



Complementary Course Descriptions 2025-26

Our complementary courses at Nellie Carlson are designed to grow with students each year. Students begin with foundational skills and knowledge and as they progress through grades 7 to 9, these courses evolve to include more reflection, collaboration, and opportunities for choice and self-expression, helping students become more confident, independent learners.

Learning Strategies (gr. 7, 8, 9)

The Learning Strategies course is designed to help students develop essential skills for personal and academic success. Throughout the year, students will explore effective study habits that enhance focus and retention, while learning techniques for better organization to manage their time, assignments, and materials efficiently. The course will also focus on building a growth mindset, cultivating resilience and the belief that abilities can improve with effort, persistence, and a positive attitude towards challenges. This course is embedded into the schedule of all students to develop lifelong learners who will cultivate the competencies of critical thinking, communication, problem solving, collaboration, research and managing information, citizenship, and personal growth and well-being. By the end of the course, students will be equipped with a toolkit of strategies to succeed in school and beyond.

Art (gr. 7, 8, 9)

Students explore their creativity through different art forms. The course focuses on three main areas: creating, reflecting, and responding.

- **Creating:** Students will try out different materials and techniques like drawing, painting, and sculpture to express their ideas and emotions. They will also learn about design, color, and composition.

- Reflecting: Students will think about their own artwork and the work of others, considering the choices made in the creative process. They will also reflect on how their art communicates ideas and feelings.
- Responding: Students will study art from different cultures and time periods to understand how art reflects history and society. They will appreciate the variety of art forms and how they communicate messages.

The goal is for students to experiment, take risks, and develop their own style while learning about art as a form of personal and cultural expression.

Food Studies (gr. 7, 8, 9)

Food Studies allows students of all ability levels to learn the fundamentals of cooking and baking such as recipe reading, measurement, and preparation techniques. The course also teaches lifelong skills like teamwork and time management in a fun and fast-paced environment.

CTF (Career and Technology Foundations) (gr. 7, 8, 9)

The CTF course offers a hands-on, practical approach to exploring various career pathways and developing essential technical skills. Through project-based learning, students will have the opportunity to work with various tools, technologies, and materials, allowing them to develop practical problem-solving skills. Students will also work on teamwork, communication, and organization skills as they collaborate on projects that simulate real-world tasks and challenges.

Sports and Recreation (gr. 8, 9)

The Sports and Recreation course combines sports performance programming with outdoor education to provide students with a blended approach to physical activity within both training for sport and outdoor recreation. Students will be immersed in enriching experiences that include a variety of sports, cooperative games, outdoor activities, and wellness lessons.

The aim of the sports and cooperative games is for students to set personal fitness goals, learn ways to improve performance, and understand the importance of nutrition, rest, and injury prevention. The aim of the outdoor programming is for students to explore physical activity in the outdoors while also developing knowledge, safety skills, stewardship and appreciation for the great outdoors.

The course promotes teamwork and good sportsmanship, allowing students to work together in a fun environment. By the end of the course, students will have a better understanding of how to maintain a healthy lifestyle both in sporting and outdoor settings.

Fashion (gr. 8, 9)

The fashion course encourages creativity and introduces the basic skills of sewing and design. This class promotes an understanding of fashion as both an art form and a practical skill. By the end of the course, students will have a better appreciation for fashion and may even create their own unique fashion pieces.

Drama (gr. 8, 9)

Drama introduces the basics of acting, performance, and creative expression. Students will explore various aspects of theatre, including improvisation, character development, and stage presence. In this course, students will participate in acting exercises, group performances, and short scene work to build confidence, creativity, and teamwork. They will learn how to express emotions, work with scripts, and use their voices and bodies effectively in performance. Drama encourages imagination and self-expression, helping students develop their communication and collaboration skills.

Learning to Lead (gr. 9)

This class will help students develop essential leadership skills, build confidence, and become active, positive contributors to their school community. Through hands-on activities, discussions, and projects, students will learn about teamwork, communication, problem-solving, and how to inspire and motivate others. They will also develop skills in organization, event planning, and decision-making, while learning how to work collaboratively with peers, teachers, and community members.