



ST. FRANCIS JUNIOR HIGH

## Grade 7 Investigative Options 2023-2024

### Quarter 1 Period 6

**Course:** Digital Photography

**Teacher:** Kelly Rypien

**Description:** "Photography is the art of making memories tangible" - Destin Sparks. Photos have become an integral part of how we remember our past and tell our stories. Being able to capture a moment adequately is a special skill that takes practice to achieve. In this option, students will work with different types and styles of photography to better understand the art form and grasp the technology and science behind photographs. Students will need a device with camera capabilities to complete this course successfully.

**Cost:** \$0

**Course:** Google Gurus

**Teacher:** Jocelyn Ripplinger

**Description:** This option class is designed to give students a deeper look and understanding of the Google Suite products offered by our Division. This includes Google Docs, Slides, Sheets, Keep, Sites, and more! Technology has become a key part of the modern classroom, so navigating the products used will lead to benefits both in and out of school. Along the way, students will pick up different hacks, tips and tricks to make their lives easier. Students must have some type of robust device to complete the course successfully.

**Cost:** \$0

**Course:** Intro to Spanish (Language & Culture)

**Teacher:** Heather Munro

**Description:** In this class, students discover the importance of learning another language, specifically Spanish, in their lives. Reasons may be as simple as being able to laugh at more jokes in more than one language to be able to communicate in one of the world's most popular languages. The class provides the students with community-building activities like creating expectations and strategies and class-wide practice applying our big themes through multiple modes. Students will complete a cultural exploration project of a Spanish-speaking country of their choice. The aim is that at the end of our time, students will be able to participate in basic Spanish conversation, begin to understand Spanish and Latin American culture and develop their toolbox of language-learning strategies.

**Cost:** \$0

**Course:** Improv

**Teacher:** Dino Caputo

**Description:** Students will learn to react and respond to unexpected situations, and builds confidence and creative abilities. With young students, it is a good idea to give them some time to come up.

**Cost:** \$0

**Course:** Introduction to Blackfoot Language

**Teacher:** Winston Day Chief

**Description:** Introduction to Blackfoot allows students to learn the basics of the Blackfoot language. It allows you to understand the Blackfoot people and culture, which is the local language of the indigenous people who live in Lethbridge and southern Alberta.. The class will involve learning through games, cultural activities, writing, and speaking.

**Cost:** \$0

**Course:** Sing like nobody's watching!

**Teacher:** Chris Hartman

**Description:** In this option, you will be challenged to discover your singing voice and express yourself with it. You will understand how to work with your voice as an instrument. You will also engage in ear training exercises to understand harmony and discover how awesome it is to sing within a group.

**Cost:** \$0

**Course:** Sink or Swim (Cardboard boats)

**Teacher:** Chelsey Hinger

**Description:** Students will work in groups to design, plan and build cardboard boat prototypes. The best prototype will go on to represent St. Francis at the Regional boat race at the U of L.

**Cost:** \$10

**Course:** Virtual Field Trips

**Teacher:** Chelsey Hinger

**Description:** Virtual field trips is a fun and immersive educational experience, allowing us to explore real-world environments, cultures, and perspectives without the constraints of physical travel.

**Cost:** \$0

## Quarter 1 Period 7

**Course:** Act it Out

**Teacher:** Dino Caputo

**Description:** Students will explore the element of theatre through performance. They will be on stage creating all types of different characters.

**Cost:** \$0

**Course:** Birds, Bees and Coulees

**Teacher:** Cassie Skaug

**Description:**

Calling all nature enthusiasts! This class is a 3 part series where students will explore all of what nature has to offer in Alberta. We will specifically learn about the 100+ birds who call Lethbridge home while also learning how to identify them when bird-watching. Next, we will focus on Bees, their crucial role in our lives, and how we can protect them as they quickly become endangered. Finally, the course will take us to the breathtaking coulees that run through the heart of our city. Learning about proper plant identification and the traditional uses common in Indigenous communities, we will see how plants have greatly impacted healing through application and preservation.

**Cost:** \$0

**Course:** Dance

**Teacher:** Kathryn Domes

**Description:** This class is intended for all levels of dancers, from absolute beginners to more advanced. Students will focus mainly on jazz, tap and contemporary (although some hip-hop and ballet will also be introduced).

**Cost:** \$0

**Course:** Fitness/Games from around the world

**Teacher:** Winston Day Chief

**Description:** To acquire a base level knowledge in the purpose of fitness while being exposed to a very different variety of games featured worldwide. This will show the students there are many more games out there than just the same North American ones they have been playing their whole lives, which can hopefully broaden their cultural awareness. These two skills will be combined to allow the students to create their own game to end the quarter.

**Cost:** \$0

**Course:** Green Guardians

**Teacher:** Jocelyn Ripplinger

**Description:** Green Guardians is an option class where students will learn more about waste and discover the importance and power of recycling and composting through engaging discussions, assignments, and projects. Students will also help start up the recycling program that has been recently implemented by the City of Lethbridge.

**Cost:** \$0

**Course:** Math Card Games

**Teacher:** Chris Hartman

**Description:** In this option, you will have the opportunity to refine your skills with basic operations in math by learning, playing, developing, and teaching fun, competitive card and dice games.

**Cost:** \$0

**Course:** Paper Crafts

**Teacher:** Chelsey Hinger

**Description:** Students will explore the exciting art of paper crafting and unleash their creativity through various engaging projects. Students will learn different techniques and develop their artistic skills using the versatile paper medium, from origami and paper sculptures to card making and pop-up books.

**Cost:** \$10

## Quarter 2 Period 6

**Course:** Children's Theatre

**Teacher:** Dino Caputo

**Description:** Students will explore the element of theatre through performance. They will be on stage creating all types of different characters.

**Cost:** \$0

**Course:** From Old to New

**Teacher:** Winston Day Chief

**Description:** Students will be given the opportunity and the freedom to choose their own projects to restore from old to new in a way that represents them. Projects could include painting stools, decorating mirrors and mason jars and any other wooden projects that they may be interested in restoring. Students will be asked to bring in some old items to restore in class.

**Cost:** \$15

**Course:** Intro to French Language and Culture

**Teacher:** Heather Munro

**Description:** In this class, students discover the importance of learning another language, specifically French, in their lives. It is powerful to speak both Canada's official languages. Many opportunities can arise from this language. The class provides students with community-building activities like creating expectations and strategies and class-wide practice applying our big themes in fun, creative ways. Students will complete a cultural exploration project of a French-speaking region of their choice. The aim is that at the end of our time, students will be able to participate in basic French conversation, begin to understand French/Quebec culture and develop their toolbox of language-learning strategies.

**Cost:** \$0

**Course:** Quilting For Beginners

**Teacher:** Kelly Rypien

**Description:** Students will learn how to sew by hand (thread a needle, knot thread, measure seams) 4 squares that we will put together as one large quilt. Students will be taken through the steps of backing the quilt, sewing in the quilting cotton and also how to bind it. We will then donate the quilt to an organization in Lethbridge. (ie. YWCA Harbour House, etc.) Students can also quilt a small pillow to be taken home.

**Cost:** \$15

**Course:** Sing like nobody's watching!

**Teacher:** Chris Hartman

**Description:** In this option, you will be challenged to discover your singing voice and express yourself with it. You will understand how to work with your voice as an instrument. You will also engage in ear training exercises to understand harmony and discover how awesome it is to sing within a group.

**Cost:** \$0

**Course:** Use your Marbles

**Teacher:** Jocelyn Ripplinger

**Description:** This investigative option class challenges you to develop solutions to given problems. In doing so, you will be asked to think outside the box and exercise your power of creativity, ability to work with others effectively, communicate ideas and investigate design and engineering.

**Cost:** \$0

**Course:** Virtual Field Trips

**Teacher:** Chelsey Hinger

**Description:** Virtual field trips is a fun and immersive educational experience, allowing us to explore real-world environments, cultures, and perspectives without the constraints of physical travel.

**Cost:** \$0

## Quarter 2 Period 7

**Course:** Chocolate Academy

**Teacher:** Cassie Skauge

**Description:** If you LOVE chocolate as much as I do, then this mini chocolate series is for you!! We will learn about chocolate's history, its origin, and how it is produced and sold. Once we have gained some background knowledge, we will spend time in the kitchen creating chocolate-inspired recipes, from homemade fudge to chocolate mousse! There will be a \$25.00 fee for taking this class.

**Cost:** \$25.00

**Course:** Groove Masters

**Teacher:** Jocelyn Ripplinger

**Description:** Step into the fun world of Latin dance. "Groove Masters: Introduction to Salsa and Merengue!" In this class, students will learn the basic steps, turns, and movements that define the styles of salsa and merengue. Students can engage in Latin culture and music and explore the history and traditions behind salsa and merengue, discovering the stories that have shaped these incredible dance forms. No previous dance experience is required, but students should come ready to participate and engage in classes.

**Cost:** \$0

**Course:** Intro to Drawing: Comic Strips and Illustration

**Teacher:** Kathryn Domes

**Description:** Students will learn fundamental drawing skills to create illustrations using various materials. They will explore character creation and story development while completing projects such as comic strips and flipbooks. Shading and blending techniques will be taught using pencil, crayon, and ink.

**Cost:** \$0

**Course:** SF Toy Shop

**Teacher:** Chelsey Hinger

**Description:** The primary goal of this class is to empower students to repurpose old toys through recycling, fostering creativity, and promoting environmental sustainability.

**Cost:** \$0

**Course:** Strategy Games

**Teacher:** Winston Day Chief

**Description:** Students can participate in various strategy games played in school at a fun and enjoyable level. These games will be done in a setting outside of the traditional classroom where they can get out of the classroom and have the opportunity to relax, have fun and relieve stress from the school environment.

**Cost:** \$0

**Course:** The Drama Experience

**Teacher:** Dino Caputo

**Description:** Student's will explore different elements of theatre while working in a group to prepare a theatre project.

**Cost:** \$0

**Course:** Wham Boom Pop! World Percussion Ensemble.

**Teacher:** Chris Hartman

**Description:** Everyone would agree that the drum has always been an essential instrument that transcends all cultures. Using drums to create music is like making our favourite sandwich. Much like a sandwich, we start with a rhythmic layer and then continue to add to that. When students join this class, they will learn about drumming techniques, music theory, and a brief history of how drumming from around the world has influenced the music you listen to today. What kind of sandwich will your son/daughter make?

**Cost:** \$0

### Quarter 3 Period 6

**Course:** Dance

**Teacher:** Kathryn Domes

**Description:** This class is intended for all levels of dancers, from absolute beginners to more advanced. Students will focus mainly on jazz, tap and contemporary (although some hip-hop and ballet will also be introduced).

**Cost:** \$0

**Course:** Hockey Talk

**Teacher:** Dino Caputo

**Description:** Students will meet and discuss all topics of hockey (ex. On ice and off ice training, nutrition and current events) and include personal goal setting.

**Cost:** \$0

**Course:** Introduction to Blackfoot Language

**Teacher:** Winston Day Chief

**Description:** Introduction to Blackfoot allows students to learn the basics of the Blackfoot language. It allows you to understand the Blackfoot people and culture, which is the local language of the indigenous people who live in Lethbridge and southern Alberta. The class will involve learning through games, cultural activities, writing, and speaking.

**Cost:** \$0

**Course:** Knitting Ninjas

**Teacher:** Jocelyn Ripplinger

**Description:** Needle Ninjas: intro to knitting is an option for students who are interested in learning the basics of knitting: casting on, basic stitching, and casting off. By the end of this option, students will have a product they will have knitted to take home.

**Cost:** \$0

**Course:** Let's Jam!

**Teacher:** Chris Hartman

**Description:** This option is for all students who play a musical instrument. Whether it be the flute, saxophone, guitar, piano, or anything else, this option aims to continue developing your skills as a musician and learning the music theory that will help get you to a level where you can competently play in a small ensemble. Activities and performance assessments could include busking in the hallways during St. Francis student activities, participating in a "coffee house" evening open to the public, jamming as small ensembles within the class, creating and recording your own music in collaboration with the recording arts option, and participating in the year-end talent show.

**Cost:** \$0

**Course:** Nature Detectives

**Teacher:** Cassie Skauge

**Description:** Have you ever walked in the Lethbridge coulees and wondered about the footprints, plants, flowers and berries you saw? Maybe you've asked yourself if the berries were edible or how the Blackfoot people of Alberta had used the plant. Maybe you were just curious about the proper names of plants (even in your garden)! Either way, this course is for you! This class is going to be split into three parts - Animal Tracking, Plant ID in Alberta, and an Introduction to Foraging, which will explore 5 commonly found fruits that can be turned into the creation of a product- (jam, sugars, teas, syrups, scrubs). We will be doing numerous hands-on activities to learn about the gifts of nature and how to preserve the world around us.

**Cost:** \$0

**Course:** Virtual Field Trips

**Teacher:** Chelsey Hinger

**Description:** Virtual field trips is a fun and immersive educational experience, allowing us to explore real-world environments, cultures, and perspectives without the constraints of physical travel.

**Cost:** \$0

### Quarter 3 Period 7

**Course:** Bullet Journaling

**Teacher:** Kelly Rypien

**Description:** The main goal of this investigative option is for students to learn different techniques and ideas for visual journaling by using words, colours, and pictures. It is more than a tool for organization and scheduling. The bullet journal can also be used to support mindfulness. Students will develop these skills while creating their own bullet journals.

**Cost:** \$6.00

**Course:** Buy Better Stuff, Make Better Stuff

**Teacher:** Cassie Skauge

**Description:** This investigative option is going to have you exploring the life cycle of everyday items, and attempt to redesign them. Almost everything that has been created in the last 100 years was only meant to have 1 use or purpose (think of your phones). What do we do with things that are broken? Usually, we throw them away if we can't recycle or reuse them. Unfortunately, this is creating a crisis around the world because landfills are overflowing and resources are being consumed at astronomical rates. In order to fix this global issue, we need to put on our innovation and design hats to redesign EVERYTHING! You are going to work through 3 different modules that will have you considering things perhaps you've never considered before.

**Cost:** \$0

**Course:** Green Guardians

**Teacher:** Jocelyn Ripplinger

**Description:** Green Guardians is an option class where students will learn more about waste and discover the importance and power of recycling and composting through engaging



discussions, assignments, and projects. Students will also help start the recycling program that the City of Lethbridge recently implemented.

**Cost:** \$0

**Course:** Jr. Astronomer

**Teacher:** Chelsey Hinger

**Description:** In Jr. Astronomer, students will explore celestial bodies, such as planets, stars, galaxies, and beyond. Through engaging discussions and hands-on activities, they will delve into topics like the solar system, the life cycle of stars, the mysteries of black holes, and the exploration of space.

**Cost:** \$0

**Course:** Play Creation

**Teacher:** Dino Caputo

**Description:** Students will work together to achieve a common goal and create and perform an original play for an Audience.

**Cost:** \$0

**Course:** Strategy Games

**Teacher:** Winston Day Chief

**Description:** Students can participate in various strategy games played in school at a fun and enjoyable level. These games will be done in a setting outside of the traditional classroom where they can get out of the classroom and have the opportunity to relax, have fun and relieve stress from the school environment.

**Cost:** \$0

**Course:** Wham Boom Pop! World Percussion Ensemble.

**Teacher:** Chris Hartman

**Description:** Everyone would agree that the drum has always been an essential instrument that transcends all cultures. Using drums to create music is like making our favourite sandwich. Much like a sandwich, we start with a rhythmic layer and then continue to add to that. When students join this class, they will learn about drumming techniques, music theory, and a brief history of how drumming from around the world has influenced the music you listen to today. What kind of sandwich will your son/daughter make?

**Cost:** \$0

## Quarter 4 Period 6

**Course:** Birds, Bees, Coulees

**Teacher:** Cassie Skaug

**Description:** Calling all nature enthusiasts! This class is a 3 part series where students will explore all of what nature has to offer in Alberta. We will specifically learn about the 100+ birds who call Lethbridge home while also learning how to identify them when bird-watching. Next, we will focus on Bees, their crucial role in our lives, and how we can protect them as they quickly become endangered. Finally, the course will take us to the breathtaking coulees that run through the heart of our city.

**Cost:** \$0

**Course:** From Old to New

**Teacher:** Winston Day Chief

**Description:** Students will be given the opportunity and the freedom to choose their own projects to restore from old to new in a way that represents them. Projects could include painting stools, decorating mirrors and mason jars and any other wooden projects that they may be interested in restoring. Students will be asked to bring in some old items to restore in class.

**Cost:** \$15

**Course:** Indigenous Art

**Teacher:** Kathryn Domes

**Description:** This class will teach students about various traditional indigenous art forms worldwide. They will explore using various materials to complete projects that reflect the work of contemporary indigenous artists while incorporating traditional approaches. They will develop an appreciation of and respect for these art forms while avoiding cultural appropriation. A field trip may be organized depending on the availability of funding.

**Cost:** \$5

**Course:** Paper Crafts

**Teacher:** Chelsey Hinger

**Description:** Students will explore the exciting art of paper crafting and unleash their creativity through various engaging projects. Students will learn different techniques and develop their artistic skills using the versatile paper medium, from origami and paper sculptures to card making and pop-up books.

**Cost:** \$10

**Course:** Songwriting and Recording Arts

**Teacher:** Chris Hartman

**Description:** For all writers, singers, musicians, and aspiring recording artists, this option is for you. In this class, you will learn how to write and possibly record your own tune. It can be by yourself or a partner, but you will enjoy learning how to create and perform your own lyrics and melody. It can be a country or pop hit or a jingle for a radio or television advertisement to give you an idea. Knowing how to play an instrument like the guitar or the piano is an asset, but you certainly don't need to. Just bring your creativity, talents, and positive attitude, and you'll see what you can create.

**Cost:** \$0

**Course:** Spike & Floor Ball

**Teacher:** Dino Caputo

**Description:** Students will engage in in friendly competition of Spike Ball and Floor Ball and create variations of each activity.

**Cost:** \$0

**Course:** Use your Marbles

**Teacher:** Jocelyn Ripplinger

**Description:** This investigative option class aims to challenge you to develop solutions to given problems. In doing so, you will be asked to think outside the box and exercise your power of creativity, ability to work with others effectively, communicate ideas and investigate design and engineering.

**Cost:** \$0

#### Quarter 4 Period 7

**Course:** The Salad bar

**Teacher:** Cassie Skauge

**Description:**

This class will consist of students completing 2 salad related projects, and then spending time in the kitchen learning about kitchen safety and creating 6-8 salad recipes. There will be a \$25.00 fee for taking this class.

\*If you are currently in Foods, or have taken Foods, you are unable to sign up for this option (to let other kids have an opportunity in the kitchen).

**Cost:** \$0

**Course:** Book Club

**Teacher:** Kelly Rypien

**Description:** Students can read novels of their choice (2 minimum). Upon completing a novel, students must do a "Book Talk" on their book and present it to the class.

**Cost:** \$0

**Course:** Fitness/Games from around the world

**Teacher:** Winston Day Chief

**Description:** To acquire a base level knowledge in the purpose of fitness while being exposed to a very different variety of games featured worldwide. This will show the students there are many more games out there than just the same North American ones they have been playing their whole lives, which can hopefully broaden their cultural awareness. These two skills will be combined to allow the students to create their own game to end the quarter.

**Cost:** \$0

**Course:** Genius Hour

**Teacher:** Chelsey Hinger

**Description:** During "Genius Hour," students will embark on a journey of self-discovery and personal growth as they identify their unique interests, talents, and areas of expertise. Whether it's coding, writing, painting, designing, researching, or any other passion they hold dear, this class provides a dedicated space for students to dive into what truly inspires them.

**Cost:** \$10

**Course:** Groove Masters

**Teacher:** Jocelyn

**Description:** Step into the fun world of Latin dance. "Groove Masters: Introduction to Salsa and Merengue!" In this class, students will learn the basic steps, turns, and movements that define the styles of salsa and merengue. Students can engage in Latin culture and music and explore the history and traditions behind salsa and merengue, discovering the stories that have shaped these incredible dance forms. No previous dance experience is required, but students should come ready to participate and engage in classes.

**Cost:** \$0

**Course:** Improv

**Teacher:** Dino Caputo

**Description:** Students will learn to react and respond to unexpected situations and build confidence and creative abilities. With young students, it is a good idea to give them some time to come up.

**Cost:** \$0

**Course:** Math Card Games

**Teacher:** Chris Hartman

**Description:** In this option, you will have the opportunity to refine your skills with basic operations in math by learning, playing, developing, and teaching fun, competitive card and dice games.

**Cost:** \$0