

Grade 7 Electives

Art 7

Fee: \$23.00

In this course, students will learn basic skills such as drawing (line, value, and texture), explore color theory through painting (watercolour and acrylic), and sculpting basic forms using clay. They will complete a variety of mixed media projects. Through hands-on activities and exploration, they will develop a solid foundation in artistic techniques and skills.



Band 7 (Full year)

Fee: \$35.00

Learn to play a musical instrument, read music, make friends, be a part of a team, and have fun in this hands-on course. **Prior musical training is not required.** Your music education will include multiple styles as the music varies from traditional band music to pop and movie music. Students may have opportunities to take part in activities such as Festival, Band Trips, and Clinic days. Students will be expected to take part in public performances and festivals as they occur.

Band instrument choices include woodwind, brass, or percussion. There are instruments available for rent at the school (for \$75) or students may provide their own approved instrument.



CTF: Computer Science 7 (Programming/Robotics)

Fee: \$11.00

This is the course where students will learn to CODE in a variety of Computer Languages. We also use Icon-based programming to manipulate the Lego Robots and to personalize a Scratch Video Game.

Areas of exploration and challenges may include:

- computational thinking and problem solving
- block and text-based programming languages
- algorithm and variable manipulation
- digital citizenship & literacy

Although students work individually, students in this course are expected to learn from and help each other as they problem solve and advance their knowledge base.



CTF: Creative Design and Production 7

Fee: \$26.00

Throughout the course, you will dive into hands-on activities that will challenge you to think creatively. You will learn how to design and create plush creatures that reflect your unique style, craft eye-catching album covers that tell a story, and even design your own to-go mug. You will also transform cardboard into stunning interior room mock-ups, where you will experiment with space, color, and texture to create the perfect environment. In this class, you will create and build things while learning to think like a designer.



Drama 7

Fee: \$12.00

Lights, camera, action! Students will explore movement, speech, improvisation/acting, technical theatre, and theatre studies. They'll develop confidence and learn about themselves and others. Students will write, rehearse, and perform various types of projects, such as choreography, lip syncing, storytelling, puppetry, sketch writing, and theatre sports. This is a great opportunity to flex your creativity and collaborate with your friends.

Note: this is a performance-based class.



Hockey Plus 7 (Full year)

Fee: \$115.00

This course allows students to develop a greater appreciation for hockey while honing their skills through on- and off-ice activities! Students will have an opportunity to play on the ice at the Sportsplex from October to April. When ice is not available, students will play a variety of other recreational sporting activities.

This course will focus on sportsmanship, fair play, and an understanding of the rules for hockey and other sports (including possibly ringette and sledge hockey).

Personal equipment is required: skates, stick, helmet with a cage, gloves, and elbow pads.



Learning Strategies 7

No fee

Get set to boost your academic skills with our Learning Strategies course! If homework's a headache and school feels like a puzzle, we're here to guide you through. In this course, you'll dive into the nuts and bolts of effective learning. From figuring out your personal strengths and challenges as a student to uncovering the study methods that work best for you, we'll equip you with the tools you need to thrive. Get ready to conquer test-taking, sharpen your study skills, and become a pro at organizing your work.

Math Strategies 7

No fee

This course is your ticket to feeling awesome about math and mastering those tricky concepts. With two simple goals in mind – boosting your confidence and leveling up your skills – we're here to make math fun and rewarding. Throughout the course, you'll not only tackle tricky bits and clear up confusion but also prepare for specific units of math, learn how to demonstrate your math skills effectively, and discover how to ask for help when you hit a snag. Picture personalized attention, engaging resources, and plenty of time to nail those foundational math concepts.

CTF: Performance Arts Production 7

Fee: \$24.00

Calling all cast and crew! This course focuses on all aspects of theatre production and the careers that support it. Students will work through the processes of theatrical design, technical elements and performance through the creation of a production. Areas of exploration and challenges may include:

- Technical – lighting and sound
- Set design and props
- Costuming and make-up
- Choreography and stage blocking
- Production, finance, and promotion



CTF: Recreational Fitness 7

Fee: \$50.00

This course is designed for students who want to have fun while being active! Students will get the opportunity to engage in a wide range of recreational and fitness activities. Students will learn about workout principles such as flexibility, strength, and endurance. The course will also focus on outdoor social activities (walks, ladder ball, bean bag toss, bocce ball, Spikeball, disc golf, pickleball etc.)

Students will take part in a few field trips throughout the semester to get first-hand experience with some of the recreational opportunities available within our community. Field trips may be subject to an additional cost.



CTF: STEM Challenge 7

Fee: \$21.00

This course is to learn more about Science, Technology, Engineering and Mathematics. This course is meant to bring these subjects together in a cross-curricular manner allowing students to see them in a different light. Students will be able to dig a little deeper in these subject areas to promote wanting to find out more and intrigue their critical thinking and problem-solving skills.

Areas of exploration and challenges may include:

- design, build, and test a prototype
- engineer a product to improve quality of life, environment, increase efficiency, etc.
- participate in challenge to stretch creativity and innovation



CTF: Wildlife 7

Fee: \$15.00

This course will help students develop knowledge, skills, and attitudes related to wildlife and ecosystem management. Students will have a combination of learning in the classroom and learning outdoors.

Main topics of learning will be:

- Orienteering
- Wildlife identification
- Fire-starting
- Archery



Grade 8 Electives

Art 8

Fee: \$23.00

In this course, students will learn to expand their skills in drawing, explore color theory through painting (watercolour and acrylic), and sculpting basic forms using clay. They will complete a variety of mixed media projects. Through hands-on activities and exploration, they will continue to expand a solid foundation in artistic techniques and expression.



Band 8 (Full year)

Fee: \$35.00

Learn to play a musical instrument, read music, make friends, be a part of a team, and have fun in this hands-on course. Prior musical training is not required.

Your music education will include multiple styles as the music varies from traditional band music to pop and movie music. Students may have opportunities to take part in activities such as Festival, Band Trips, and Clinic days. Students will be expected to take part in public performances and festivals as they occur.

Band instrument choices include woodwind, brass, or percussion. There are instruments available for rent at the school or students may provide their own approved instrument.

Instrument rental (if needed): \$75.00

CTF: Computer Science 8 (Programming/Robotics)

Fee: \$11.00

This is a continuation of the Grade 7 course, however, Grade 8 students that haven't taken the Grade 7 course are more than welcome to take the class as the Coding Languages and the Assignments will be different than those learned in Grade 7.

In general, this is the course where students will learn to CODE in a variety of computer languages. Students also use Icon-based programming to manipulate the Lego Robots.

Areas of exploration and challenges may include:

- computational thinking and problem solving
- block and text-based programming languages
- algorithm and variable manipulation
- digital citizenship & literacy

Although students work individually, they are expected to learn from and help each other as they problem solve and advance their knowledge base. It is near the end of this course that students will start their exploration of the digital complexities of computer animation using the Pixar in a Box platform.



CTF: Creative Design and Production 8

Fee: \$26.00

Throughout the course, students will dive into hands-on activities that will challenge them to think creatively. They will learn how to design and create things such as cardboard sculptures, paper mâché, illustrative word design, or polymer clay. Students will also have the opportunity to transform paper into stunning origami.

Create and build things while learning to think like a designer!



Drama 8

Fee: \$12.00

Lights, camera, action! Students will explore movement, speech, improvisation/acting, technical theatre, and theatre studies. They'll develop confidence and learn about themselves and others. Students will write, rehearse, and perform various types of projects, such as choreography, lip syncing, storytelling, puppetry, sketch writing, and theatre sports. This is a great opportunity to flex your creativity and collaborate with your friends.

Note: this is a performance-based class.



CTF: Enterprise & Innovation 8

No fee

In the CTF: Enterprise & Innovation 8 course, students will be provided with the chance to conceive, coordinate, and oversee a project according to their own preferences. Throughout the course, students will develop skills in identifying, comparing, and evaluating various possibilities and ideas. They will also learn how to effectively plan, execute, and reflect upon their projects or innovations.

*This course is mandatory for students in the Honours Program. Other students are welcome to enroll if they wish.

Film Production 8

Fee: \$6.00

Students will examine the value and need for audio and video production, and explore the strategies used to plan and create audio and video projects using various techniques.

Areas of exploration include:

- Sound production, directing, cinematography, script writing, editing and digital effects

This is a project-based course studying production techniques such as directing storyboarding, camera angles, plot twists, lighting, editing, etc. to create your own masterpiece short film by the end of the course. Students will be required to have their own headphones.

CTF: Guitar 8

Fee: \$14.00

This course is intended to teach students the skills and knowledge they need to become a part of their local music community. The course, as the name suggests, uses the guitar as the centerpiece of the student's musical journey.

Students will learn how to both play and maintain their guitars. They will learn how to read and play chords, among other techniques, as they learn to play a variety of songs on guitar. This course will give students the opportunity to learn guitar, prepare for performances, compose songs, and develop as a musician.



Hockey Plus 8 (Full year)

Fee: \$115.00

This course allows students to develop a greater appreciation for hockey while honing their skills through on- and off-ice activities! Students will have an opportunity to play on the ice at the Sportsplex from October to April. When ice is not available, students will play a variety of other recreational sporting activities.

Hockey Plus will focus on sportsmanship, fair play, and an understanding of the rules for hockey and other sports (including possibly ringette and sledge hockey). Personal equipment is required: skates, stick, helmet with a cage, gloves, and elbow pads.



CTF: Leadership 8

No fee

This is the course where students will plan for both personal and group leadership development. Students will demonstrate effective team building and leadership skills while participating as a member of the Rudolph Hennig Leadership Team.

We will develop a plan for students' own personal growth as a member of a leadership team, examine the various behaviors, skills, and roles of team members that contribute to team effectiveness, and contribute to the development of a positive school culture.

Areas of exploration and challenges may include:

- interpersonal skill development
- advocacy for change
- mentorship
- leading and supporting school activities
- school pride and culture
- a personal portfolio that provides an opportunity for students explore their many talents



Learning Strategies 8

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Math Strategies 8

No fee

This course is your ticket to feeling awesome about math and mastering those tricky concepts. With two simple goals in mind – boosting your confidence and leveling up your skills – we're here to make math fun and rewarding. Throughout the course, you'll not only tackle tricky bits and clear up confusion but also prepare for specific units of math, learn how to demonstrate your math skills effectively, and discover how to ask for help when you hit a snag. Picture personalized attention, engaging resources, and plenty of time to nail those foundational math concepts.

CTF: Performance Arts Production 8

Fee: \$24.00

Calling all cast and crew! This course focuses on all aspects of theatre production and the careers that support it. Students will work through the processes of theatrical design, technical elements and performance through the creation of a production. Areas of exploration and challenges may include:

- Technical – lighting and sound
- Set design and props
- Costuming and make-up
- Choreography and stage blocking
- Production, finance, and promotion



CTF: Personal Style & Image Design 8

Fee: \$39.00

Personal style is an important tool that can help students reinforce both their personal style and professional attributes.

Areas of exploration and challenges may include:

- Beauty industry (hair styles/products, cosmetics, skin care)
- Personal branding (sports, technology, social media)
- Clothing styles
- Influencer branding
- Marketing
- Effects of social media
- Styling and branding for name-brand companies
- Personal style and professional image

Focus will be placed on project-based assessments, where students control their own learning but can work independently and in small groups.



CTF: Recreational Fitness 8

Fee: \$50.00

This course is designed for students who want to have fun while being active! Students will get the opportunity to engage in a wide range of recreational and fitness activities. Students will learn about workout principles such as flexibility, strength, and endurance. The course will also focus on outdoor social activities (walks, ladder ball, bean bag toss, bocce ball, Spikeball, disc golf, pickleball etc.)

Students will take part in a few field trips throughout the semester to get first-hand experience with some of the recreational opportunities available within our community. Field trips may be subject to an additional cost.



CTF: STEM Challenge 8

Fee: \$21.00

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Areas of exploration and challenges may include:

- design, build, and test a prototype
- engineer a product to improve quality of life, environment, increase efficiency, etc.
- participate in challenge to stretch creativity and innovation



CTF: Wildlife 8

Fee: \$15.00

This course will help students develop knowledge, skills, and attitudes related to wildlife and ecosystem management. Students will have a combination of learning in the classroom and learning outdoors.

Main topics of learning will be:

- Fire-starting
- Camp cooking
- Hunting ethics and management
- First aid
- Archery



CTF: The World of Food 8

Fee: \$55.00

This is a project-based course that explores the unique facets of the food industry including cultural significance, the role food plays in the global economy, and food as a form of entertainment. Students will be encouraged to expand upon their current food experiences to gain an appreciation of the significance that food plays in all areas of life and investigate careers that support and complement the food industry.

Areas of exploration and challenges include:

- Global food preparation
- The entrepreneurial food industry
- Food challenges for entertainment
- The interpersonal significance of food
- Sustainable food practices

Take your palate on a culinary tour, explore a variety of flavors, seasonings, techniques, and traditions from the fusion of cultural culinary delights.

Grade 9 Electives

Art 9

Fee: \$23.00

In this course, students will continue to expand their skills in drawing, explore color theory through painting (watercolour and acrylic), printmaking, and sculpting basic forms using clay. They will complete a variety of mixed media projects. Through hands-on activities and exploration, they will work at more of an advanced level to expand a solid foundation in artistic techniques and expression.

Band 9 (Full year)

Fee: \$35.00

Learn to play a musical instrument, read music, make friends, be a part of a team, and have fun in this hands-on course. **Prior musical training is not required.** Your music education will include multiple styles as the music varies from traditional band music to pop and movie music. Students may have opportunities to take part in activities such as Festival, Band Trips, and Clinic days. Students will be expected to take part in public performances and festivals as they occur. Band instrument choices include woodwind, brass, or percussion. There are instruments available for rent at the school or students may provide their own approved instrument. Instrument rental (if needed): \$75.00

CTF: Computer Science 9

Fee: \$11.00

This is a continuation of the Grade 7 & 8 courses. However, Grade 9 students that haven't taken the grade 7 or 8 courses are more than welcome to take this class! Coding Languages and assignments will vary from those languages introduced in Grades 7 & 8. In general, this is the course where students will learn to CODE in various Computer Languages. Areas of exploration and challenges may include:

- computational thinking and problem solving
- block and text-based programming languages
- algorithm and variable manipulation
- digital citizenship & literacy

Although students work individually, they are expected to learn from and help each other as they problem solve and advance their knowledge base. It is near the end of this course that students will continue their exploration of the digital complexities of computer animation using the Pixar in a Box platform.

CTF: Construction Technologies 9

Fee: \$36.00

This course focuses on safe working practices and the planning, creation, and reflection of personal projects. Students will focus on woodworking and manipulation of sheet metal. While there are certain skill building projects students must complete to progress, they are encouraged to create projects of their choice to meet the requirements of the course. Students are expected to complete four projects in the semester (2 wood and 2 metal), and but the specific design will be theirs to complete (with instructor approval).



CTF: Creative Design and Production 9

Fee: \$26.00

Throughout the course, students will dive into hands-on activities that will challenge them to think creatively. They will learn how to design at a more advanced level and create things such as shoe design, more complex stuffed creatures, skateboard design (drawing), or to-go cup designs. Students will also be able to design playing cards.

Create and build things while learning to think like a designer!



Drama 9

Fee: \$12.00

Lights, camera, action! Students will explore movement, speech, improvisation/acting, technical theatre, and theatre studies. They'll develop confidence and learn about themselves and others. Students will write, rehearse, and perform various types of projects, such as choreography, lip syncing, storytelling, puppetry, sketch writing, and theatre sports. This is a great opportunity to flex your creativity and collaborate with your friends.

Note: this is a performance-based class.



CTF: Enterprise & Innovation 9

No fee

In the CTF: Enterprise & Innovation 9 course, students will be provided with the chance to conceive, coordinate, and oversee a project according to their own preferences. Throughout the course, students will develop skills in identifying, comparing, and evaluating various possibilities and ideas. They will also learn how to effectively plan, execute, and reflect upon their projects or innovations. This course will focus on monetizing entrepreneurship.

*This course is mandatory for students in the Honours Program. Other students are welcome to enroll if they wish.

Film Production 9

Fee: \$6.00

Students will examine the value and need for audio and video production, and explore the strategies used to plan and create audio and video projects using various techniques.

Areas of exploration include:

- Sound production
- Directing
- Cinematography
- Script writing
- Editing and digital effects

This is a project-based course studying production techniques such as directing storyboarding, camera angles, plot twists, lighting, editing, etc. to create your own masterpiece short film by the end of the course. Students will be required to have their own headphones.

CTF: Foods 9

Fee: \$49.00

Students will learn, understand, and experience kitchen basics such as safety, measurement, mixing, cutting, and recipe planning and preparation. This course concentrates on nutrition and preparation of simple recipes, allowing students to develop basic skills in safe food handling, safe kitchen practices, and recipe planning and execution.

Areas of exploration and challenge may include:

- Safe work practices and environments
- Hygiene and sanitation
- Safe handling of kitchen tools and equipment
- Working knowledge of a food preparation area
- Planning and preparing of basic foods and baking
- Execution of basic baking recipes (ie. cookies, muffins, cakes)
- Using different methods to prepare meals
- Creation and presentation of recipes
- The food industry and entrepreneurship



CTF: Graphic Arts 9

Fee: \$32.00

Students will focus on the field of graphic arts in a variety of mediums and the idea of using their art for the purpose of communicating a thought, concept or message to an audience. Students will have the opportunity to create a portfolio showcasing their original creations and designs.

Some possible mediums that students will have the opportunity to work with include photography, 3D printing, multi-layered colour stickers, and developmental photography in black & white and colour.



CTF: Guitar 9

Fee: \$14.00

This course is intended to teach students the skills and knowledge they need to become a part of their local music community. The course, as the name suggests, uses the guitar as the centerpiece of the student's musical journey.

Students will learn how to both play and maintain their guitars. They will learn how to read and play chords, among other techniques, as they learn to play a variety of songs on guitar. This course will give students the opportunity to learn guitar, prepare for performances, compose songs, and develop as a musician.

Hockey Plus 9

Fee: \$115.00

This course allows students to develop a greater appreciation for hockey while honing their skills through on- and off-ice activities! Students will have an opportunity to play on the ice at the Sportsplex from October to April. When ice is not available, students will play a variety of other recreational sporting activities.

Hockey Plus will focus on sportsmanship, fair play, and an understanding of the rules for hockey and other sports (including possibly ringette and sledge hockey). Personal equipment is required: skates, stick, helmet with a cage, gloves, and elbow pads.

CTF: Leadership 9

No fee

Students will plan for both personal and group leadership development and demonstrate effective teambuilding skills while participating as a member of a school-based leadership team. Students will develop a plan for their own personal growth as a member of a leadership team and examine the various behaviors, skills, and roles of team members that contribute to team effectiveness and a positive school culture.

Areas of exploration include:

- Interpersonal skill development
- Advocacy for change
- Mentorship
- Leading and supporting learning activities
- School pride and culture

Learning Strategies 9

No fee

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Math Strategies 9

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CTF: Performance Arts Production 9 (Full year)

Fee: \$43.00

Calling all cast and crew! This course focuses on all aspects of theatre production and the careers that support it. Students will work through the processes of theatrical design, technical elements and performance through the creation of a production. Areas of exploration and challenges may include:

- Technical – lighting and sound
- Set design and props
- Costuming and make-up
- Choreography and stage blocking
- Production, finance, and promotion



CTF: Personal Style & Image Design 9

Fee: \$39.00

Personal style is an important tool that can help students reinforce both their personal style and professional attributes.

Areas of exploration and challenges may include:

- Beauty industry (hair styles/products, cosmetics, skin care)
- Personal branding (sports, technology, social media)
- Clothing styles
- Influencer branding
- Marketing
- Effects of social media
- Styling and branding for name-brand companies
- Personal style and professional image

Focus will be placed on project-based assessments, where students control their own learning but can work independently and in small groups.



CTF: Recreational Fitness 9

Fee: \$50.00

This course is designed for students who want to have fun while being active! Students will get the opportunity to engage in a wide range of recreational and fitness activities. Students will learn about workout principles such as flexibility, strength, and endurance. The course will also focus on outdoor social activities (walks, ladder ball, bean bag toss, bocce ball, Spikeball, disc golf, pickleball etc.)

Students will take part in a few field trips throughout the semester to get first-hand experience with some of the recreational opportunities available within our community. Field trips may be subject to an additional cost.



CTF: Wildlife 9

Fee: \$15.00

This course will help students develop knowledge, skills, and attitudes related to wildlife and ecosystem management. Students will have a combination of learning in the classroom and learning outdoors. Main topics of learning will be:

- Fire-starting
- Camp cooking
- Trapping and snares
- Wilderness survival skills

Students can also obtain their Hunter Education (AHEA) training (\$31.75 optional fee).

CTF: The World of Food 9

Fee: \$55.00

This is a project-based course that explores the unique facets of the food industry including cultural significance, the role food plays in the global economy, and food as a form of entertainment. Students will be encouraged to expand upon their current food experiences to gain an appreciation of the significance that food plays in all areas of life and investigate careers that support and complement the food industry.

Areas of exploration and challenges include:

- Global food preparation
- The entrepreneurial food industry
- Food challenges for entertainment
- The interpersonal significance of food
- Sustainable food practices

Do you want to be a master chef while you travel the cuisine world? Then this is the course for you! Every month will be new as we explore special treats and snacks and students will create recipes from different countries. Who needs to travel when you can experience the flavors of the world in your own kitchen?

