

**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
Foods - Cecilia's Kitchen	Full year
Physical Education Leadership	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
Psychology	½ - year
Recreation Leadership - <b>Sports Performance Focus</b>	½ - year

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# GRADE 9 - 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.

## **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 half-year course or full 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**

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.

## **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”.**

# GRADE 9 - OPTION COURSES

## **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, as well as work to create short films of their own.

## **Psychology**

Psychology, where the complexities of the human mind are uncovered. Are you curious about why people think, feel, and behave the way they do? Do you want to delve into the fascinating realms of the mind, from understanding personality and perception to exploring mental health and cognition? If so, Psychology is the perfect opportunity for you to embark on a captivating journey of self-discovery and understanding.

### **What is Psychology?**

Psychology is the scientific study of the mind and behavior. It seeks to understand how individuals perceive the world around them, think, feel, and act within their environment, as well as the underlying factors that influence these behaviors. From exploring memory and learning to examining the factors that shape personality and motivation, psychology offers valuable insights into what makes us uniquely human.

### **What Will You Learn?**

- **Introduction to Psychology:** Gain an understanding of the history, theories, and methods of psychology, and explore the various fields within psychology.
- **Biopsychology:** Examine the biology behind behavior, including the structure and function of the brain, the nervous system, and the influence of genes and hormones on behavior.
- **Cognitive Psychology:** Dive into the study of mental processes such as perception, memory, attention, language, and problem-solving, and explore how we acquire, process, and store information in our brains.
- **Social Psychology:** Explore the influence of social factors on individual behavior and attitudes, including topics such as conformity, obedience, prejudice, and interpersonal relationships.
- **Abnormal Psychology:** Investigate psychological disorders, their causes, symptoms, and treatments, and learn how to recognize and respond to mental health issues with empathy and understanding.

# GRADE 9 - OPTION COURSES

## Recreation Leadership - Sport Performance Focus

Sport Performance 9 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 course builds on the concepts taught in Sports Performance 8. If you took Sports Performance 8 this year, that is advantageous and will put you ahead in Sports Performance 9 but is not mandatory. This class continues to be 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.

All students will learn/review 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.

Students will also learn more about general anatomy based on training exercises, principles of training, and how to design an effective weekly program using the training variables of sets, reps, load, rest times, and progressive overload.

Learning how to perform the six foundational patterns of movement, use gym equipment safely and effectively, and create a training week 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.

## Phys Ed Leadership 9

PE Leadership is intended to provide students with the knowledge and understanding to become leaders inside and outside our school community through creating a love of sport, education, and recreation.

The goal of this class is to provide you with the education and practical experiences on how to become a leader through sport, education, and recreation.

Over the year you will: learn the importance of leadership and how to become a leader through a book study on lessons of leadership; learn how to officiate the sport of soccer (as a line official), and how to officiate the sports of volleyball (as a 1st, 2nd, and lines official) and basketball (as a lead official); learn how to successfully run and officiate intramural sports during lunch hour as well as choose these intramural sports; work tournaments and senior and junior games as either officials (junior games) or as scorekeepers and score clock operators (senior games); set-up for all our senior and junior sports (chairs, benches, nets, etc.); leave our school to teach PE lessons to our elementary feeder schools; and leave our school to participate in unique, activity-related field trips.

You will have the opportunity to apply, be interviewed, and then possibly be selected for this class. If chosen, this means you will be required to represent your school as a role model and have committed to a leadership role at St. Cecilia for the next school year.

Students considering this option must be responsible, able to manage their time and meet deadlines, have a strong understanding of the importance of commitment to a position, and be prepared to learn what it means to be a leader at a teenage level and beyond.

# GRADE 9 - OPTION COURSES

*Application required. No guarantees. Spots are limited.*

## **Foods- ½ year**

Level Up Your Cooking Game in Foods 9! It's time to prove your kitchen skills and make next-level delicious food! In Foods 9, you'll cook and bake like you own a restaurant or bakery!

- Handmade Perogies - because homemade always tastes better.
- Crispy Poutine - golden fries, rich gravy, and melty cheese.
- Perfectly Crunchy Chicken Fingers - no more frozen store-bought ones!
- Rasta Pasta - bold, spicy, and packed with flavour.
- Lemon Ricotta Cake Tarts - fancy, fresh, and Instagram-worthy.

Ready to impress your family, friends, and maybe even yourself? Let's get cooking!

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

## **Foods - Cecilia's Kitchen - Full year**

Step Into the Spotlight with Cecilia's Kitchen! Are you ready to take your cooking skills to the next level? If you've taken Foods 7 or 8 and want a real-world catering experience, this is your chance! In this full-year course, you'll master Foods 9 recipes AND be part of Cecilia's Kitchen—our exclusive student-led catering team. That means cooking for actual events at St. Cecilia and showcasing your talent!

### **What's in it for you?**

- Master next-level recipes—from perogies to Rasta Pasta
- Get hands-on experience catering school events, from menu planning to budgeting, and hosting the buffets. Must be available for some after-school hours.
- Build teamwork, leadership & kitchen confidence
- Create a resume-worthy experience for future jobs

We're looking for motivated, skilled, and ready self-starters to contribute to our kitchen crew. Do you have what it takes?

*Application required. No guarantees. Spots are limited.*

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