



ST. FRANCIS JUNIOR HIGH

Grade 8/9 Investigative Options 2025-26

Course: Art of Creativity

Teacher: Winston Day Chief

Description: The Art of Creativity is an immersive class designed to dive deep into the creative process, exploring various techniques and activities that spark imagination and innovation. Through hands-on activities and a look at the creative process, students will learn how to harness their creativity. Whether you are looking to enhance your creativity or you feel you need to learn to be creative this class is for you.

Cost: \$0

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: Basic Life Skills

Teacher: Chelsey Hinger

Description: Have you ever wondered "why didn't they teach me this in school?" This class is a collection of basic life skills that will help students be able to tackle what is deemed "simple" or "easy" activities that "everyone should know" but may have never been specifically taught. Examples of this include, but are not limited to: sewing a button, writing a letter, hanging a picture, how to study, personal finance, and much more!

Cost: \$5

Course: Beginner Acoustic Guitar

Teacher: Chris Hartman

Description: Welcome to Beginner Guitar 8/9.

This is a beginner guitar course perfect for the student who has never picked up the guitar but has always wanted to give it a try. Our main focus will be the acoustic guitar. You will have the opportunity to learn and practice the technical skills you need in order to make acoustic guitar playing enjoyable. You will also have the opportunity to increase your library of popular music, as you will be using the skills you learn in order to play various pop/rock/country/folk tunes. The best thing about the guitar is that you can take it and play it anywhere. Music is an amazing art form that not only helps you discover who you are, but allows you to grow in confidence as you learn how to effectively and creatively express your emotions, opinions and ideas to others.

Cost: \$5.00 for guitar strings, picks, and music

Course: Blackfoot Language

Teacher: Winston Day Chief

Description: In this class, students will begin learning to speak and understand the Blackfoot language. Through listening, speaking, and interactive activities, they will learn basic words, phrases, greetings, and everyday conversations. Students will also explore Blackfoot culture, traditions, and stories, gaining a deeper connection to the language and its importance in preserving identity and community. No prior language experience is needed—just a willingness to learn and participate!

Cost: \$0

Course: Bluebird Cafe

Teacher: Chris Hartman

Description: This is for advanced musicians! Students who are passionate about creating and sharing music will create their own "performance space". This is an opportunity for students who have taken music options, such as band, songwriting, recording arts, wham boom pop, and guitar to showcase what they have learned, created, and collaborated on. Students will create their own "Bluebird Cafe" at the end of the year, which will be a public performance.

Cost: \$0

Course: Board Game Design

Teacher: Winston Day Chief

Description: To design and produce a board game using imagination to try and break some of the usual board game stereotypes.

Cost: \$0

Course: Cake Decorating

Teacher: Lloyd

Description: Welcome all Cake Creators, where flour, frosting, and fun come together! Students will explore the art and science of cake decorating. From mastering basic piping techniques to designing their own show-stopping creations, students will learn essential skills in baking, design, and presentation. Whether you're a future pastry chef or just love to express creativity through food, this course offers the perfect mix of technical skills, artistic flair, and edible rewards.

Cost: \$30.00

Course: Candle Creations

Teacher: Tahlia Bloor

Description: Ever wanted to design your own candle? In this hands-on option, you'll learn how to blend scents, create unique designs, and even build your own brand! Using Canva, you'll design a logo and candle label, then pitch your idea in a fun Shark Tank–style showcase. The winning candle will be produced and sold through Mrs. Bloor's candle company, with profits going to a charity chosen by the winner of Shark Tank. This course combines art, design, business, and creativity and you'll leave with a candle creation that's totally your own!

Cost: \$20

Course: Card Making

Teacher: Sarah Mucha

Description: The goal of this course is to introduce students to the creative process of handmade card design. Students will explore a variety of techniques such as stamping, layering, cutting, and lettering to create cards for different occasions. This course encourages artistic expression, attention to detail, and thoughtful communication through personalized, handmade art.

Cost: \$0

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: Clay Creation

Teacher: Kristen Laurie

Description: Students will explore the art of clay crafting using air-dry clay. They'll learn techniques to shape, design, and decorate their own creations such as magnets, earrings, mugs, and more. Projects will be painted and personalized, allowing students to express their creativity while building skills and artistic confidence.

Cost: \$10

Course: Comic Strips & Illustrations

Teacher: Elizabeth Ankermann

Description: Students will explore visual literacy through the reading, writing and creation of comic strips while learning about their historical significance and evolution. Drawing techniques will be taught using a variety of media and story boarding will be introduced. Creating and developing their own characters and plot will also be focused upon.

Cost: \$0

Course: Comic Strips & Illustrations

Teacher: Elizabeth Ankermann

Description: Students will explore visual literacy through the reading, writing and creation of comic strips while learning about their historical significance and evolution. Drawing techniques will be taught using a variety of media and story boarding will be introduced. Creating and developing their own characters and plot will also be focused upon.

Cost: \$0

Course: Creative Creations & Calligraphy

Teacher: Carly Spoulos

Description: This class combines the art of Zentangles and the elegance of Calligraphy! Zentangles are intricate images made up of detailed, repeating patterns, while Calligraphy focuses on beautiful lettering formed through careful attention to proportion and style. Students will explore techniques in both areas as they develop their skills and create a unique final masterpiece.

Cost: \$5

Course: Crochet Crafts

Teacher: Hannah Couture

Description: New and experienced crocheters alike will have the chance to create gifts for their loved one with their own hands. Whether students have experience crocheting and are learning to challenge themselves, or are brand new to the craft there will be opportunities to learn new stitches and create using patterns that produce quick and satisfying results.

Cost: \$30

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 per student

Course: CSI - Competency in Skills for Investigating

Teacher: Chelsey Hinger

Description: Students will delve into the fascinating world of forensic science and develop essential competencies and skills for effective investigation. Through a combination of theoretical knowledge and hands-on activities, students will explore various forensic disciplines.

Cost: \$0

Course: Dragons Den

Teacher: Wade Kast

Description: For students to be able to design, create and sell a product to a group of actual business owners.

Cost: \$0

Course: Driver's Ed Prep

Teacher: Chelsey Hinger

Description: This option will prepare students to take their Alberta Learner's License Exam. Students will go through Alberta's Transportation Basic Driver's Handbook and complete assignments and multiple activities leading them to gain the confidence to successfully complete the Learners License Exam.

Cost: \$18

Course: Drone Technology

Teacher: Corey Van Oene

Description: The Drone Technology class gives students a hands-on introduction to drone technology, flight skills, and aerial photography. The course combines practical flying sessions with lessons on safety, regulations, and the real-world applications of drones in industries like agriculture, filmmaking, and emergency services. It's a fun, engaging option that encourages problem-solving, teamwork, and creativity while exposing students to cutting-edge technology.

Cost: \$15

Course: Eco-Art

Teacher: Elizabeth Ankermann

Description: Explore the world of eco-art in this creative, nature-inspired class! Use recycled materials and natural objects to make meaningful art while learning about sustainability and the environment. This hands-on class encourages imagination, environmental awareness, and artistic expression through fun, eco-friendly projects and collaborative activities.

Cost: \$0

Course: Ecosystem Exploration

Teacher: Hannah Couture

Description: Students will have the chance to explore the reptiles, amphibians, mammals, birds, and plants of our Albertan ecosystems, working together to learn how and why these species are classified and identified.

Cost: No cost

Course: Game of Cards

Teacher: Kristen Laurie

Description: Students will explore the world of card games by learning a mix of timeless classics and modern favorites, building strategy, memory, and quick-thinking skills along the way. Once they've mastered the basics, they'll flip roles from player to creator—designing their own card games, writing the rules, and testing them out with classmates

Cost: Approx. \$1-\$2 per student.

Course: Gaming Concepts 1.0

Teacher: Corey Van Oene

Description: Whether you aspire to be a game designer, developer, critic, or simply a more informed and discerning gamer, this course will equip you with the foundational knowledge and analytical skills necessary to navigate the vast and exciting world of gaming. Get ready to level up your understanding of gaming concepts and embark on an epic adventure of the Esports universe like no other! Please register for another course if you have already taken Gaming Concepts 1.0.

Cost: \$25

Course: Gaming Concepts 1.0

Teacher: Corey Van Oene

Description: Whether you aspire to be a game designer, developer, critic, or simply a more informed and discerning gamer, this course will equip you with the foundational knowledge and analytical skills necessary to navigate the vast and exciting world of gaming. Get ready to level up your understanding of gaming concepts and embark on an epic adventure of the Esports universe like no other! Please register for another course if you have already taken Gaming Concepts 1.0.

Cost: \$25

Course: Gaming Concepts 2.0

Teacher: Corey Van Oene

Description: Whether you aspire to be a game designer, developer, critic, or simply a more informed and discerning gamer, this course will equip you with the foundational knowledge and analytical skills necessary to navigate the vast and exciting world of gaming. So, get ready to level up your understanding of gaming concepts and embark on an epic adventure like no other! Gaming Concepts 2.0 will also include elements of gaming tournament production, such as Shoutcasting and Podcasting.

Cost: \$25

Course: Gaming Concepts 3.0

Teacher: Corey Van Oene

Description: Whether you aspire to be a game designer, developer, critic, or simply a more informed and discerning gamer, this course will equip you with the foundational knowledge and analytical skills necessary to navigate the vast and exciting world of gaming. So, get ready to level up your understanding of gaming concepts and embark on an epic adventure like no other! Gaming Concepts 3.0 will also include elements of game design. If you have already taken Gaming Concepts 3.0, please sign up for different option.

Cost: \$25

Course: Gaming Concepts 3.0

Teacher: Corey Van Oene

Description: Whether you aspire to be a game designer, developer, critic, or simply a more informed and discerning gamer, this course will equip you with the foundational knowledge and analytical skills necessary to navigate the vast and exciting world of gaming. So, get ready to level up your understanding of gaming concepts and embark on an epic adventure like no other! Gaming Concepts 3.0 will also include elements of game design. Please choose another option class if you have previously taken Gaming Concepts 3.0.

Cost: \$25

Course: Goal Getters (Vision Boarding)

Teacher: Elizabeth Ankermann

Description: Set your dreams in motion with Goal Getters, a fun and inspiring class where you'll learn the art of vision boarding! Vision boards are creative collages made with images, words, and drawings that represent your goals and dreams. In this class, you'll reflect, plan, and design a board that motivates you to reach your full potential—while having fun and getting to know yourself better.

Cost: \$0

Course: Grow and Gather: Garden to table

Teacher: Lloyd

Description: Students will get their hands dirty and investigate taste buds. In this hands-on course, students will harvest our school courtyard garden into a delicious plate. Students will plant, grow, and care for a variety of local herbs, greens, and vegetables—learning what it takes to build a sustainable garden from the ground up. Along the way, students will dive into the science of soil, composting, and biodiversity, all while thinking like an environmental designer. But the best part? You'll harvest what you grow and use it to create fresh salads and edible dishes right from the garden. Discover the joy of growing your own food and turning it into something delicious. From garden beds to dinner plates—this is learning you can taste!

Cost: \$25.00

Course: Holiday Bake Shop

Teacher: Lloyd

Description: Calling all aspiring bakers ready to take their skills to the next level! In this advanced baking course, students will dive into the delicious world of holiday baking, creating a variety of shareable, gift-worthy treats perfect for the festive season. As your skills grow, so will your confidence in recipe development, presentation, and teamwork. The course will culminate in a Christmas Bake Sale, where students will package and sell their best treats to raise money for the school - combining culinary talent with entrepreneurship and community spirit.

Cost: \$30.00

Course: Ice Cream Shoppe

Teacher: Lloyd

Description: Get ready to mix, swirl, and scoop your way into the world of business! In this fun and tasty course, students will team up to create unique frozen treats using the awesome Ninja Creami machine. From creamy gelato to fruity sorbets, dairy-free options, and classic ice cream, you'll experiment with flavors and textures to build the ultimate recipe. But this isn't just about ice cream—it's about entrepreneurship! You'll develop a business plan, design branding, and even pitch your product. Final endeavor will be competing in a friendly "Best Frozen Treat" challenge.

Cost: \$25.00

Course: Imagine 2030: Building a better Future

Teacher: Lloyd

Description: Where science, creativity, and big ideas come together! In this hands-on course, students will work in teams to design a sustainable community that helps both people and the planet. From green energy to housing, food, and transportation, you'll explore real-world solutions for a better tomorrow. You'll also discover cool careers in science, design, and sustainability—like architects, engineers, and environmental scientists! The course ends with a big final showcase, where students will share their vision.

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: Indigenous Beading

Teacher: Winston Day Chief

Description: This course aims to introduce students to Indigenous beading. They will learn about the history of beading, why it was used, how beading was done, the designs, and how to bead. Students will do their own beading throughout the course as well as take anything home to keep that they make in class.

Cost: \$5

Course: Intro to construction tech

Teacher: Jason Roberts

Description: To gain an understanding of simple hand tools and their use in the construction industry, while solving problems using various materials (wood, metal, electronics)

Cost: \$40

Course: Introduction to AI

Teacher: Chelsey Hinger

Description: In Exploring AI, students will have the opportunity to dive into the fascinating field of AI, explore its applications, and learn about how AI impacts society, decision-making, creativity, and personal responsibility in both school and daily life. We will focus on the ethical implications of AI and the importance of academic integrity.

Cost: \$0

Course: Let's Jam! (For Experienced Musicians)

Teacher: Chris Hartman

Description: Welcome to Let's Jam!

This is for intermediate guitar players who have already taken guitar either in the beginner guitar class, or from private lessons outside of school (you can play other instruments as well...). The goal of this option is to continue to develop your skills as a musician and get to a level where you can competently jam and sing with your friends or by yourself. 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 class, creating and recording your own music in collaboration with the recording arts option, and participating in the year-end talent show or Battle of the Bands.

Cost: \$0

Course: Mindful moments

Teacher: Tahlia Bloor

Description: Need a break from the busy school day? In this option, you'll explore ways to relax, recharge, and build healthy habits for your mind and body. From Meditation to gratitude journaling, calm colouring, and even planting your own greenery, you'll discover strategies to manage stress and find balance. You'll also get creative by making your own vision board to showcase what grounds you and inspires you. Join us to boost your focus, find your calm, and leave each class feeling refreshed!

Cost: \$7

Course: Multicultural Art

Teacher: Elizabeth Ankermann

Description: Have you ever wanted to know more about art from different cultures or to explore your own artistic heritage? Celebrate our school's diverse cultural and ethnic backgrounds in this Investigative Option! Classes will select cultures of interest to research and then create art inspired by them in a manner that is respectful and avoids appropriation. Similarities and differences in art making across cultures will be examined.

Cost: \$5

Course: Mural Magic - Part 1

Teacher: Carly Spoulos

Description: We're continuing to beautify our school with vibrant murals! Your artistic talent will help shape and enhance our school's culture and community. In Part 1, we'll focus on collaboration and creativity as we design the murals together. I strongly encourage you to join Part 2 in Quarter 2, when the majority of the painting will take place!

Cost: \$5

Course: Mural Magic - Part 2

Teacher: Carly Spoulos

Description: We're continuing to beautify our school with vibrant murals! Your artistic talent will help shape and enrich our school's culture and community. In Part 1, we focused on designing the murals together. Now, in Part 2, it's time to bring those ideas to life by painting the walls and rooms throughout our school!

Cost: \$5

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: NFL GM

Teacher: Wade Kast

Description: For students to be able to dissect NFL game film and be able to determine who they would want in an NFL all players draft, which we will do as a class at the end of the term.

Cost: \$0

Course: Origami

Teacher: Kristen Laurie

Description: Students will learn the Japanese art of paper folding while exploring design, geometry, and art. They'll start with simple projects and progress to more intricate creations such as animals, flowers, and decorative objects.

Cost: \$2

Course: Outdoor Ed. Wilderness Navigation

Teacher: Corey Van Oene

Description: In this Wilderness Navigation class, students will learn essential skills for safely and confidently exploring backcountry environments. We'll cover map reading, compass use, route planning, and situational awareness in varied terrain. Through a mix of classroom instruction and hands-on practice outdoors, students will develop the ability to navigate independently and make informed decisions in unfamiliar landscapes. This course emphasizes both technical navigation skills and teamwork, fostering resilience and confidence in outdoor settings.

Cost: \$0

Course: Play by Play: Athlete Film Study

Teacher: Wade Kast

Description: The goal of this option is to give students the opportunity to learn how to properly be able to break down their own game film from any sport they may play. This will allow the students to be able to see their own strengths, weaknesses and be able to come up with strategies to maximize their successes and minimize their shortcomings.

Cost: \$0

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: Puppet Design & Theater

Teacher: Elizabeth Ankermann

Description: Unleash your imagination in this exciting puppet design class! Learn how to create your own unique puppets using a variety of materials and techniques. From sketching ideas to building characters, this hands-on class blends art, storytelling, and performance in a fun, creative environment.

Cost: \$5

Course: Ready, Set, Hired!

Teacher: Lloyd

Description: Ready to land your first job and make a strong first impression? In this hands-on, confidence-building course, students will learn how to create eye-catching resumes that get noticed and prepare for real-life job interviews through interactive activities and mock interviews. We'll dive into what makes a resume stand out, how to communicate your strengths, and what to expect (and avoid) during interviews. You'll also explore the legal rights and responsibilities of being an employee—so you can walk into any job informed, prepared, and empowered. Whether you're applying for your first part-time gig or thinking ahead to future careers, this course sets you up for success from application to interview—and beyond.

Cost: \$0.00

Course: Rock Band

Teacher: Chris Hartman

Description: In this class you will learn basic instrumental and vocal skills that are necessary in order to play pop music. You will experience drums, guitar, bass guitar, piano and pop vocals. After a while, you will pick an instrument to focus on, practice it, form your own group, practice together, and ultimately perform together in the Battle of the Bands at the end of the year.

Cost: \$0

Course: Saint Stories

Teacher: Hannah Couture

Description: Students will be invited to explore the stories of saints from various historical periods, cultural settings, and backgrounds, learning from their examples how to live rooted in Catholic values and bring meaningful contributions to our modern communities.

Cost: \$0

Course: Sign & Shine

Teacher: Carly Spoulos

Description: Have you ever wanted to begin your journey in learning sign language? In this beginner-friendly class, you'll explore the basics of American Sign Language (ASL) while learning how to sign the lyrics to a song. At the end of the year, your class will perform the signed song in the year-end talent show! No experience needed! Just bring your hands, heart, and enthusiasm.

Cost: \$0

Course: Sports Issues

Teacher: Corey Van Oene

Description: In this course, students will explore important topics in the world of sports, including the risks and consequences of illegal drug use in athletics. Additionally, students will learn the basics of how to build an athletic portfolio to showcase their skills, achievements, and goals when applying to colleges and universities. This course aims to prepare young athletes for success both on and off the field, while promoting healthy, responsible choices in their athletic careers.

Cost: \$0

Course: Sports Management NHL

Teacher: Corey Van Oene

Description: Have you ever thought the General Manager of your favorite team could do a better job? Have you thought you could make better decisions? This class is a business simulation similar to fantasy sports. The goal of this course is for students to understand and practice all of the managerial practices that contribute to the organization of a National Hockey League team. These include team philosophy, player scouting and analysis, player selection, injury management, contract and salary management, and review of performance. Check it out and see if you have the right stuff to be a champion.

Cost: \$0

Course: Stamp & Press (Printmaking Art)

Teacher: Elizabeth Ankermann

Description: Explore a variety of printmaking techniques in this investigative option! Printmaking is an artistic process that involves transferring images from an etched or engraved surface onto another surface. Think stamps! Students will work with a variety of materials to learn fundamental practices of printmaking, along with creating their own reproducible designs!

Cost: \$10

Course: Sustainable Solutions

Teacher: Hannah Couture

Description: Students will have the chance to examine various factors impacting the design and practice of sustainable solutions to every day problems with the goal of determining how to go about making environmentally friendly choices while recognizing how complicated this can sometimes be. Students will practice how to develop and defend a well researched position on these problems and be invited to propose their own creative solutions.

Cost: \$0

Course: The Curiosity Quest: Science Fair Explorers

Teacher: Lloyd

Description: What sparks your curiosity? Whether it's the power of magnets, the energy behind your energy drink, or why plants grow faster to certain music, this course is your chance to become a scientist of your own world. In The Curiosity Quest, students will time diving deep into a self-directed science investigation based on a topic they're passionate about. From wild "what ifs" to serious "how come" questions, you'll develop a testable idea, conduct experiments, collect data, and communicate your results in a creative and scientific way. Student will challenge themselves to be part of the Lethbridge Science Fair.

Cost: \$0.00

Course: Watercolor Painting

Teacher: Elizabeth Ankermann

Description: Discover the magic of watercolor in this fun, hands-on art class! Learn basic techniques, explore color blending, and create your own masterpieces. No experience needed—just bring your creativity and curiosity. This class encourages self-expression while building confidence in artistic skills through step-by-step guidance.

Cost: \$5

Course: Whiteboard Wonders

Teacher: Carly Spoulos

Description: Have you ever wondered how Miss Spoulos creates her whiteboard drawings? In this option, we'll use markers and imagination to draw awesome movie-inspired art while watching fun, exciting films. Whether you want to sketch your favorite characters or reimagine scenes, you'll learn how to create cool drawings step-by-step. We'll also try whiteboard challenges, mini games, and funny mashups. Everything is erasable—so no pressure, just play! Perfect for artists, movie lovers, and creative minds who love to draw, erase, and repeat!

Cost: \$5

Course: Wind Powered-Transport

Teacher: Chelsey Hinger

Description: In this investigative option, your team will create a company, and in the various roles presented, you will work collaboratively to design a wind-powered vehicle that carries 10 marbles, travels 5 meters using a single fixed wind source, includes an onboard gear/pulley train, and stays within a \$1,000,000 budget.

Cost: \$0

Course: Worldwide Mythologies

Teacher: Hannah Couture

Description: Students will explore the history, legacy, and stories of mythological systems from cultures around the world and throughout history, learning these stories, analyzing them, and creatively adding and responding to them.

Cost: \$0