



**Junior High Elective Course  
Descriptions  
2025-2026**



## Foods Studies & Textile Arts

Students in Foods Studies explore the basics of food preparation, nutrition, kitchen and food safety, presentation, baking basics, and essential basic competencies. In Textile Arts, through different assignments and projects, students learn machine sewing essentials, knitting and crochet fundamentals, and hand sewing basics. Creativity is used to design individual textile projects. Students have the choice in preparing a garment or project of their preference, dependent on sewing level. Students may also be required to purchase materials for their projects.



## Industrial Arts (Woods/Metals)

Students in the Industrial Arts program will have the opportunity to learn and explore different Metal/Woodworking processes, tools and machines in a safe manner. These opportunities include the use of Forges, Welders, Saws and a wide variety of other power/hand tools. Emphasis will be placed on safe practices and quality building techniques. By the end of each semester, the students will have completed a variety of projects to take home and should feel confident in their skill set of basic Wood/Metalworking.

## Psychology

"The Marvelous Mind" - Have you ever wanted to get a glimpse into the inner workings of how our brains work?

This class will look at these questions and many more about how humans (including kids, parents and pets) learn, think, feel and behave. It will offer students a chance to learn about what psychology is and what psychologists do. This course will allow you to personally connect your life experiences and learn techniques used for managing stress, reducing anxiety, achieving self-control, and developing character. There will also be an opportunity to meet a certified psychologist, who will join us as a guest speaker.



# RECREATIONAL SPORTS

The **Recreational Sports** Course provides students who love Physical Education with additional opportunities to participate in team building activities. This course provides students who love to be active the opportunity to play TGFU (Teaching Games for Understanding). These activities are created to help build skills for sports, recreational games and teamwork.

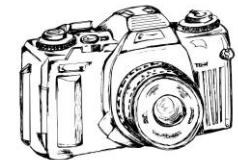


## Filmmaking

This course focuses on the impact of films on culture as well as planning, filming and editing your own commercial and short film using movie editing software.

# PHOTOGRAPHY

This course will develop your understanding of exposure, composition and photo editing. This is a hands-on learning environment, so participation is crucial. In photography, you get out of it what you put into it! This is meant to be an overview of topics that you will cover in greater detail in high school Photography courses.

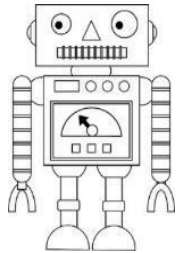


# Digital Technology

Digital Technology at the junior high level is an introduction to digital media and design. We will



examine topics that include graphic design, animation, audio and video. We will learn industry standard programs such as Adobe Photoshop, Illustrator and Animate. Finally, we will learn how to print our projects and display them in appropriate digital formats. This course feeds into the Communication Technology program in High School.



## ROBOTICS

Robotics is the interdisciplinary branch of engineering and science that includes engineering, electronics, and computer programming. In this class you will learn about the design, construction, operation, and use of computer systems. We will explore hands on physical computing with the goal of creating a product related to robotics to solve a problem in our world.

## Junior Agriculture

A great course if you like gardening, farm animals and food! Students in the Junior High Agriculture course will be involved in the planting, harvesting and maintenance of the school's garden. During the cold months, we will focus on growing plants indoors. An introduction to equine care, pest management, garden design, agriculture history, sustainable farming practices, and food preparation will be topics covered in this course.



## **Environmental & Outdoor Education** A great course if you like hiking, skiing

and exploring nature! The Junior Outdoor Education course will provide you with a skill set for safe and successful trips into Kananaskis Country. A large portion of this course will take place outdoors in the river valley behind the school and in Kananaskis Country. Activities will include hiking, cross-country skiing, snowshoeing, fishing and outdoor games. Topics of study will include outdoor skills (shelter building, fire starting, campfire cooking), wildlife safety, fishing, geography and paleontology (dinosaurs, etc.). We will have 4 field trips to Kananaskis Country.



## **CIRCLE OF COURAGE** This is an innovative course based on the medicine wheel and is

intended to support youth in living a resilient and healthy lifestyle. Students will develop a deep understanding of the concepts of Belonging, Mastery, Generosity and Independence through a variety of activities and experiences a safe and fun learning environment.

## **Leadership** "Leaders aren't born, they're made." Come and explore what makes great leaders.

In this course we will examine leadership qualities in a number of areas, including sports, business, education, and politics. There will be a classroom component to this course, along with a practical component through leadership opportunities within the school.



## ***Spanish***

This is a basic and fun introduction course to the Spanish language. It is taught in an immersion style, using storytelling, cultural activities, and games. The emphasis is on understanding the language, with increasing ability to write and speak. Lots of laughter and fun will ensue!



## ***French***

This is a fun introduction course to the French language. It is taught in an immersion style, using storytelling, cultural activities, and games. The emphasis is on understanding the language, with increasing ability to write and speak. Lots of laughter and fun will ensue!

## **Concert Band**

This class will engage students musically through performance on an instrument in a wind ensemble. Emphasis is placed on continuing to develop personal musicality, and refining qualities and abilities as a musician through performances, exposure to diverse and quality literature, aural and listening activities, increased knowledge of music theory, and valuing and appreciating a variety of music, through the materials and repertoire studied in class. Performances include school concerts, music festivals, sporting events, and community events.



# Drama

Students will have the opportunity to be involved in all aspects of theatre - from production to performance. Specifically, they will explore topics and themes of interest to the individual while participating and demonstrating their growth through a performance. This class is creative and fun!



# ART

The emphasis is to have the students explore the elements and principles of art and design. This course is project based, with a focus on drawing, painting and composition skills.



# Introductory Guitar

This introductory guitar class will introduce students to the basics of playing guitar.

Seven different chords are introduced, as well as basic strumming, finger picking, and power chords. There will be some melodic reading along the way, but it is introduced very gradually, and only five different notes are used. Opportunities will be given throughout the year for both ensemble and individual performance. By the time students complete this course they will be equipped to continue their own guitar studies in whatever style they choose.



# Electronic Music Production

Technology has completely changed the way we create music, and it has never been more inclusive and accessible than it is now. This course will give all students the opportunity and know-how to create music in the style they love through a very easy to use, but powerful digital audio workstation (DAW) called *BandLab*. Students will learn how to work with audio and midi loops, midi instruments, effects, basic mixing and recording techniques, and sound assessment, all with the end goal of creating full song arrangements that can be exported and shared with whomever they desire. Requirements: Pair of headphones with a standard 3.5mm connection jack.



## MARKETING / BUSINESS

This course will have students learn about entrepreneurship, innovation, and marketing as they work with local businesses, government, and organizations. Students could choose a project/projects that align with their interests such as designing a company and/ or creating a marketing campaign for a local event /organization through a community partnership.



# DIGITAL JOURNALISM

Students will learn about the history of journalism and the laws of free press in our country. They will develop practical and professional skills in digital writing, interviews, podcast development, website curation, and media layout with real world application across the school. As a class, they will engage in projects that could see students publish a website or school newspaper of their own creation that showcases their podcasts, videocasts, articles, and stories about what is happening within OHS.



## Financial Literacy

Students will be introduced to the understanding of various financial components from the basics, such as setting up a bank account, earning money, budgeting (setting SMART goals for your financial future), investing and purchasing (including large items such as vehicles - and understanding all the components to borrowing money, etc), taxes, etc. This course will be designed to allow students to build financial independence.



## Design Studies

Students will complete a variety of design projects that center problem-solving and experiential learning, including the mastery of safety, materials, and techniques. This course is a mix of design and construction, and could include projects ranging from stenciling, mold-making and casting, electrical engineering, constructing cardboard furniture, and more!

# ***Vertical Farming***

The Vertical Farm Initiative offered at Oilfields High School is on the cutting edge of agriculture. This course is designed to give students broad-based experience in learning about growing plants vertically indoors all year round and how to get the product to market, from farm to customers. As well, students will be introduced to sustainable growing practices. Under the instructor's supervision, students will be mentored by Sr. High students. The class size will be capped at 10.



## **FEES**

While most junior high elective courses have a user fee between \$15-\$25 to cover the cost of consumables, some are considerably more:

### **Junior Environmental & Outdoor Education**

- o The fee of \$125.00 is used to cover trip transportation, provincial park passes, equipment, maintenance and repairs and other supplies.

### **Band Instrument Rental**

- o Foothills School Division mandates a \$150.00 yearlong musical instrument rental fee for all instruments including percussion. If your child has their own instrument and does not need to rent, then this charge will be removed. Money generated by this fee is used for Foothills School Division to repair and replace instruments each year.

### **Method Hockey Program**

- o Method Hockey is an outside coaching school from Foothills School Division and as such, sets their own costs. The approximate cost for this course is \$800.00 paid directly to Method. More information will be available in the fall.