking, from the first idea to the final cut • Write a script and build a storyboard • Capture images and record narration • Edit their film with music and sound • Watch and break down award-winning NFB films to see how the pros do it By the end of the quarter, you'll screen a finished short film for your classmates.
Cost:	$0

9.	Today's Tech (Lachapelle)
Description:	**Today's Tech** is an action-packed, hands-on course designed to transform you from a casual tech user into a confident digital creator. Across approximately 20 fast-paced sessions, you will level up the real-world skills you need for school, creative hobbies, and future careers: • **Level Up Google Suite:** Go far beyond basic typing. Learn pro tricks in Google Sheets, build interactive Choose-Your-Own-Adventure stories in Slides, design custom digital graphics in Drawings, and build interactive surveys in Forms. • **Design Like a Pro:** Express your creativity with popular web tools like Canva and Padlet. Create animated videos, eye-catching posters, podcast intros, and collaborative digital brainstorm boards. • **Explore Artificial Intelligence:** Step into the future by exploring generative AI and machine learning. Learn how to craft expert AI prompts, build interactive study tools, and critically evaluate AI outputs for accuracy and ethics. Whether you want to build cooler school projects, manage your time better, or explore how the apps you use every day actually work, this course gives you the tools, skills, and edge to succeed in a digital world.
Cost:	$0

10.	(Schneider) Sports Management
Description:	Think you have what it takes to run a sports team? In this option, you'll become the general manager of your own fictional team! Create a team name, design logos and jerseys, build a season schedule, and track player and team statistics. Compete against your classmates to manage the best roster while staying within a budget. Along the way, you'll develop budgeting skills, weigh tough roster decisions, and learn how long-term planning can set your team up for success. Put your creativity and strategy to the test—can you build a championship team? Students will also learn how to scorekeep for basketball games, which can help them be involved in the school community!
Cost:	$0