



Vegreville Composite High

Junior High Course Handbook 2018-2019

VCHS provides a safe and caring learning environment. Our students are held to a Code of Conduct exemplified by the virtues of Cougar Pride; ***commitment, empathy, and enthusiasm*** which guide us in our day-to-day conduct.

Commitment:

Making a commitment involves dedication and the obligation to take steps to make it happen.

Empathy:

Empathy means to “Treat others as you would have others treat you”. Be sensitive to the struggles of others.

Enthusiasm:

Demonstrating a good attitude, great eagerness, and putting your whole heart into what you do.

GRADE 7

REQUIRED COURSES

- English Language Arts 7
- Mathematics 7
- Science 7
- Social Studies 7
- Health 7
- Learning Strategies 7
- Physical Education 7

COMPLEMENTARY COURSES

- Art 7
- Band 7
- Construction Technology 7 *
- Digital Media and Design 7 *
- Drama 7
- Fashion Studies 7 *
- Fitness and Wellness 7
- Food Studies 7 *
- French 7
- Leadership 7
- Religious Studies 7
- Ukrainian Culture 7

* Minimum 2 (up to a maximum of 4) of these complementary course selections

Commitment

Empathy

Enthusiasm



REQUIRED COURSES

English Language Arts 7

The Grade Seven curriculum provides continuity with the elementary years and allows students to consolidate their language skills. A writing skills text and a literature anthology are used, and are supplemented by the study of novels and films.

Mathematics 7

The Grade Seven Mathematics Curriculum provides students with the opportunity to study *Number Concepts and Operations, Patterns and Relations, Shape and Space, and Statistics and Probability*. Textbook work and practice time enhance student understanding in these areas.

Science 7

Students study five general topics in Grade Seven Science: *Interactions and Ecosystems, Plants for Food and Fibre, Heat and Temperature, Structures and Forces and Planet Earth*. Labs and activities are used along with lessons in class to help students develop a strong understanding of the concepts presented in this course.

Social Studies 7

From Acadians and the Beothuk to the Winnipeg General Strike and Vimy Ridge, Social Studies Seven explores Canada's history. The course is divided into two main sections: Pre-Confederation and Post-Confederation.

Health 7

Health provides students information to make responsible and informed choices to maintain health and to promote safety for self and others. Students will develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions and use resources effectively to manage and explore life roles and career opportunities and challenges.

Learning Strategies 7

Students will learn about organization, study strategies, coping with deadlines, and how to best ensure that they will be successful in their school subjects. Through fun activities and regular organization/study blocks, this course helps students to take control of their learning in junior high. Student will be provided time to focus on literacy and numeracy.

Physical Education 7

The junior high physical education courses include a variety of activities such as soccer, volleyball, basketball, badminton* and track and field. A major emphasis is on sportsmanship and teamwork.

*Students are required to supply their own badminton racquet for physical education in grades 7 through 10.

Commitment

Empathy

Enthusiasm



COMPLEMENTARY COURSES

Complementary course offerings will be determined by teacher availability and student requests. A **minimum** enrolment will be required before a particular complementary course will be offered.

Art 7

The junior high Art curriculum introduces and reinforces basic art concepts through studying the elements of art. Arts & Crafts will provide an opportunity for hands on learning by working with materials in new and creative ways.

Anticipated cost: \$20.00

Band 7

This course is for students interested in learning to play a musical instrument as part of a team in a fun, hands-on concert band setting. No previous music experience is necessary for Band 7, but any background in music is beneficial. Through playing woodwind, brass and percussion instruments, students will learn everything from assembling the instrument, how to read and create music, and play as part of a band in order to prepare for concerts, festivals, clinics, band camp and trips.

Anticipated cost: \$100.00 (\$25.00 Course Fee, \$75.00 Instrument Rental Fee)

Construction Technology 7

The Construction Technologies strand provides opportunities for students to investigate and develop knowledge and skills related to the building and manufacturing trades and occupations.

Anticipated cost: \$40.00

Digital Media and Design 7

Students will develop the skills necessary to create meaningful graphic design projects using Adobe Creative Suite. Students will learn the basics of 3D modelling using google sketch up and 3D Studio max. They will also explore the world of photography and film making.

Drama 7

The aim of the junior high Drama program is to develop an appreciation for drama and theatre. Students will be introduced to the basics of acting through theatre games, pantomime, using the voice effectively on stage, improvisation and scripted plays.

Anticipated cost: \$15.00

Fashion Studies 7

Students will start to explore the many creative areas of fashion including embroidery, hand and machine sewing, pattern design and yarn art. Projects may include quilt pillows, knitted scarves and stuffed toys. Students will also explore personal fashion where students look at why they wear what they wear, fashion trends, clothing care, and general clothing maintenance.

Anticipated cost: \$40.00 plus cost of optional projects

Commitment

Empathy

Enthusiasm



Fitness and Wellness 7

In this activity based course, there will be an emphasis on the importance of fitness in our daily lives, setting goals for fitness, as well expanding upon previous physical education knowledge through various games and activities. Team and individual games, as well as fitness will be the major focus of this course.

Food Studies 7

Welcome to the world of Food Studies! This year you will learn the routines and communication skills required to work in the kitchen. We will play team building games, practice lab routines, and learn the safety needed to start cooking. Throughout the semester you will get the chance to cook a variety of recipes including pancakes, spaghetti, stir fry, tourtiere, and cookies! Students will also experience serving in the cafeteria at lunch as all our Food Studies and Culinary Arts programs share in this job.

Anticipated cost: \$35.00

French 7

The Grade Seven French course provides a variety of interesting themes to build and expand the student's French language base.

Leadership 7

Students will learn skills to develop and enhance their leadership capacity. Leadership will be achieved through interactive school projects, group activities, and individual skill development.

Religious Studies 7

Students will examine the meaning and development of religion and religious ethics. They will be provided an opportunity to experience a number of cultural, historical, and contemporary issues from a religious point of view, and through the study of religion as a separate discipline, "develop a philosophy based upon values conducive to ethical and moral behaviour as reflected in an understanding of human worth." (Government of Alberta, Report of the Commission on Educational Planning)

Ukrainian Culture 7

Students will explore the history, culture and customs of Ukraine and ethnic Ukrainians. Ukrainian programming provides a rich environment for the development of the essential knowledge, skills, and attitudes that promote effective global citizenship and enhance the economic and career potential of the student.

Commitment

Empathy

Enthusiasm



GRADE 8

REQUIRED COURSES

- English Language Arts 8
- Mathematics 8
- Science 8
- Social Studies 8
- Health 8
- Learning Strategies 8
- Physical Education 8

COMPLEMENTARY COURSES

- Art 8
- Band 8
- Construction Technology 8 *
- Digital Media and Design 8 *
- Drama 8
- Fashion Studies 8 *
- Fitness and Wellness 8
- Food Studies 8 *
- French 8
- Leadership 8
- Religious Studies 8
- Ukrainian Culture 8



* Minimum 2 (up to a maximum of 4) of these complementary course selections



Commitment

Empathy


Enthusiasm

REQUIRED COURSES

English Language Arts 8

The grade eight curriculum provides continuity with previous years and allows students to consolidate their language skills. A writing skills text and a literature anthology are used, and are supplemented by the study of novels and films.

Mathematics 8

Mathematics eight is an exciting course that solidifies past learning and sets the framework for new concepts in mathematics. Units of study include geometry, transformations, integers, data analysis and probability, fractions, rates and ratios, percents and decimals, exponents and roots, linear relationships and algebra.

Science 8

The grade eight Science curriculum includes 5 units of study: Mix and Flow of Matter, Cells and Systems, Light and Optical Systems, Mechanical Systems, and Fresh and Saltwater Systems. This course provides students with a background in many subject areas which are built upon at the Senior High School level.

Social Studies 8

Students in Social Studies eight will examine issues related to contact between societies with differing worldviews. They will explore elements of worldviews and how these views are expressed by people living in different times and in different places, reflect on their own worldviews, and assess the influence that the past has had on the present. Topics of study include: Origins of a Western Worldview: Renaissance Europe; Worldviews in Conflict: The Spanish and the Aztecs; and From Isolation to Adaptation; Japan.

Health 8

Health provides students information to make responsible and informed choices to maintain health and to promote safety for self and others. Students will develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions and use resources effectively to manage and explore life roles and career opportunities and challenges.

Learning Strategies 8

Students will learn about organization, study strategies, coping with deadlines, and how to best ensure that they will be successful in their school subjects. Through fun activities and regular organization/study blocks, this course helps students to take control of their learning in junior high. Student will be provided time to focus on literacy and numeracy.

Physical Education 8

The junior high physical education courses include a variety of activities such as soccer, volleyball, basketball, badminton* and track and field. A major emphasis is on sportsmanship and teamwork. *Students are required to supply their own badminton racquet for physical education in grades 7 through 10.

Commitment

Empathy

Enthusiasm



COMPLEMENTARY COURSES

The following complementary courses will be determined by teacher availability and student requests. A **minimum** enrolment will be required before a particular complementary course will be offered.

Art 8

The junior high Art curriculum introduces and reinforces basic art concepts through studying the elements of art. Arts & Crafts will provide an opportunity for hands on learning by working with materials in new and creative ways.

Anticipated cost: \$20.00

Band 8

This course is for students interested in continuing to learn to play a musical instrument as part of a team in a fun, hands-on concert band setting. Students who do not have previous music experience are welcome and asked to contact Ms. Yule. Through playing woodwind, brass and percussion instruments, students will develop their ability to create music and be part of a band in order to prepare for concerts, festivals, clinics, band camp, and trips.

Anticipated cost: \$100.00 (\$25.00 Course Fee, \$75.00 Instrument Rental Fee)

Construction Technology 8

The Construction Technology strand provides opportunities for students to investigate and develop knowledge and skills related to the building and manufacturing trades and occupations.

Anticipated cost: \$40.00

Digital Media and Design 8

Students will develop the skills necessary to create meaningful graphic design projects using Adobe Creative Suite. Students will learn the basics of 3D modelling using google sketch up and 3D Studio max. They will also explore the world of photography and film making.

Drama 8

The aim of the junior high Drama program is to develop an appreciation for drama and theatre. Students will be introduced to the basics of acting through theatre games, pantomime, using the voice effectively on stage, improvisation and scripted plays.

Anticipated cost: \$15.00

Fashion Studies 8

Students will continue to explore areas of fashion including home decor, surface embellishment and recycled fashion. More advanced machine and hand sewing skills will be achieved as well as a continued look into the fashion industry including cultural and historical sewing. Projects may include items for the home/students rooms, bags/backpacks, and personal accessories like phone cases, wallets and hats.

Anticipated cost: \$40.00 plus cost of optional projects

Commitment

Empathy

Enthusiasm



Fitness and Wellness 8

In this activity based course, there will be an emphasis on the importance of fitness in our daily lives, setting goals for fitness, as well expanding upon previous physical education knowledge through various games and activities. Team and individual games as well as fitness will be the major focus of this course.

Food Studies 8

Time to expand your skills! This year students will create recipes, study nutrition and food culture, and end with an iron chef style cooking contest. This year you will also find some of your classes will be in the cafeteria making the food we serve at lunch. Students will also continue to serve in the cafeteria at lunch along with all levels of Food Studies and Culinary Arts.

Anticipated cost: \$35.00

French 8

This course provides a variety of interesting themes to build and expand the student's French language base.

Leadership 8

Students will learn skills to develop and enhance their leadership capacity. Leadership will be achieved through interactive school projects, group activities, and individual skill development.

Religious Studies 8

Students will examine the meaning and development of religion and religious ethics. They will be provided an opportunity to experience a number of cultural, historical and contemporary issues from a religious point of view, and through the study of religion as a separate discipline, "develop a philosophy based upon values conducive to ethical and moral behaviour as reflected in an understanding of human worth." (Government of Alberta, Report of the Commission on Educational Planning)

Ukrainian Culture 8

Students will explore the history, culture and customs of Ukraine and ethnic Ukrainians. Ukrainian programming provides a rich environment for the development of the essential knowledge, skills and attitudes that promote effective global citizenship and enhance the economic and career potential of the student.

Commitment

Empathy

Enthusiasm



GRADE 9

REQUIRED COURSES

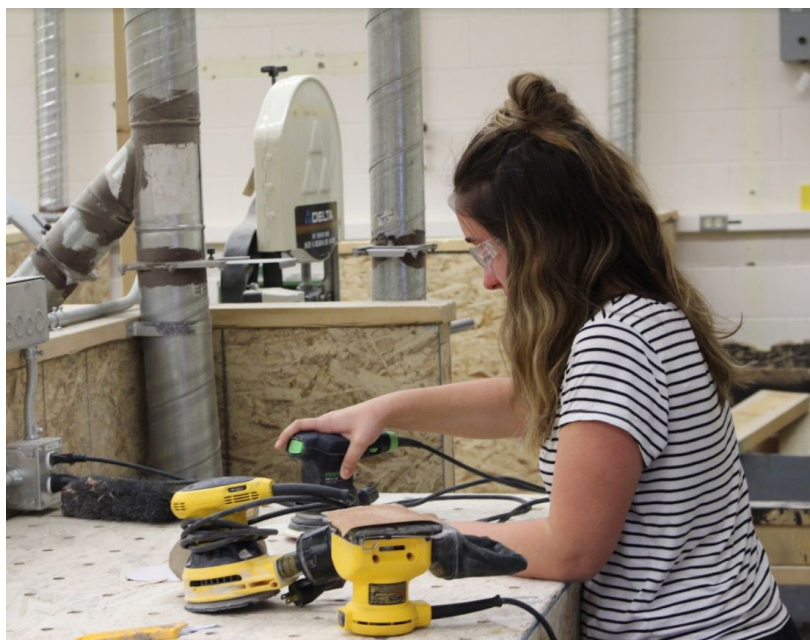
- English Language Arts 9
- Mathematics 9
- Science 9
- Social Studies 9
- Health 9
- Physical Education 9

COMPLEMENTARY COURSES

- Art 9
- Baking 9
- Band 9
- Construction Technology 9 *
- Digital Media and Design 9 *
- Drama 9
- Fashion Studies 9 *
- Food Studies 9 *
- French 9
- Leadership 9
- Sports Acceleration 9



* Minimum 2 (up to a maximum of 4) of these complementary course selections



Commitment

Empathy


Enthusiasm

REQUIRED COURSES

English Language Arts 9

The grade nine curriculum focuses on learning opportunities in three main areas: Listening and Speaking, Reading and Writing and Viewing and Representing

Mathematics 9

The Mathematics nine course is designed to give students a solid understanding of mathematics as it is essential in the workplace and everyday living. The course develops the student to: use mathematics confidently to solve problems; communicate and reason mathematically; appreciate and value mathematics; commit themselves to lifelong learning; and become mathematically literate adults, using mathematics to contribute to society.

Science 9

The grade nine Science curriculum includes 5 units of study that have expectations, objectives, and outcomes based on the Alberta Program of Studies. This course provides students with a more advanced look at some concepts already covered in grades seven and eight as well as a foundation for the senior high science courses.

Social Studies 9

Social Studies nine focuses primarily on Canada, examining the political and economic systems of our nation-state. Our study of these two systems will revolve around such issues as governance, rights and responsibilities, citizenship, quality of life, and identity.

Health 9

Health provides students information to make responsible and informed choices to maintain health and to promote safety for self and others. As well, students will develop effective interpersonal skills that demonstrate responsibility, respect and caring in order to establish and maintain healthy interactions. Students will use resources effectively to manage and explore life roles and career opportunities and challenges.

Physical Education 9

The junior high physical education courses include a variety of activities such as soccer, volleyball, basketball, badminton* and track and field. A major emphasis is on sportsmanship and teamwork. *Students are required to supply their own badminton racquet for physical education in grades 7 through 10.

Commitment

Empathy

Enthusiasm



COMPLEMENTARY COURSES

The following complementary courses will be determined by teacher availability and student request. A **minimum** enrolment will be required before a particular complementary course will be offered.

Art 9

The junior high Art curriculum introduces and reinforces basic art concepts through studying the elements of art. Various projects and different media are used.

Anticipated cost: \$20.00

Baking 9

Prerequisite: Food Studies 9

Do you have what it takes to be a baking master? Did you excel in Food Studies 9 and want to take your baking skills to the next level? This course will focus on advanced baking techniques exploring challenging recipes focusing on more advanced pastry techniques like light and airy cream puffs and specialty plated desserts.

Anticipated cost: \$35.00

Band 9

This course is for students interested in continuing to learn to play a musical instrument as part of a team in a fun, hands-on concert band setting. Through playing woodwind, brass and percussion instruments, students will develop their ability to create music and be part of a band in order to prepare for concerts, festivals, clinics, band camp, and trips. Students who are interested in this course and have no previous music experience are asked to contact Ms. Yule. This class will run outside the regular timetable; students will meet twice a week **before** school.

Anticipated cost: \$100.00 \$25.00 Course Fee, \$75.00 Instrument Rental)

Construction Technology 9

The construction technologies strand provides opportunities for students to investigate and develop knowledge and skills related to the building and manufacturing trades and occupations.

Anticipated cost: \$50.00

Digital Media and Design 9

Students will develop the skills necessary to create meaningful graphic design projects using Adobe Creative Suite. Students will learn the basics of 3D modelling using google sketch up and 3D Studio max. They will also explore the world of photography and film making.

Drama 9

The aim of the junior high Drama program is to develop an appreciation for drama and theatre. Students will be introduced to the basics of acting through theatre games, pantomime, using the voice effectively on stage, improvisation and scripted plays.

Anticipated cost: \$15.00

Commitment

Empathy

Enthusiasm



Fashion Studies 9

Students will be introduced to many aspects of fabric creation including weaving, dyeing, printmaking and finally, creation of their own designer fabric. Introductory sewing and patternmaking skills will also be explored, as well as a look at the fashion industry. Projects may include art pieces created from felting and weaving raw wool, accessories constructed from hand dyed fabric, and a garment made from student's designer fabric.

Anticipated cost: \$45.00 plus cost of optional projects

Food Studies 9

Now that you have serious skills we will be upping the difficulty and creativity level. Students will build on baking skills, discover a variety of ways to prepare dishes using the many fascinating properties of eggs, create and prepare a 3 course menu consisting of appetizer, main, and dessert. Challenges include preparing a filled, frosted and decorated layer cake, creating a breakfast on the go item and a Black Box challenge. Some classes will be in the cafeteria making food for lunch service and students will continue to serve in the cafeteria at lunch along with all levels of Food Studies and Culinary Arts.

Anticipated cost: \$35.00

French 9

This course provides a variety of interesting themes to build and expand the student's French language base.

Leadership 9

Students will learn skills to develop and enhance their leadership capacity. Leadership will be achieved through interactive school projects, group activities and individual skill development.

Sports Acceleration 9

Healthy minds and bodies are needed so that we may be creative students and citizens of the 21st century. Learn what it takes to make yourself healthy, happy, active and productive through proper nutrition, dealing with stress, time management, and the importance of making informed, responsible and healthy decisions. This course is designed for the student-athlete who will create a fitness plan tailored to their personal goals and improve fitness through regular activities.

Commitment

Empathy

Enthusiasm



ATHLETICS & EXTRA-CURRICULAR OPPORTUNITIES FOR ALL GRADES

- Aboriginal Celebration Club
- Badminton Team
- Basketball Team
- Carpentry Club
- Cougar Council Leadership
- Cross Country Running Team
- Football (grade 9 only)
- Gamer Lock In
- Gamers' Club
- Intramurals (lunch hour)
- Mathletics
- MHBC (Mental Health Capacity Building Initiative)
- Prayer Group
- Science Olympics
- Skills Canada
- Spectrum GSA
- Student Voice
- Team Handball
- Track & Field Team
- Volleyball Team
- Young Author's Conference
- Young Scientist's Conference

SOCIAL MEDIA

Please follow us:



VegComp



VegComp



VegComp



VegComp.ca

Commitment

Empathy



Enthusiasm

Recommended Supply List

We suggest students bring the following supplies for school. If teachers have specific requirements, the students will be notified in class.

General Supplies

- Pens
- Pencils
- Erasers
- Protractor
- Ruled paper
- Tabbed dividers
- Binders, several 2" or 3" ring binders
- Calculator

Physical Education

- Badminton Racquet
- Runners
- Alternate Attire (which may involve shorts, socks and T-shirt)

CTF Option Courses

- The teacher will notify in class of any specific requirements based on the curricular content of courses.

School Fees

Notice is sent out to parents when fees are calculated mid-September after high school timetable changes are complete. Payments can be made at school or online by accessing your Parent Portal - ACORN. School fees are due 30 days after they are assessed. Student school fees must be in '*good standing*' to be eligible to participate on athletic teams, field trips, graduation activities and other school related activities and events.



BELL SCHEDULES

Grades 7/8

	REGULAR DAY	EARLY DISMISSAL*
Music	8:21 - 8:25	8:21 – 8:25
Announcements	8:25 - 8:27	8:25 – 8:27
Period 1	8:27 - 9:52	8:27 – 9:37
Class Change	9:52 - 9:58	9:37 – 9:43
Period 2	9:58 - 10:40	9:43 – 10:17
Period 3	10:41 - 11:23	10:19 – 10:53
Lunch	11:23 - 12:13	10:53 - 11:43
Music	12:09 - 12:13	11:39 - 11:43
Period 4	12:13 - 12: 55	11:43 - 12:17
Period 5	12:56 - 1:38	12:19 – 12:53
Class Change	1:38 - 1:44	12:53 – 12:59
Period 6	1:44 - 3:09	12:59 - 2:09
Dismissal	3:09	2:09

Grade 9

	REGULAR DAY	EARLY DISMISSAL*
Music	8:21 - 8:25	8:21 - 8:25
Announcements	8:25 - 8:27	8:25 - 8:27
Block 1	8:27 - 9:52	8:27 - 9:37
Class Change	9:52 - 9:58	9:37 - 9:43
Block 2	9:58 - 11:23	9:43 - 10:53
Lunch	11:23 - 12:13	10:53 -11:43
Music	12:09 - 12:13	11:39 - 11:43
Block 3	12:13 - 1:38	11:43 - 12:53
Class Change	1:38 - 1:44	12:53 - 12:59
Block 4	1:44 - 3:09	12:59 - 2:09
Dismissal	3:09	2:09

**Early Dismissal falls on the first Wednesday of every month.*

Commitment

Empathy

Enthusiasm

