



SouthPointe School Junior High Course Catalogue

Timetable – General Description

SouthPointe School is a K-9 school that follows a six-day, six-period timetable. All junior high students will take a combination of core and elective/complementary courses.

Core courses are courses that all students must take as mandated by Alberta Education. They are English Language Arts, Health, Math, Physical Education, Science, and Social Studies. They will have Physical Education daily.

Elective or Complementary Courses

Elective/complementary courses are the courses that students choose based on areas of interest. Students at SouthPointe take 4 elective courses throughout the year. The elective courses are split into 2 semesters, meaning students will take 2 option courses during Semester 1 (September - January) and 2 options courses in Semester 2 (February - June). Currently, all grade 7 and 8 students must take a Construction course and a Baking or Foods course; the two other electives are selected by the student. Grade 9 students will select 4 option courses.

All fees charged for elective courses are for cost-recovery. The course fee covers supplies that are consumed during the course.

Below is the list of elective courses offered to all junior high students SouthPointe School. The list includes a variety of courses representing a diverse range of interest areas. In some cases, due to lack of student interest, courses in the list may not be offered as courses require a minimum number of students to move ahead.

Grade 9 Elective Course Descriptions

- [Baking 300](#)
- [Construction 300](#)
- [Fitness and Wellness 300](#)
- [Foods 300](#)
- [Outdoor Pursuits 9](#)

Baking 300

Course Fee: \$25

Are you passionate about baking? Discover the many techniques and products which can be made - muffins, cookies, pies, cupcakes, pastry, and yeast breads. The list is endless. Compete with others in a competition like the Great Canadian Bake Off or Kids Baking Championship. This is a more advanced cooking course and will incorporate student choice and interest.

Construction 300

Course Fee: \$35

Enjoyed Construction in grades 7 and 8? If so, then Construction 300 is for you! This is a project-based option where students will plan and create projects using soft and hard woods. Students will also learn how to safely use machines including our CCN router, power tools and hand tools.

Fitness and Wellness 300

Course Fee: \$5

This course is designed to give students the opportunity to learn fitness benefits of being physically active. Course includes both lecture and activity sessions. Students will be empowered to make wise choices, meet challenges, and develop positive behaviours in fitness, wellness, and movement activities.

Foods 300

Course Fee: \$30

In this course, students will focus on healthy eating choices by preparing and sampling different foods. They will also learn about meal planning by participating in project-based learning experiences. Safe food handling and kitchen safety will be emphasized throughout the course. Food studies is an exciting course in which you get to eat your assignments! In this course we will work on expanding your abilities and skills for planning, preparing, and presenting foods. You will develop an understanding of the relationship between wellness and food as it relates to nutrition. You will develop skills in the management of resources for preparing food, as well as safe food practices.

Outdoor Pursuits 9

Course Fee: \$15

You will experience the great outdoors! We will spend time on navigation: Maps, geocaching, GPS, and orienteering. Outdoor leisure activities such as biking, snowshoeing, archery and nature walking are an important part of this class. Time will be spent in nature playing outdoor games in various terrains.