



St. Theresa Catholic Middle School

2021 Brentwood Blvd, Sherwood Park, AB T8A 0X2

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Please note: Options run based on enrollment and staffing. Options in grade 7 and 8 are run on a semester basis*

Grade 7 & 8 CTF Options		
Languages		
French as a Second Language	<p>Students will engage in various language activities, grammar and tasks. Using games, oral-based activities and word associations, students will be able to read, comprehend and speak fluently and spontaneously. The units covered at this level are "School", "People Around Me", "Weather", and four holidays and celebrations.</p> <p>Each student MUST supply his/her own French/English dictionary (Larousse Pocket Dictionary; printed in France).</p>	No cost
Communication		
Art	<p>This course focuses on three major components of visual learning: Drawings (the ways we record visual information and discoveries), Compositions (the ways images are put together to create meaning) and Encounters (where we meet and how we respond to visual imagery). Students will have many opportunities to draw, paint and sculpt in various media. The program is further designed to allow students to be creative, to develop skills and knowledge, and to develop appreciation and respect for the artistic efforts of others.</p>	\$20
Drama (Semester 2 only)	<p>Hear Ye! Hear Ye! Come one, come all to a class that will have you using your head, your voice, your facial expressions and body movement to convey meaning, entertain the masses and generally have fun. At the grade 7 & 8 level students are introduced to drama through six main areas of study: movement, speech, improvisation, acting, theatre studies and technical theatre, as per the Program of Studies. This is a participation based class where students gain self- confidence through various orientation exercises and activities. This class will participate in some workshops and field trips with the Performing Arts program.</p>	\$60
Film Studies	<p>Lights, camera, action! In this exciting Film Studies course, students will explore the art and craft of cinema, from classic movies to modern blockbusters. Through watching, analyzing, and even creating short films, students will develop critical thinking, storytelling, and technical skills. We will dive into film genres, camera techniques, visual storytelling, and media literacy while examining how movies influence and reflect our culture.</p> <p>Students will learn how to "read" a film, considering elements like cinematography, editing, sound, and narrative structure, and how these choices shape our viewing experience. They'll also get hands-on experience in planning, scripting, filming, and editing their own short video projects.</p> <p>This course is perfect for students who love movies, are curious about storytelling, or want to try their hand at filmmaking. No prior experience is necessary—just creativity and a willingness to learn!</p>	No cost
Musical Theatre (Semester 1 only)	<p>Taken from the General Music - Program of Studies, Musical Theatre allows students to "explore and develop musical skills using a wide variety of traditional and contemporary music". Students will have the opportunity to learn the basics of acting, singing and dancing- all at the same time! The course provides students a variety of experiences that develop self-expression, creativity, communication, through music and drama. Students will participate in some workshops and field trips with the Performing Arts program and take part in the Production.</p>	\$70
Human Services		
Food Studies	<p>This course concentrates on nutrition and preparation of simple recipes and the role of food in physical wellness and fitness. Students have the opportunity to develop skills regarding selection, safe handling, preparation, and service of a variety of foods.</p>	\$50
Leadership	<p>Do you want to have a say in student life at St. Theresa? Do you want to learn principles of leadership or event planning? Students will have the opportunity to explore what leadership means within a school context and gain skills that will set them up for future career success. Students in Leadership will have their fingerprints all over St. Theresa. From planning special events, fundraisers and theme days to multimedia components such as photography, photo editing and DJing, this course will explore the various behind the scene aspects of what makes a successful leader and follower. This course encourages students to be confident, supportive, and positive difference makers in our school.</p>	No cost
Sport Performance	<p>The purpose of the Sports Performance Course is to provide student athletes an opportunity to learn a wide variety of knowledge, skills and attitudes that support the maximization of physical, social, cultural and emotional potential through lifelong, non-traditional sporting endeavors. Through a combination of theory and practical exposure, students enrolled</p>	\$100 (includes cost of admission, use

	<p>in the course will learn about sport development through the study of:</p> <ul style="list-style-type: none"> • Current training principles and nutrition • Performance enhancement tools • Sport injuries as they apply to the athlete • Performance evaluation techniques • Personal and group development through leadership skills and Volunteerism 	of facilities and transportation to facilities)
Style and Self Care	Students will have the opportunity to learn how caring for their body, minds and selves, leads to an overall, well-rounded life experience. They will learn how to properly fuel their bodies through a balanced diet and exercise, as well as how to deal with stress. Students will participate in field trips, and will have guest speakers to help them learn about how to properly care for their skin, nails and hair.	\$50
Technology		
Construction	Students learn woodworking skills in the construction lab. The students will be given instruction in the safe operation of hand and power tools, layout and project assembly. Emphasis is placed on safety, however students will be able to take advantage of the full woodshop to build several different projects.	\$80
Robotics	Based on the Electro-Assembly CTS curriculum, students will be delving into the world of robotics using the Lego Spike Prime introductory kits. Using these kits, students are immersed in real-world science and technology challenges. Students will learn about the world of computer coding using Block Coding. Students, often placed in teams, will design their own unique solutions to differing problems/challenges. Previous challenges have included: designing and building self driving cars, building a simple video game, creating robots that walk/dance, robots that assess situations and complete various tasks in those situations. Through their participation, children develop valuable life skills and discover exciting career possibilities while learning.	\$40
Resources		
Outdoor Education	This course invites students to adventure into the outdoors. In Outdoor Pursuits, students will explore the outdoors through hands-on activities that build confidence, knowledge and practical skills. From basic outdoor survival and navigation to learning about conservation, students will develop a deeper connection with nature while staying active and engaged.	\$45