



ST. FRANCIS JUNIOR HIGH

Grade 8/9 Investigative Options 2026-27

Course: Flow & Glow: Pilates Yoga Fusion

Teacher: Tricia Sward

Description: Move, stretch, and shine! Flow & Glow is a fun and energizing class that combines elements of Pilates and yoga to improve strength, flexibility, balance, and overall well-being. Students will learn mindful movement, core-strengthening exercises, relaxation techniques, and healthy habits while building confidence and reducing stress. Whether you're new to fitness or already active, this class is a great way to move your body, challenge yourself, and feel your best. No experience required—just bring a positive attitude and a willingness to try something new!

Cost: \$10

Course: Instrumental Music (Band)

Teacher: Chris Hartman

Description: This course provides opportunities for grade 8/9 students to develop their musical potential and aesthetic understanding through learning to play a woodwind, brass, or percussion instrument. Study includes the care and cultivation of a beautiful tone, the ability to read music, the building of technical skills, team spirit, and responsible rehearsal habits. Students will study many styles of music and perform before live audiences in several concerts throughout the year. Previous musical experience is beneficial but not required. **Keep in mind that you sign up for this option for the entire semester (4 months). You then can sign up again for the second semester in order to stay in band for the whole year. Think of this as a developmental option during investigative option time.**

****Note:** Students are required to rent or otherwise obtain an instrument if they do not already have their own.

Cost: \$50 (full year)

Course: Bluebird Cafe

Teacher: Chris Hartman

Description: In this option, 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 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 that will be open to the public.

Cost: no cost

Course: Let's Jam

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. 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: no cost

Course: Farm to Fork

Teacher: Griffin Dyck

Description: The primary goal of Farm to Fork is to help students develop practical cooking skills while exploring the important role agriculture plays in our daily lives. Through hands-on food preparation, students will learn how ingredients are grown, raised, and processed before becoming the meals we eat. With a focus on the agricultural significance of Southern Alberta, students will gain an appreciation for the farmers and producers who support our local communities, province, and country. By preparing a variety of dishes using ingredients connected to our agricultural industry, students will build confidence in the kitchen while developing a deeper understanding of where their food comes from.

Cost: \$30

Course: Global Cuisines

Teacher: Griffin Dyck

Description: The primary goal of Global Cuisines is to help students develop practical cooking skills while exploring food traditions from a variety of cultures around the world. Through hands-on preparation of dishes inspired by different countries, students will learn essential kitchen skills such as measuring, following recipes, ingredient preparation, and food safety. Each unit of study focuses on a different country or region, allowing students to understand how geography, culture, history, and available ingredients influence the development of traditional foods. Students will gain confidence in the kitchen while building an appreciation for the diversity of global cuisines and the role food plays in cultural identity.

Cost: \$30

Course: Construction Tech: Woodwork

Teacher: Jason Roberts

Description: Students will explore different methods of joining, cutting and shaping wood through a variety of projects.

Cost: \$50

Course: Construction Tech: Metalwork

Teacher: Jason Roberts

Description: The students will use various methods of cutting, joining and shaping metal to complete projects with sheet metal, producing items they can take home and use.

Cost: \$50

Course: Hockey Option (not Academy)

Teacher: Tricia Sward

Description: Students will develop and improve their hockey skills through a variety of drills, skill-building activities, and small-area games. The focus will be on skating, puck handling, passing, shooting, teamwork, and building confidence on the ice. **Students must have previous hockey experience and be comfortable with skating. Full hockey equipment is not required.**

Cost: no cost

Course: Ice Cream Shoppe

Teacher: Griffin Dyck

Description: The primary goal of Ice Cream Shop is to help students develop practical food preparation skills through the creation of frozen desserts and blended beverages. Students will learn and apply basic kitchen techniques such as measuring, mixing, recipe following, and understanding how ingredients affect texture, flavor, and consistency. Using tools and equipment such as ice cream makers and blending appliances, students will explore the science behind freezing, emulsification, and food transformation. Through the preparation of a variety of ice cream creations, milkshakes, smoothies, and other frozen treats, students will build confidence in the kitchen while strengthening their understanding of food safety, teamwork, and kitchen organization.

Cost: \$30

Course: Marine Biology

Teacher: Rebecca Maier

Description: In this course, we will investigate unique underwater ecosystems, learn how marine animals have adapted to survive in extreme environments, and look at the vital role the ocean plays in our global climate. If you love science, animals, and a bit of underwater mystery, this is the course for you!

Cost: No cost

Course: Card Making

Teacher: Rebecca Maier

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: \$5

Course: Harry Potter: Read it, Watch it!

Teacher: Tricia Sward

Description: Calling all readers, creators, and Harry Potter fans! Students will dive into *Harry Potter and the Philosopher's Stone* through reading, discussion, creative activities, games, and the movie adaptation. With creative projects, challenges, and opportunities to compare the book and film, students will experience the magic of the story while discovering how great stories come to life! Come ready to read, create, compete, and discover whether the book really is better than the movie!

Cost: no cost

Course: The Book Club

Teacher: Tricia Sward

Description: Grab a book and pull up a chair! The Book Café is the perfect place for students who love to read, discuss stories, and explore new genres. Throughout the course, we'll read a variety of books, complete creative assignments and projects, participate in discussions, and even watch movie adaptations of some of our favorite reads. If you enjoy getting lost in a good book and sharing your thoughts with others, this is the class for you.

Cost: no cost

Course: Global 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: no cost

Course: Christmas Crochet

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: \$10

Course: Crochet Projects

Teacher: Brigitte Paquette-Smith

Description: Beginner and intermediate crocheters will have the opportunity to learn stitches to create small projects, such as a bookmark and a doily. The goal of this course is to have students challenge themselves to learn basic stitches and to explore reading beginner/intermediate patterns while developing their sense of creativity.

Cost: \$5

Course: Games from Around the World

Teacher: Wade Kast

Description: This course is meant to expose students to a variety of different games from the four corners of the planet. These games are going to teach students different ways to achieve success in their regular sports as well as allow them to have fun playing unique games.

Cost: no cost

Course: Children's Book DIY

Teacher: Hannah Couture

Description: Students create their own children's book for kids ages 3–10 by planning, writing, and illustrating an original story. They learn about characters, setting, plot, and how to write a clear beginning, middle, and end, while also practicing good spelling, grammar, and creative word choice. By the end of the course, students will have a finished, hand-drawn book that they share with the class.

Cost: no cost

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: no cost

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: 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: no cost

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. Students will be learning content that will lead them to gaining their Basic Drone Flight Certification.

Cost: \$20

Course: Gaming Concepts: Video Game Strategies

Teacher: Michael Racz

Description: Want to improve your gaming performance? This course explores the strategies, mechanics, and decision-making that help players succeed in competitive video games. Students will develop skills in problem solving, game analysis, communication, teamwork, and adaptability while exploring concepts such as character roles, map awareness, positioning, and strategy. Designed for all skill levels, the course focuses on understanding how and why games work and applying those ideas to improve performance both in and beyond gaming.

Cost: \$40 Gaming Equipment User fee

Course: Gaming Concepts 1.0

Teacher: Corey Van Oene

Description: Gaming Concepts is a dynamic option class that transforms a passion for video games into valuable, real-world skills. Students explore game design and strategy while learning to plan and execute live esports tournaments. The curriculum balances hands-on computer technician basics like hardware troubleshooting with essential habits for healthy gaming and digital wellness. This course bridges entertainment and education to build critical 21st-century skills in communication, technology, and problem-solving.

Cost: \$40 Gaming Equipment User fee

Course: Gaming Concepts 2.0

Teacher: Corey Van Oene

Description: Gaming Concepts is a dynamic option class that transforms a passion for video games into valuable, real-world skills. Students explore game design and strategy while learning to plan and execute live esports tournaments. The curriculum balances hands-on computer technician basics like hardware troubleshooting with essential habits for healthy gaming and digital wellness. This course bridges entertainment and education to build critical 21st-century skills in communication, technology, and problem-solving.

Cost: \$40 Gaming Equipment User fee

Course: Gaming Concepts 3.0

Teacher: Corey Van Oene

Description: Gaming Concepts is a dynamic option class that transforms a passion for video games into valuable, real-world skills. Students explore game design and strategy while learning to plan and execute live esports tournaments. The curriculum balances hands-on computer technician basics like hardware troubleshooting with essential habits for healthy gaming and digital wellness. This course bridges entertainment and education to build critical 21st-century skills in communication, technology, and problem-solving.

Cost: \$40 Gaming Equipment User Fee

Course: Ecosystem Exploration (Birds & Plants)

Teacher: Hannah Couture

Description: Students will have the chance to explore the birds and plants that we can find within our Albertan ecosystems, working together to learn how and why these species are classified and identified. The course will include both in-classroom and hands-on field trip ecosystem experience to help students take what they learn and apply the knowledge gained from the course in local environments.

Cost: \$5

Course: Ecosystem Exploration (Mammals & Reptiles)

Teacher: Rebecca Maier

Description: Students will have the chance to explore the reptiles, amphibians, and mammals that we can find within our Albertan ecosystems, working together to learn how and why these species are classified and identified. The course will include both in-classroom and hands-on field trip ecosystem experience to help students take what they learn and apply the knowledge gained from the course in local environments.

Cost: \$5

Course: Mindfulness

Teacher: Kristen Laurie

Description: Looking for a fun, relaxing option? In this class, we'll explore activities that help you recharge, reduce stress, and focus on your well-being. From creating vision boards and planting to meditation, crafts, and other mindful activities, you'll have the chance to be creative, connect with others, and learn simple habits that support a healthy mind and body.

Cost: \$8

Course: Dragons Den

Teacher: Wade Kast

Description: This course is meant to make students think like business entrepreneurs. They will have to think of, design and create a product or business that they can "sell" to a group of "dragons" (business owners). This course allows students to have complete creative control of what they want to do while also forcing them to make something that can be realistically "sold".

Cost: no cost

Course: Bake Shoppe

Teacher: Kristen Laurie

Description: Throughout the course, students will learn basic baking techniques while making a variety of treats, including cookies, muffins, breads, cupcakes, and seasonal holiday favourites. Along the way, they'll build kitchen skills, practice teamwork, and enjoy sharing their delicious creations.

Cost: \$30

Course: Gauss/Pascal Math

Teacher: Rheo Laforge

Description: The primary goal is to enhance a student's basic Math skills by investigating and looking at numbers through different lenses in order to solve problems effectively in a variety of ways.

Cost: no cost

Course: Cardboard Boats

Teacher: Chelsey Hinger

Description: Students will work in groups to design, plan and build cardboard boat prototypes. We will test the prototypes with an afternoon at the pool. The best prototypes will go on to represent St. Francis at the Regional boat race at the U of L.

Cost: \$15

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: no cost

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: no cost, but they have the option to purchase the book for \$20.

Course: Podcasting

Teacher: Jared Sandham

Description: Students will explore podcasting and how they can share their own personal interests with the format. We will work on examining different styles of podcasting, dissecting the strengths and limitations of podcasts, integrating current events into podcasting, and eventually create a script that will become students' own. This class is made to encourage students to grow skills such as critical thinking, teamwork, and communication.

Cost: no cost

Course: Cultures of the World

Teacher: Jared Sandham

Description: This course explores global civilizations through the lens of history, geography, and cultural traditions. By posing compelling questions about the wonders of the world and global diversity, students will examine deep into international communities. Skill development for this course will include research, presentation, and cultural intelligence.

Cost: \$5

Course: Games Beyond the Board

Teacher: Jared Sandham

Description: Ready to roll the dice, play your hand, and outsmart your friends? Games have been a source of connection for centuries, and in this class, there are lots to choose from. Don't worry, there will still be room for the classic board game too! From classic tabletop to tactical card games, we will embrace a wide range of challenges while also examining their fascinating history.

Cost: no cost

Course: Introduction to Sports Medicine

Teacher: Emily James

Description: Introduction to Sports Medicine is a hands-on option designed to introduce students to the exciting world of sports medicine, human performance, and injury prevention. Through interactive classes, athletic taping, fitness testing, injury simulations, and team challenges, students will explore how the human body moves, how injuries occur, and how athletes recover and perform at their best. Whether students are involved in sports or simply interested in health and the human body, this course will help them build practical skills, problem-solving abilities, and an appreciation for healthy, active living.

Cost: \$10

Course: Knitting a Scarf

Teacher: Brigitte Paquette-Smith

Description: Beginner and intermediate knitters will have the opportunity to learn stitches to create a scarf, and time permitting, to explore making other items. The goal of this course is to have students gain confidence in their creative ability while challenging themselves to learn basic stitches to complete their project.

Cost: \$5

Course: Marine Biology

Teacher: Rebecca Maier

Description: In this course, we will investigate unique underwater ecosystems, learn how marine animals have adapted to survive in extreme environments, and look at the vital role the ocean plays in our global climate. If you love science, animals, and a bit of underwater mystery, this is the course for you!

Cost: no cost

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Cost: no cost

Course: Saiyihpiyit!

Teacher: Kathryn Domes

Description: Saiyihpiyit' is a Blackfoot word meaning to dance out. In this Investigative Option, students will gain confidence using their voices in multiple ways. They will learn traditional Blackfoot drumming and singing from Sheldon Day Chief as well as participate in a variety of activities advocating for what they believe in and gain leadership skills.

Cost: no cost

Course: Sign & Shine

Teacher: Carly Spoulos

Description: Unlock a new world of communication in our beginner class, where you'll learn the basics of American Sign Language. Through engaging activities and interactive lessons, you'll master essential signs, explore Deaf culture, and develop skills to express yourself in a unique and meaningful way. Join us and start your journey to connect with others in a whole new language!

Cost: no cost

Course: Creative Creations & Calligraphy

Teacher: Carly Spoulos

Description: There are two main topics in this option: Zentangle art and calligraphy. Zentangles are images constructed using a variety of detailed patterns, while calligraphy consists of elegant writing based on the proportions and shapes of letters. Students will explore techniques in both areas to create their own final masterpieces!

Cost: \$8

Course: Sports Science

Teacher: Michael Racz

Description: Want to become a more complete athlete? This science course explores the factors that influence athletic performance, including mental skills, nutrition, injury prevention, recovery, biomechanics, and coaching. Students will learn practical strategies to manage pressure, improve athletic performance, reduce injury risk, and develop healthy training and recovery habits. While there may be some practical components, the course focuses on understanding the science behind sport and applying it to students' own athletic experiences.

Cost: no cost

Course: Whiteboard Wonders

Teacher: Carly Spoulos

Description: Have you ever wondered how Miss Spoulos creates her whiteboard drawings? In Whiteboard Wonders, we'll watch movies and bring their characters and themes to life through whiteboard art. No drawing experience is needed, just creativity!

Cost: \$5

Course: Yearbook

Teacher: Kristen Laurie

Description: Yearbook is a creative and collaborative option where students work together to design and produce the school yearbook. Students will take photos, write captions, conduct interviews, and use digital design tools to capture school memories and highlight student life throughout the year.

Cost: no cost

Course: Cinema

Teacher: Griffin Dyck

Description: Cinema introduces students to the art of filmmaking through both film study and hands-on learning. Students will explore a variety of genres, analyze how filmmakers communicate stories and themes, and develop practical skills using cameras and editing tools. Through viewing, discussion, and creative activities, students will strengthen their critical thinking, visual literacy, and appreciation of film.

Cost: no cost