



Grade 7 Registration Information 2024-25

Welcome to Junior High at Lakeland Ridge!

We are looking forward to welcoming you to junior high and the following information will introduce you to some of the unique parts of junior high that may be different from what is experienced in elementary school.

Lakeland Ridge is a K-9 school that follows a 6-day, 6 period timetable. Students in junior high take a combination of “core” courses and “complementary” courses. Core courses are courses that all students take, as mandated by Alberta Education. They are English Language Arts, Health, Math, Physical Education, Science, and Social Studies.

Complementary courses are courses that are more often referred to as option courses. These are the courses that students choose based on areas of interest. Students at Lakeland Ridge take 6 complementary courses throughout the year. The complementary courses are split into 2 semesters, meaning students will take 3 complementary courses during Semester 1 (August - January) and 3 complementary courses in Semester 2 (February - June). However, if a student selects French, they will take French for the full year. Therefore, if students select French, this will count as 2 courses in their group of 6.

All fees charged for complementary courses are cost-recovery. The course fee covers supplies that are consumed during the course. The field trip fee covers the expected expenses of anticipated field trip(s). Field trips are excellent opportunities for students to experience the course’s learning outcomes in a unique way outside of the classroom.

Below is the list of complementary courses offered to Grade 7s at Lakeland Ridge. The list includes a variety of courses representing a diverse range of interest areas. There are also a number of no-cost and low-cost options for families. Following the list are course descriptions and course fees.

Students, in consultation with their parents will identify and rank their top 9 course choices (1 being most desired, 9 being least desired). The administrative team at Lakeland Ridge will do its best to accommodate students' requests. In some cases, due to lack of student interest, courses in the list may not be offered as courses require a minimum number of students to move ahead.

To select and rank complementary choices, we will be using the [PowerSchool Parent Portal](#). Please watch the video [How to Register for Option Courses](#) for a detailed guide.

Please complete your course preference selection by Friday, April 19, 2024.

COMPLEMENTARY COURSES & DESCRIPTIONS FOR 2024-25

• Art 7	• Food and Textile Technologies 7	• Outdoor Education 7
• Artisans and Entrepreneurship 7	• French as a Second Language 7	• Performance Arts Production 7
• Construction Technologies 7	• Graphic Arts 7	• Personal Style and Image Design 7
• Design Studies 7	• Leadership 7	• Recreational Fitness 7
• Drama 7	• Learning Strategies 7	• Sports Acceleration 7
• Fitness and Wellness 7		

ART 7

Course Fee - \$18.00

Field Trip - \$35.00

In Art 7, students will have first-hand opportunities to create and express themselves, as well as appreciate and critique other artist's work. They will experience a wide variety of projects that may include painting, pottery, plaster or wire sculpture, and pastels while also honing their drawing and sketching skills. Students will study techniques and methods used by local, Indigenous and international artists; while learning about the societal significance of many different forms of art.

ARTISANS AND ENTREPRENEURSHIP 7

(Formally Known as Creative Crafts)

Course Fee - \$28.00

This hands-on course invites aspiring craftsmen and artisans to delve into a rich array of tools, materials, and concepts, empowering them to transform their visions into tangible creations. Students will engage in activities such as making street market hand-crafted goods and designing products from scratch to develop practical skills and gain a deeper understanding of the design process and entrepreneurial mindset.

CONSTRUCTION TECHNOLOGIES 7

Course Fee - \$36.00

Construction Technologies will help students to develop skills and attitudes related to the design and production process using a variety of materials and techniques. Through a series of building challenges, students will use problem solving skills and collaboration to explore different production methods and applications. Areas of exploration and challenges may include: safety procedures and processes, material evaluation and selection, sustainable building practices, design and drafting, hazard identification control and worksite organization and project management.

DESIGN STUDIES 7

Course Fee - \$27.00

Design studies will focus on design practices that can be used to influence the people and environment around them. In this course students will develop an understanding of the design thinking process through researching and designing a product or prototype from start to finish. Areas of exploration and challenges may include: industrial design, design styles (interior and landscape design), 2D & 3D scale modeling, vision board, video game design, tabletop game design, design revision, and virtual reality.

DRAMA 7

Course Fee - \$6.00

Field Trip - \$23.00

The drama program fosters a positive self-concept in students by encouraging them to explore life and express themselves. Students will participate in a variety of activities, using both bodies and voices as tools. Classes will include active games, improvisation, theatre sports, scripted acting, and creative group projects - all geared toward self-knowledge, connection, collaboration, and of course extreme fun.

FITNESS AND WELLNESS 7

Course Fee - \$8.00

Field Trip - \$28.00

In a fun and relaxing atmosphere, students will actively explore concepts related to mental and physical wellness to alleviate stress and promote overall well-being. Students will have the opportunity to participate in the discovery and practical application of their own personal fitness and wellness journey. Instruction will also incorporate yoga for all levels to benefit the body and mind by increasing flexibility, relieving stress, and improving mental clarity. Fitness and wellness offers students a comprehensive and engaging experience that can positively impact their physical health, mental well-being, and future career prospects. Other areas of exploration and challenges may include creation of mental and physical wellness plans, benefits of being active, mental health awareness and maintenance, health and wellness as a career path, measuring, reflecting, and evaluating SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals and exposure to the broader wellness industry.

FOOD AND TEXTILE TECHNOLOGIES 7

(Formally Known as Food and Fashion)

Course Fee - \$33.00

This introductory course will give students opportunities to explore multiple mediums to create products in two different elective areas. This course will focus on the basic safety, knowledge, and practices that are required to be successful in both Foods and Textile Technologies. Areas of exploration and challenges may include: safety and hygiene practices, fibre arts (sewing, needle and string art...), basic measuring, basic equipment safety, analyzing and interpreting instructions, designing and creating products and repurposing of products.

FRENCH AS A SECOND LANGUAGE 7 - Full Year Course

(This will count as 2 courses of 6 that students will take.)

This class challenges students to learn a second language in a fun and innovative way! Students will study the following subject areas: school, weather, and friends and family. Students will be required to participate in oral classroom activities and complete written assignments.

GRAPHIC ARTS 7

(Formally Known as Digital Design)

Course Fee - \$27.00

Students will focus on the field of graphic arts in a variety of mediums and the idea of using their art for the purpose of communicating a thought, concept or message to an audience. Students will have the opportunity to create a portfolio showcasing their original creations and designs. Areas of exploration and challenges may include: digital art, film creation, animation, photography and digital image manipulation, 2D & 3D design, cartooning, comic art and illustration.

LEADERSHIP 7

Course Fee - \$17.00

Students will plan for both personal and group leadership development and demonstrate effective team building skills while participating as a member of a school-based leadership team. Students will develop a plan for their own personal growth as a member of a leadership team and examine the various behaviors, skills, and roles of team members that contribute to team effectiveness and a positive school culture. Areas of exploration and challenges may include: interpersonal skill development, advocacy for change, mentorship, leading and supporting school activities, school pride and culture.

LEARNING STRATEGIES 7

Field Trip - \$22.00

In this course, students will learn about organization, study strategies, coping with deadlines, and how to best ensure that they will be successful in their school subjects. Through fun activities and regular organization/study blocks, this course helps students to take control of their learning in junior high.

OUTDOOR EDUCATION 7

Course Fee - \$13.00

Field Trip - \$34.00

Outdoor Education consists of three components: environment (living things & ecological processes), outdoor (basic knowledge, skills & attitudes for safe, comfortable, outdoor experiences) and personal/team development (understanding, respect, and appreciation for self & others). The course will include field trips, indoor and outdoor activities, as well as classroom projects.

PERFORMANCE ARTS PRODUCTION 7

Course Fee - \$6.00

Field Trip - \$23.00*mandatory fee

This course focuses on all aspects of theatre production and the careers that support it. Students will work through the processes of theatrical design, technical elements and performance throughout the creation of a production. Areas of exploration and challenges may include: technical – lighting and sound, set design and props, costuming and make-up, choreography and stage blocking, production, finance, promotion and performing.

PERSONAL STYLE AND IMAGE DESIGN 7

Course Fee - \$9.00

Field Trip - \$12.00

Personal style is an important tool that can help students reinforce both their personal and professional attributes. In Personal Style and Image Design, students will learn about their own personal style and how it reflects what they do, who they are, and what they value. Areas of exploration and challenges may include beauty industry (hair styles and products, cosmetics, skin care, self-care), personal branding (sports, technology, social media), clothing styles, influencer branding, marketing, effects of social media, styling and branding for name-brand companies, personal style and the professional image.

RECREATIONAL FITNESS 7

Course Fee - \$17.00

Field Trip - \$70.00 *mandatory fee

Recreational Fitness is a course designed to expose students to the benefits of being “fit for life,” and potential professions to help keep students engaged in the sport and wellness industry. The

course content includes basic fitness and training principles, sports safety, and lifetime leisure activities such as swimming, bowling, biking, running, racquet sports and various outdoor pursuits. Recreational Fitness will encourage a healthy attitude combined with fair play and sportsmanship in recreational activities. Areas of exploration and challenges may include: athletic leadership initiatives – team dynamics, volunteering, sports medicine – athletic injury prevention and management, game creation and participation, and careers related to the recreation industry. Students will participate in a wide variety of sports, individual pursuits, and fitness activities, both on and off-site. Please note that swimming is a required element of this course. Students who cannot swim will be given basic skill instruction in order to participate.

SPORTS ACCELERATION 7

Course Fee - \$18.00

Field Trip - \$12.00

Sports Acceleration is an introductory course exposing students to the principles and professions dedicated to enhancing athletic performance. This course will encourage a healthy attitude within sporting environments and create individual training plans tailored to enhance the success of the students identified sporting area(s). Areas of exploration and challenges may include: “Learning to Train,” “Training to Train,” and “Train to Compete,” principles, sports safety and rules, sports medicine – athletic injury prevention and management, sports psychology – mental preparation for competition, athletic leadership - team roles and dynamics, fitness and nutrition programs, and careers related to the sport and coaching industry.

EXTRA-CURRICULAR OPPORTUNITY

NOTE: *Students do not choose this as an option. Information will be provided to students in September.*

LAKELAND WOLVES THEATRE PRODUCTION

Fee - \$144.00

All junior high students will have the opportunity to audition for our musical production. Students who sign up for this extra-curricular activity will be rehearsing, or working on technical theatre elements after school. Some Saturday rehearsals will be held as well. There will also be some dress rehearsals leading up to the show. Students do not need to take Performing Arts in order to be in the school’s musical production.