

# READY FOR JUNIOR HIGH?! CHECK OUT THE OPTIONS FOWLER OFFERS:

## RICHARD S. FOWLER CATHOLIC JUNIOR HIGH SCHOOL

### GRADE SEVEN OPTIONS

### 2025 - 2026

#### **BAND 7 (3 terms)**

This year-long option is for students who have an eagerness to learn a concert band instrument. Instrument training and basic musicianship are the main objectives of this course. Students will have the choice of brass, woodwind or percussion instruments. The class is designed as a “hands-on” class. Young musicians will learn how to play different rhythms and pitches together as a band and individually. The skills learned at this level will help students develop a musical appreciation. Band is a fulfilling and enjoyable part of the school year and can be used toward fulfilling Rutherford Scholarship accreditation at the high school level.

*Students who take band as an option will receive priority placement for all other options.*

**There will be an average rental fee of \$200 for musical instruments. The cost will vary depending on the instrument chosen. There is also an average cost of \$40 for a band retreat and \$25 for the band uniform t-shirt.**

#### **DANCE 7 (2 terms)**

The focus of this option includes the study of different dance forms such as jazz, hip-hop, and contemporary. Students will learn dance steps, progressive skills, combinations and routines. Each student will gain important artistic skills and experiences where movement, technique, composition and performance are emphasized. This option is offered to all students from beginner to advanced. **There is a cost of \$15 associated with this course.**

#### **FRENCH 7 (2 terms)**

The goal of the provincial French program is to provide an opportunity for students to develop knowledge, skills and attitudes necessary to communicate effectively in French in a variety of real-life situations. Each level specifies expectations in four integrated components: communication, culture, language system, and strategies for language learning.

#### **ART 7**

Students will begin their junior high school journey of discovering and developing their artistic abilities and knowledge through drawing, composition, and encounter. **There is a cost of \$10 associated with this course.**

## **CONSTRUCTION AND FABRICATION 7**

Students will be given the opportunity to work with various tools safely to produce a useful product. Students are required to complete a safety unit first. Topics covered in the safety module will include: learning the basics of health and safety practices in the construction lab. Once all students have completed the safety unit, they will be qualified to work on projects in the construction lab. Some of the projects students can pick are: skateboards/ penny boards, wood turning (small baseball bat), video game rack, toolbox, CNC machine, sandblasting and leatherworks. Students will choose one project and work on it for the term. The various projects will allow students to develop basic tool/machine knowledge and production skills to transform materials into useful products.

**Cost of the course is determined by the projects students choose. Prices range from \$15 - \$60**

## **CRITICAL THINKING AND PROBLEM SOLVING 7**

“Students are the artists, scientists, thinkers, innovators and leaders of the future. They will be tasked with solving the problems of today, while imagining and creating a new tomorrow” (Alberta Education, 2016). In this course, students will be presented with various challenges and problems to solve. Challenges will be based on the STEAM approach which incorporates Science, Technology, Engineering, Art, and Math. This course is for the student who enjoys makerspace activities, logic problems, building challenges, design challenges, cryptograms, escape room scenarios, and more. Over the course of the term, students will work towards the creation of a challenge of their own to test on their classmates.

**Cost of the course is determined by the activities chosen by the teacher. Prices range from \$5 - \$20.**

## **DRAMA 7**

Drama is a fun, exciting course! Through the processes of games, group work, scene construction, improvisation and script work many valuable skills are developed. The course focuses on self-discipline and awareness in theatre and live arts. The course covers several domains including, a speech which introduces students to proper methods of public speaking, movement - where students learn to use their bodies in different ways, acting/improvisation- where students are introduced to different scripts and scene work, theatre studies and technical theatre which give students a chance to learn to appreciate the arts and understand the behind the scenes elements of theatre.

## **FASHION STUDIES 7**

Students will be introduced to basic sewing equipment and techniques. This objective will be accomplished as students engage in sewing pajama pants.

**The cost of the course ranges from \$27 - \$44 depending on the student's selections.**

## **FIT FOR LIFE 7**

This course incorporates a study of health, fitness and safety as it applies to live a healthy lifestyle. Students will learn a variety of different exercises using equipment in our fitness room. The focus of the class will be using your own body weight as resistance while using equipment. Some of the equipment students will use are: TRX bands, resistance tubing, exercise balls, bosu balls, speed ladders, plyo-boxes, etc.

## **FOOD STUDIES 7**

In the food studies program students will be learning about Canada's Food Guide to healthy eating. They will apply knowledge and management skills as they prepare basic foods. Recipes will include: muffins, pancakes, French toast, fruit salad, stuffed baked potatoes, and taco salad, to mention a few.

**Note: There is a \$30 - \$40 cooking fee.**

### **GIRLS EMPOWERED 7**

This is a girls-only option. The mission of this option is to strengthen young women mentally, physically and socially. Discussion of hot topics women face today and exploration of various skills, strategies and tools to make confident choices will empower young girls on their life journey. The class will cover the following topics: women in history, family relationships, healthy friendships, media influences, self esteem, self respect, substance abuse, goal setting, women's issues, active living. Some elements of cosmetology may be included in this course.

**There is a cost of \$0 - \$50 associated with this course subject to activities chosen by the teacher.**

### **ROBOTICS 7**

Grade 7 students will study the design, structure and programming of robots. Projects will be undertaken to prove and support the concepts involved in the course. These include Robotics Cando, and BalanceBot Lego projects. The designing and building of robots will be aided by the use of Robotic Lego kits.

**There is a cost of \$15 associated with this course.**

### **LEARNING STRATEGIES 7**

Learning Strategies is an option to support students who may struggle in one or more core subject areas or for students who want extra time to finish homework, assignments, and to study. Time in this option will be spent on completing homework, studying, and obtaining assistance with concepts they do not understand... whatever they need to ensure they are successful. If a student comes to the room without work, they will work on numeracy and literacy skills.

**PLEASE NOTE: Option courses offered are dependent upon adequate student enrolment.**