



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 7 Elective Course Descriptions

- [Baking 100](#) (*Mandatory - must select either Baking 100 or Foods 100)
- [Construction 100](#) (*Mandatory)
- [Digital Media and Design 7](#)
- [Fitness and Wellness 100](#)
- [Foods 100](#) (*Mandatory - must select either Baking 100 or Foods 100)
- [Outdoor Pursuits 7](#)
- [Technology 100](#)

Baking 100

Course Fee: \$25

Release your inner cake boss or cupcake addiction with our hands-on dessert elective. Students have an opportunity to cook tasty treats and learn some basic baking skills and techniques.

Construction 100

Course Fee: \$30

Students will develop woodworking techniques, with an emphasis on safety and project management. They will learn how to design a project, develop, and follow a plan, use hand and power tools, and acquire basic construction techniques. The students will be able to take advantage of the full Construction Lab to build different projects.

Digital Media and Design 7

Course Fee: \$5

Do you have a passion for creating? Do you look around and think to yourself “that would be so much better if _____ was added”? If so, then Design Studies is the course for you! You will start off by learning some techniques to help you get your ideas from your head to a page. Next you will choose a project that lets you further explore an area of interest to you.

This project could have you redesigning your backyard, transforming your basement, or designing the most innovative tiny house around. There are limitless possibilities of which direction this course will go.

Fitness and Wellness 100

Course Fee: \$5

This course focuses on the development of a healthy active lifestyle through the introduction of lifelong fitness activities in a non-competitive classroom environment. Through the development of skills and practice in yoga, aerobics, and a variety of athletic training methods, students will explore personal fitness goal-setting and lifelong physical well-being.

Foods 100

Course Fee: \$30

Find yourself hungry after school!?! In this primarily hands on class, students will explore basic baking and cooking skills. After completing a kitchen safety orientation in the first week, the students will start off their food journey with creating snacks from simple recipes. From there they will venture into working with more complex main and dessert recipes. They then progress to a hands-on group project where they will demonstrate their skills and share their knowledge with classmates.

Outdoor Pursuits 7

Course Fee: \$15

This outdoor education course will focus on developing skills and attitudes necessary for safe and enjoyable outdoor experiences in all seasons. This course will be primarily activity based. Seasonally appropriate activities such as geo-caching, orienteering, outdoor cooking, biking, wildlife appreciation and shelter building. The course will include field trips, indoor and outdoor activities, as well as classroom projects.

Technology 100

Course Fee: \$5

This course will give students opportunities to explore the world of digital technology. They will gain experience in coding (Scratch), robotics and 3D graphic design. Students will have an opportunity to introduce themselves to these exciting topics.