



Options Offerings 2024-2025 School Year *(May 30, 2024 Update)*

Scheduling

Each child will have **8 option blocks** in their schedule next year. All listed options indicate how many blocks the option will be scheduled in. Each option will occur on alternating days in your child's schedule (Mon/Wed, Tues/Thurs).

A tentative schedule could look like the following pending our students' interests. This may be of use when entering your child's choices for the fall. Please note, not all options available are listed in this schedule and will be placed when best suited.

<u>Days</u>	<u>Sept.-Oct.</u>	<u>Nov.-Jan.</u>	<u>Feb.-April.</u>	<u>Apr.-Jun.</u>
M/W	Band			
M/W	Yoga Wellness	Drama	Yoga Wellness	
M/W	Archery	Sports Med		Outdoor Ed
M/W	CrossFit	CrossFit	CrossFit	CrossFit
M/W	Leadership	Leadership	Visual Arts	Leadership
M/W	Photography	Photography	Yearbook	
T/Th			French	
T/Th	Hockey			
T/Th	General History of Music	General History of Music	Fitness	Fitness
T/Th	Outdoor Ed		Sports Med	Archery
T/Th	STEAM	Graphic Design	STEAM	Math Lab
T/Th	Graphic Design	Interior Design	Interior Design	Visual Arts
T/Th	Debate	Science Fair	Textiles/Sewing	

Prior to Spring Break, instructions were provided to parents and guardians to support your child in entering their option choices for the fall. **Please watch for this information and complete the choices no later than June 3.** If you are unable to complete this process online by this time, please email Heritage@fsd38.ab.ca with the options as identified on the instructions to be entered for your child. **Please support this data entry by assisting your child to complete online FIRST before sending in an email.**

Options

Options		Descriptions
Schedule time BLOCKS out of total 8		
Band	4 BLOCKS Full year	Junior and Senior Band are the classes for students wishing to continue building music technique and performance skills on concert band instruments. This is a yearlong option and in our rehearsals the ensemble will focus on technique, pieces, music appreciation and work together towards performances for the school, community, band camps and festivals. We will all travel together to Band Camp in Term 2 to build our ensemble skills in preparation for spring Festivals and performances. Band is a class where you will not only be learning music but be an extremely valuable part of our team, have the chance to build your leadership skills and push yourself musically – you will be surprised what will be accomplished! (Rental Fee \$150.00; Cost for camps, festivals, etc. to be determined).
CrossFit	1 BLOCK	Students will challenge themselves through physical pursuits. We will work on strength, power, coordination, and endurance. (\$25)
Debate	1 BLOCKS	A competitive, fast-paced class to sharpen your critical thinking skills! Learn how to work with a partner, give an effective speech, structure an argument, and consider all sides of an issue. Opportunities to represent Heritage Heights at competitive inter-school tournaments! (\$20)
Drama	1 BLOCK	Students will explore their own creative side through developing acting and speaking skills to take on a character in a short play. Drama and improv games will be used to develop skills and encourage students to express themselves through dramatic play.
French	2 BLOCKS	Those students considering attending the Ottawa/Quebec trip coming up next spring are encouraged to sign up for French language instruction. (\$10)
Graphic Design	1 BLOCK	Explore the exciting world of graphic design in this course. Learn fundamental principles like color theory, typography, and layout through hands-on projects using software. Create posters, logos, and digital illustrations while developing critical thinking and problem-solving skills. Discover the role of

Method Hockey
3 BLOCKS

graphic design in various industries and unleash your creativity through visual communication. **(\$30)**
This program, owned and operated by Method Hockey, would cover a comprehensive hockey season plan based on age-appropriate skills, drills, concepts, and game play activities. Students will be on ice 2-3 times per week at the Scott Seaman Arena. **Total cost of ice and coaching is \$750, this program is offered through financial support of School Council to keep costs manageable for families. Funding applications may be made prior to June 2024 directly via email to the office.**

<http://methodhockey.com/academy/>

Interior Design
1 BLOCK

Students will explore the theory and strategies behind interior design, develop plans and designs that inspire human-centered spaces. **(\$20)**

Leadership
1 BLOCK

Students will collaborate and mentor others within the school, community, and world to plan and initiate projects and activities. They will work on their leadership skills, role model traits and learn about what it takes to be a leader. **(\$25)**

Math Lab
1 BLOCK

Welcome to "Math Lab," an option class like no other, where inquiry reigns supreme, and the thrill of mathematical challenges will be attempted. This option explores math at a deeper level. Where mathematically curious students will work on math puzzles, challenges, and inquiry-based projects. Rather than passively absorbing formulas and theorems, they actively engage with the subject, grappling with real-world problems, unraveling mathematical mysteries, and honing their problem-solving skills along the way. In "Math Lab," the journey is as important as the destination. Here, mathematics is not just a subject to be studied but a variety of ideas to be explored, where each student is empowered to unlock their interests and be challenged at multiple levels.

Photography
1 BLOCK

A fun and structured introduction to photography techniques. Practice your skills using Nikon DSLR cameras. Learn how to compose and edit photos, and even take higher quality pictures on your phone! **(\$10)**

Science Fair
1 BLOCKS

Launch a scientific investigation from posing a question, designing and implementing an

	experiment, and then sharing your findings. All successful projects are eligible to compete against other FSD schools for a chance to attend the Canada Wide Science Fair. (\$10)
STEAM 1 BLOCK	Students will participate in STEAM based challenges to solve problems in our STEAM lab. Time will be allowed for self-selected independent and group collaborative time creating products that combine more than one of tenants of STEAM: Science Technology Engineering Art and Math. (\$10)
Textiles/Sewing 1 BLOCK	Learn the basics of working with fabric! Repair your clothes, repurpose old items into something new, and learn how to use a sewing machine! (\$30)
Visual Arts 1 BLOCK	Develop your artistic skills in 2D and 3D design using a variety of different media. (\$25)
Yoga Wellness 1 BLOCK	Enjoy a class where the focus is on you and your wellbeing! Learn how to flow through a set of yoga poses to increase flexibility and strength, explore your thoughts with private journaling, practice deep relaxation techniques that will help with test taking and dealing with daily stress, and you even get to complete mindful colouring activities! (\$15)
Fitness 1 BLOCK	Aerobics, running and/or endurance focused sessions for students to build stamina.
Yearbook 1 BLOCK	Help build the yearbook for the year through sorting photos and designing yearbook pages.
General History of Music 1 BLOCK	Alternative to instrumental band. Students may explore music through voice, history, percussion and small instrumentation.
Intro to Sports Medicine 1 BLOCK	Precursor to a career in medicine, learn the fundamentals of sports physiology, injury prevention and support. (\$10)
Archery 1 BLOCK	Learn basics of archery and hone your skills. (\$25)
Outdoor Education 1 BLOCK	Learn the basics of backcountry survival, appreciation of wild spaces and purpose behind the "Leave No Trace" philosophy. (\$10)