



# Option Classes



Dear Parents/ Guardians,

We are starting quarter 3 of option classes at Spring Glen Jr. High. We would like to communicate with you what we are offering this quarter. Please visit with your student and help them pick the best option for them. We will have them choose classes on Thursday.

## Monday/Wednesday

- **Art**
  - Students will use a variety of art techniques in a range of mediums to create projects.
- **Strength/Flexibility Training**
  - A Flexibility and Strength Training class combines stretching exercises to improve range of motion with strength-building activities to enhance muscle tone and endurance. Students learn techniques to increase flexibility, build core strength, and improve overall fitness. The class promotes physical balance, injury prevention, and a healthy, active lifestyle.
- **Band (Gr. 6)**
  - This course will introduce students to the fundamentals of music, including reading sheet music, playing instruments, and understanding rhythm and melody.
- **Native Studies**
  - Students will work with a First Nation liaison to learn about the rich culture and history of the Blackfoot people.
- **Bread Making**
  - Students will learn the art of bread making. They will learn to bake a variety of different breads. (Limit of 12)
- **Minecraft Construction**
  - Students will use computers and the Minecraft Education app to create different structures and buildings from around the world. This is an engineering, coding, and problem-solving class.
- **Drama**
  - Drama class focuses on developing creativity, self-expression, and teamwork through acting and performance. Students learn acting techniques, stagecraft, improvisation, and script interpretation. The class often includes activities like skits and monologues, which help students build confidence and communication skills while exploring the world of theater.



# Option Classes



---

## Tuesday/Thursday

- **Hunters Ed**
  - Hunter's Education class teaches students the skills, knowledge, and safety practices needed to hunt responsibly and ethically. Topics include firearm safety, hunting laws, wildlife conservation, and outdoor survival skills. Student's will receive an Alberta certificate upon completion.
- **Gym Sports (not basketball)**
  - Gym Games and Sports class introduces students to a variety of fun, active games and sports, including floor hockey, badminton, and soccer. Students develop teamwork, coordination, and sportsmanship while learning the rules and skills of different sports. The class focuses on staying active, building skills, and enjoying friendly competition.
- **Year Book / Photo Journaling**
  - Yearbook/Photojournalism class teaches students how to capture meaningful moments through photography and storytelling. Students learn design layouts, and write captions to create a visually appealing yearbook or photo-based projects. The focus is on documenting school life, events, and memories in a creative and engaging way.
- **Strategy and Logic Games**
  - Strategy and Logic Games class challenges students to think critically, plan ahead, and solve problems through engaging activities. Students explore games like chess, checkers, board games, card games, and puzzles that require strategic thinking and logical reasoning.
- **Hot Lunch**
  - Students will learn how to prepare and serve meals to students in the school.
- **Green House**
  - Greenhouse class teaches students about plant growth, and gardening. Students learn hands-on skills like planting, watering, and caring for plants, as well as concepts like photosynthesis, ecosystems, and food production.
- **Band (7-9)**
  - Students will continue to develop their musical skills. This is for students with at least one year of foundation in a band instrument.