

**NOTE: THIS DOCUMENT IS TO HELP YOU WORK THROUGH THE REGISTRATION FORM AND FOR YOUR INFORMATION.**

**ALL OPTION REGISTRATION FORMS MUST BE SUBMITTED ONLINE & CAN BE FOUND UNDER THE OPEN HOUSE PAGE ON OUR WEBSITE: [STCECILIA.ECSD.NET/SCHOOL-OPEN-HOUSE](http://STCECILIA.ECSD.NET/SCHOOL-OPEN-HOUSE)**

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## COMPLIMENTARY OPTION COURSES - INFORMATION

Every student at St. Cecilia is required to register for option courses.

- Students take 4 half year options
- **Band** is a **Full year option**, it takes up 2/4 of your option choices
- **Guitar** can be taken as a 1/2 year **OR** Full year option, it takes up 2/4 of your option choices.
- Every effort will be made to place you into your top 4 choices; however, this is not always possible.
- *If there is not enough interest in one of the option course, it will not be offered that school year*

**OPTION SCHEDULING IS ON A FIRST-COME FIRST-SERVED BASIS.  
OPTIONS ARE SUBJECT TO CHANGE DEPENDING ON ENROLMENT NUMBERS.**

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## COURSES OFFERED

## COURSE LENGTH

Instrumental Music - <b>Band</b>	Full year
General Music - <b>Guitar</b>	½ -year & Full Year
Art	½ - year
Drama	½ - year
Communication Technology - <b>Media Design &amp; Digital Makerspace</b>	½ - year
Computer Science	½ - year
Construction & Fabrication	½ - year
Design Studies - <b>Science &amp; Technology Focus</b>	½ - year
Fashion	½ - year
Film Studies	½ - year
Foods	½ - year
Recreation Leadership - <b>Sports Performance Focus</b>	½ - year

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# GRADE 8 - OPTION COURSES

Below is a description of each option course. Read and select options carefully. Once students have been scheduled into an option, there will be no changes made. Every effort will be made to schedule students into their top 4 choices.

**Note: While we make every effort to be inclusive, we are unable to ensure a 100% gluten-free or lactose-free food environment.**

## **Instrumental Music - Band**

Instrumental Music is a three-year program. It is not necessary to have an extensive musical background to register in music. The classes consist of instruction in instrument playing, theory, and history of music. Extracurricular opportunities such as ensembles, composing, and computer-assisted music and choir are also available. Regular practice at home is expected, as this will enhance proficiency.

*Music students are charged for instrument rentals and the purchase of a mouthpiece. Certain instruments may require accessories (reeds, etc.) that are necessary for its performance.*

## **General Music - Guitar**

Students develop competencies in playing a variety of traditional and contemporary music by applying these skills through guitar. In addition, the guitar program is offered as a full year or a half-year course covering the basics of the instrument and an application of essential music fundamentals. Students will learn the basics of playing guitar at a beginning level through studying music notation, chord symbols, and peer modeling. A brief history of the guitar along with a study of its respective musical styles will also be covered in this course.

## **Art**

Students will learn the basic composition of art and use the elements and principles of art (line, color, value, space, shape, texture, form, pattern, unity, variety, emphasis, proportion, rhythm and movement and balance) to express themselves in their artwork. Appreciation of various art forms and techniques of art criticism will also be studied. Class projects include perspective drawing, contour drawing, and working in various media such as pastel, watercolor, and acrylic.

## **Drama**

The primary objectives for dramatic studies are to enhance student confidence and imagination through active expression. Students explore various forms of drama through simple games and exercises and are introduced to elements such as improvisational theater, stage plays, characterization, comedy-theater, and staging. Whenever possible, fieldtrips and performance opportunities are planned so that students have exposure to community theatre performances.

## **Communication Technology - Media Design & Digital Maker Space**

Students discover and develop skills for relaying information effectively using various forms of media including animation, print, photography, audio-visual, and technology including robotics.

## **Computer Science - eSports**

Students explore hardware, software, and processes to write and create structured algorithms and programs that input, process and output data. Students will learn how to use a variety of computer technology and software, create simple games using scratch coding, as well as learn about website development.

# GRADE 8 - OPTION COURSES

## **Construction & Fabrication**

In this course, students develop skills in the use of tools and materials used in construction processes, and safely transform common wood materials into useful products as well as learn various skills within the trade. **Modules that could be offered include “Basic Tools and Materials”, “Solid Stock Construction”, “Fabrication and Tools”.**

## **Design Studies - Science & Technology**

**Focus** This unique course allows students to learn about the creative process from the conception through to development in architecture, industrial design, engineering, and landscaping. Projects are geared towards a deeper application and analysis of science, technology, engineering, & mathematics (STEM) as it relates to designing and building structures.

## **Fashion Studies**

In this course, students design and create clothing and textile products while developing practical skills in textile arts. Learners gain hands-on experience with basic hand-sewing techniques, essential stitches, sewing safety, and effective use of a sewing machine. The sewing component of Fashions is designed for students to learn the proper use of sewing tools and develop effective sewing techniques. Students also learn to read and follow patterns, plan design projects, and bring their creative ideas to life.

## **Film Studies**

Film Studies invites students to study film as art, embracing the technological and literary aspects of the medium. Students will broaden their understanding of film by examining a variety of films from a variety of times and cultures.

## **Recreation Leadership - Sport Performance Focus**

Sport Performance 8 is intended to provide students with the knowledge and understanding to live a healthy, active lifestyle beyond the realm of “normal” day to day living.

This class is designed for students who are involved in sport activities and want to improve their abilities in their sports OR do not participate in sports but are interested in making resistance training a part of their journey and responsibility to be a healthy, active teenager into adulthood. You will not be practicing sport skills in this class but will be learning how to resistance train in order to move better, become stronger, become faster, improve balance, coordination, and agility, and reduce the likelihood of injury due to overuse/overplaying from your sport.

Students will learn how to effectively warm-up for resistance training; how to perform the squat, hinge, lunge/split squat, push, pull, and carry patterns; how to perform these patterns using various fitness equipment; and how to follow a basic training session based on how many days you can work out a week.

Learning how to perform the six foundational patterns of movement and use gym equipment safely and effectively are the main goals of this course.

Be prepared to spend each class in the fitness centre and move your body! A willingness to learn and participate is a **MUST** if you wish to take this course.

# GRADE 8 - OPTION COURSES

## **Foods**

Master the Kitchen in Foods 8! Want to chop like Gordon Ramsay (minus the yelling)? Learn pro knife skills and impress everyone with your kitchen confidence!

- Craving the best nachos EVER? We'll teach you how to layer them—crispy, cheesy, and drool-worthy.
- Got a sweet tooth? Say hello to homemade cinnamon buns—warm, gooey, and way better than store-bought.

In Foods 8, you'll make delicious food you'd be proud to serve your family and friends. You will feel like a Master Chef!

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