



ST. FRANCIS JUNIOR HIGH

Grade 7 Investigative Options 2025-26

Course: Band

Teacher: Chris Hartman

Description: This option is for all students who would like to learn how to play a traditional band instrument and play in an ensemble. Playing in a school band continues to be a great way to grow as a musician and to become part of a unique group of friends who support each other as you work together to make music. This is a developmental option offered during investigative option time. Once you sign up for this band class, please note that you are committing to an entire semester. This is because this option requires time and dedication in terms of consistent practice. Learning an instrument is a skill that you can take with you and enjoy all the way through grade 12 and beyond.

Cost: Enrolment Fee: **\$50.00** This fee is to cover the cost of hiring individual clinicians who will come and work with the students at the beginning of the semester. This is very important for the students to properly begin to learn how to play the instrument that they chose. This fee also covers the method Book required at the beginning of the semester for each student. Instrument Rental: Starts at \$25.00/month This price is dependent on the instrument being rented.

Course: Babysitting

Teacher: Kelly Rypien

Description: Are you wanting to make some money for yourself? Have you ever considered babysitting? St. John's Ambulance is bringing the course to the school! The Babysitting course is for youths eleven years of age and older who want to look after infants and young children. You will learn basic skills to prepare yourself to deal with emergency situations plus the general principles of caring for infants and young children. They will teach you how to feed, care, and play with kids in addition to learning basic First Aid for infant and young children care. You will get your babysitting certificate at the end of the course. 100% attendance is required for certification.

Cost: ranges from **\$62-\$67** depending on the number of students registered. Cost of course is due by February 13, 2026.

Course: Book Club

Teacher: Kelly Rypien

Description: Students will be given an opportunity to read novels of their choice (2 minimum). Upon completion of a novel, students will be required to do some sort of book review as well as a number of different activities throughout the quarter.

Cost: \$0

Course: Bullet Journalling

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, colors, 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

Course: 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: \$20

Course: Cribbage

Teacher: Landon Veluw

Description: In this engaging class, students will learn how to play the classic card game Cribbage while strengthening their mental math and strategic thinking skills. Cribbage offers a fun way to practice counting, addition, probability, and pattern recognition through gameplay and scoring. Students will explore game rules, strategy, and scoring combinations, all while developing quick-thinking math abilities in a relaxed, social setting. No prior experience with the game is needed—just a curiosity for cards and numbers!

Cost: \$0

Course: Crystal Jewelry Creation

Teacher: Sarah Mucha

Description: The goal of this course is to introduce students to the art of handmade jewelry through creative, hands-on projects using crystals, wire, and string. Students will explore basic design techniques, learn safe and simple construction methods, and express their personal style while creating unique, wearable pieces. Along the way, they'll develop fine motor skills, patience, and confidence in their ability to turn simple materials into beautiful, finished jewelry.

Cost: \$5

Course: Exploring Creativity

Teacher: Winston Day Chief

Description: Welcome to Exploring Creativity! This course aims for students to discover and nurture their creative potential through a variety of engaging activities and projects. Whether you enjoy art, music, writing, drama, or innovative problem-solving, this course is designed to help you explore and develop your creative process.

Cost: \$0

Course: Film Studies

Teacher: Chelsey Hinger

Description: In this film studies class you will observe, analyze, and investigate how films have shaped the way we see the world, tell stories, and reflect culture. We will be exploring directors, film techniques, and what contributes to a good film. Through watching, discussing, and creating, you will gain a new appreciation for cinema.

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: 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: \$0

Course: Gaming Concepts - Introduction to MOBA's

Teacher: Michael Racz

Description: Curious about how top-level team-based games work? In this intro level course, you'll explore the world of MOBA games (Multiplayer Online Battle Arenas), using Pokémon Unite as your main game. You'll learn the basics of team roles, objectives, map awareness, and strategy while building your communication, adaptability, and critical thinking skills. Whether you're new to MOBAs or already a fan, this course will help you understand what makes these games so engaging and competitive. Along the way, you'll see how the teamwork and strategic thinking used in games like Pokémon Unite connect to real-world skills—and this just might be your first step into the world of esports.

Cost: \$25

Course: Gaming Concepts - Introduction to Super Smash Bros

Teacher: Michael Racz

Description: Love Super Smash Bros? In this course, you'll get to play, but more importantly, you'll learn how to think like a competitive player. We'll explore how characters, stages, and strategies all come together. This is an intro level course designed for students of all skill levels. You'll discover the basics of gameplay mechanics, teamwork, and tournament style play while building confidence and sharpening your gaming instincts. Along the way, you'll start to see how skills used in competitive gaming like strategic thinking, communication, analysis, and adaptability are valuable beyond the game.

Cost: \$25

Course: Google Gurus

Teacher: Chelsey Hinger

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 with their own personal computer are preferred to successfully participate in this course.

Cost: \$0

Course: I-Phone Photography

Teacher: Kelly Rypien

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

Cost: \$0

Course: Improv

Teacher: Dino Caputo

Description: The main goal of the investigative option is for students to develop strong physical and vocal awareness / control, students will become more comfortable using their body and voice as an actor of improvisation.

Cost: \$0

Course: Indigenous Art

Teacher: Winston Day Chief

Description: Welcome to Indigenous Art! This class allows students through a respectful manner to explore the rich and diverse world of Indigenous art. Through hands-on activities and a look at the traditions of the art form, students will gain a deeper appreciation for Indigenous traditions, techniques, and the cultural significance behind the art forms.

Cost: \$10

Course: Intro to construction tech

Teacher: Jason Roberts

Description: To gain a basic knowledge of hand tools and simple methods employed in the construction industry for various forms of materials (wood, metal, electronics).

Cost: \$40

Course: Introduction to Blackfoot

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: 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: Life's Lab: The Microverse

Teacher: Michael Racz

Description: Welcome to the Microverse! In this junior Biology class, you will explore the hidden world of bacteria, viruses, and other incredible microorganisms. Throughout this course, we will dive into the world of microbes using interactive and hands-on activities. Students will not only gain an understanding of bacteria, viruses, and other microbes, but also gain a new appreciation for the remarkable role they play in shaping our world.

Cost: \$10

Course: Logic and Puzzles

Teacher: Landon Veluw

Description: 9 6 25 15 21 3 1 14 18 5 1 4 20 8 9 19 , 20 1 11 5 20 8 9 19 15 16 20 9 15 14!

This investigative option introduces students to the world of logic through fun and challenging puzzles. Students will develop critical thinking, problem-solving, and reasoning skills as they work through riddles, brainteasers, pattern puzzles, and logic grids. The class encourages creative thinking and perseverance while building a strong foundation in logical reasoning that can be applied across all subjects. Perfect for curious minds who love a good challenge!

Cost:\$0

Course: Math Strategy Games

Teacher: Landon Veluw

Description: In this engaging option class, students will explore essential math skills through classic card games such as Rummy, Hearts, Golf and Yahtzee. Each game offers unique opportunities to practice strategic thinking, probability, mental math, pattern recognition, and decision-making. Students will learn the rules and strategies behind each game, participate in friendly competitions, and reflect on the mathematical concepts that guide smart gameplay.

Cost: \$0

Course: Mental Training for Athletes

Teacher: Michael Racz

Description: Nervous before a big game? Struggle while taking free throws or penalty kicks? Struggle to recover after losing an important game? Want to develop skills to stay calm under pressure? This course will help students develop mental skills to handle stress in sport and take their game to the next level. Students will explore mental training techniques and how to use them to improve sport performances and experiences.

Cost:\$0

Course: Music History

Teacher: Chelsey Hinger

Description: Are you a music lover? Ever wonder who your favourite musician got inspiration from? In this music history options class, you will explore how music has changed over time and how it impacts the world around us. Discover how music inspires connection, trends, and culture. Through listening to lots of music, discussion, and fun projects, you will see how music influences everything and uncover the stories behind the sounds that you already love!

Cost: \$0

Course: Myth Busters

Teacher: Sarah Mucha

Description: The goal of this course is to engage students in hands-on experiments that test common myths and questions using the scientific method. Students will develop critical thinking skills as they make predictions, collect data, and analyze results. Along the way, they'll explore concepts in science, math, statistics, and probability while learning how to think like real investigators.

Cost: \$0

Course: Paper Crafts

Teacher: Chelsey Hinger

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

Cost: \$5

Course: Podcasting

Teacher: Sarah Mucha

Description: The goal of this course is to introduce students to the world of podcasting by exploring different styles and formats, analyzing what makes a podcast engaging, and learning the step-by-step process of creating one. Students will plan, write scripts, record, and share their own short podcasts while developing skills in communication, storytelling, and collaboration.

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) four or six squares that we will be putting 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 will also have an opportunity to quilt a small pillow to be taken home.

Cost: \$15

Course: Read It, Watch It

Teacher: Kelly Rypien

Description: The primary goal of "Read It, Watch It" is to enhance literacy and engagement with literature by combining the experience of reading a book with watch its film adaptation. This approach aims to deepen understanding, foster discussion, and create a more immersive and enriching experience by allowing participants to compare and contrast the two mediums.

Cost: \$0

Course: Soccer Skills

Teacher: Landon Veluw

Description: This fun and active class is designed for students who want to develop their soccer skills while building teamwork and fitness. Students will learn the fundamentals of the game, including dribbling, passing, shooting, positioning, and basic strategies. The course includes individual skill drills, small-sided games, and full-field scrimmages.

Cost: \$0

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 the process of writing and possibly recording your own tune. It can be by yourself or with a partner, but you will definitely 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 just to give you an idea. It is an asset to know how to play an instrument like the guitar or the piano for this option. Bring your creativity, talents, and positive attitude and you'll see what you are capable of creating.

Cost: \$0

Course: Shark Tank Jr

Teacher: Landon Veluw

Description: This investigative option will follow the hit TV show Shark Tank. Students will be expected to start a company, or create an invention they feel the Sharks will invest in. You will participate twice in the tank, once individually, and once in a group. We will also learn the basics in marketing and business planning. If you want to be your own boss one day then this class is for you!

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: Typing Club

Teacher: Chelsey Hinger

Description: In this keyboarding elective, students will master touch-typing skills and develop proficiency in using a standard keyboard efficiently. The course emphasizes speed and accuracy through practice with various typing exercises and games. Students in this self-paced course develop strong typing skills and foundational digital literacy to prepare for academic and professional tasks in the coming years requiring rapid and precise typing. Students with their own personal computer are preferred to successfully participate in this course.

Cost: \$0

Course: Watercolour

Teacher: Sarah Mucha

Description: The goal of this course is to introduce students to the expressive and creative world of watercolour painting. Students will explore basic techniques, experiment with colour blending, brushwork, and texture, and create original art inspired by both imagination and observation. This course encourages personal expression while helping students build confidence in their artistic skills.

Cost: \$5

Course: Wham Boom Pop!

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. We will practice together with the goal of performing at the end of the year.

Cost:\$0