

## Full Year 2017-2018 Complementaries

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### Grade 7

#### Art

Seventh Grade Art is a full year course in which students develop and refine Artistic skills through hands on experiences. Art education is concerned with how artists we see and depict reality. The course is project based. Students will create drawings, paintings and sculptures using a variety of media, including, pencil, pastel, crayon, charcoal, coloured pencil, watercolour, plaster and clay.

#### Drama

Seventh Grade Drama is a one-year course in which students develop and refine dramatic skills with a focus on public speaking skills, improvisation and group work. Students address plot, setting and character in both improvised and scripted scenes, and determine specific technical elements to safely provide support to both character and action. Students memorize lines, understand and follow stage directions, and use proper techniques for voice and body control. Also, because of the community spirit of drama, emphasis will be placed on creating an environment of trust and openness.

#### Band – Grade 7 Beginning

Experience Needed: None

The Beginning Band option is designed for students who are interested in continuing their music education through the experience of playing a brass, woodwind, or percussion instrument. No prior experience is necessary, as this course will introduce students to the fundamentals of instrumental technique and reinforce music reading skills. Students will also be given opportunities throughout the year to perform at school concerts and festivals and to work periodically with professional musicians from the community.

#### French

For students interested in learning French as an additional language, this program offers a balance of oral and written French. Students will acquire a firm foundation of the language through games, song, poetry and some writing. Students will produce a TV weather forecast that incorporates a commercial break - sense of humour most welcome! Through food, dance and song students will explore the francophone countries of the world and present them to the class in an interesting and engaging way. An opportunity to create 'My Ideal School' in French features blueprint, schedules, and passion! This class encourages risk-taking in a safe and supported manner as students use French for basic communication in class.

## **Yoga/Foodie 101**

**NOTE: Students will get Yoga ½ of year and Foodie 101 ½ of year. If you select Yoga first, you will get it first half of year than Foodie 101 second half. If you choose Foodie 101 first, you will get it first half of year Yoga second half.**

**Yoga** - The science of yoga (sanskrit /yug/ meaning to join, to yoke; union) has been around for thousands of years. It began as a way to prepare one's body and mind for hours of meditation. The practitioners would link the movement of their body with their breath. The exact beginning of yoga cannot be pinpointed, but stone carvings depicting figures in yogic asanas (positions) have been found in archeological sites in the Indus Valley.

The yoga program introduces students safely to the basic postures (asanas), breathing techniques and relaxation methods of yoga. It will also introduce students to the historical roots of yoga, the 4 paths of yoga, and give them an understanding of the basic anatomy as it applies to the discipline. (Adapted from <http://schools.cbe.ab.ca/b826/yoga.htm>).

**Foodie 101** - are you the kind of person who is inspired when you visit the produce section of the grocery store? Do you play with your food; enjoy cooking from scratch and dream of ways to create amazing meals using whole ingredients? Join me on a culinary journey where we will explore the flavour, nutrition and creativity derived from cooking with whole, clean foods. Our focus will be both theoretical and practical where we will explore current food trends and issues and employ simple cooking techniques. Other topics of exploration include:

- Recipes as a Roadmap
- Food and the Five Senses
- Cooking and Creativity: Recipe Creation
- Food Writing/Photography
- Menu Planning/Nutrition

We will inform our understanding by utilizing food blogs, cookbooks and food philosophy books such as Michael Pollen's "In Defense of Food", "The Omnivore's Dilemma" and "Food Rules".

## **Grade 8**

### **Art**

Eighth Grade Art is a full-year course in which students continue to develop and refine Artistic skills and sensibilities. The course takes the human condition as the focus of study. Students will inquire about how their personal statements can be communicated through the visual arts by explorations in the making of works of personal meaning. Students will work in a various media including: clay, acrylics, plaster and fused glass.

## **Light Catchers – Watercolour and Silk Painting/Sports Performance**

**NOTE:** Students will get Sports Performance ½ of year and Light Catchers – Watercolour and Silk Painting ½ of year. If you select Sports Performance first, you will get it first half of year than Light Catchers – Watercolour and Silk Painting second half. If you choose Light Catchers – Watercolour and Silk Painting first, you will get it first half of year and Sports Performance second half.

**Light Catchers – Watercolour and Silk Painting** - Spend a semester exploring and practicing your drawing and watercolour skills. Let the paint take you where it will in both realistic and abstract form and then culminate with some wearable art as you apply what you have learned to silk painting. We'll breathe into the flow and play with colour and light!

**Sports Performance** - Do you love the outdoors, love getting physical to burn energy and enjoy learning with great peers? Sports performance grade 8 is for you. We will explore physical challenges, mental wellness and the important role of health and fitness in balanced living. CGS is located on a beautiful campus which we will explore to the max. Some personal outdoor equipment may be required to participate (for example a bicycle).

## **Drama**

Eighth Grade Drama is a one-year course which builds upon previously learned skills enabling students to perform increasingly more difficult and sophisticated work. Students demonstrate increased poise and confidence when speaking publicly. In addition, students not only learn to apply acting techniques they have acquired from previous instruction, but also to command audience attention by developing stage presence. Higher expectations will be placed on the student's final presentations, which will be both solo and group work.

## **Band – Intermediate**

**IMPORTANT NOTE:** If you are currently in Grade 7 with no prior band experience and you are interested in enrolling for Grade 8 Intermediate band, please make an appointment with Mr. Le to get his approval before signing up for the class. Experience on another instrument outside of school will be an asset for those students wishing to enroll.

The Grade 8 Intermediate Band option builds upon the basic skills learned in beginning band. Students will continue to hone their technique especially in the area of tone production, articulation, phrasing and dynamics. An emphasis will also be placed on strengthening music literacy skills. Students will also be given opportunities throughout the year to perform at school concerts and festivals and to work periodically with professional musicians from the community.

**\*\*\*NOTE: As there is more of an emphasis on performance, all students enrolled in the Grade 8 Intermediate level must be available for 1 lunch rehearsal per week. The Grade 8 rehearsal schedule will be posted in the fall\*\*\***

## **French**

For students wishing to continue their learning of French as an additional language, this program offers a balance of oral and written French. As we continue to build the foundation of the language through games, song, poetry and some writing, students will explore the life and times of French fashion icon Coco Chanel and her contribution to the world today. Students will create a fashion magazine illustrating some basic clothing items while using their French vocabulary to describe each outfit. Later in the year we will explore French food and students will create restaurant skits while the audience enjoys some gourmet French food made by the students. This class encourages risk-taking in a safe and supported manner so that students will feel comfortable as they communicate more with each other en français!

## **Grade 9**

### **Art**

Ninth Grade Art is a full-year course in which students develop and refine artistic skills, knowledge and attributes, and acquire skills to assist in the making of art using traditional and contemporary tools, materials and media. This year the student will have an intensive experience focusing upon the human form with particular attention to the human head.

Students will sketch, draw, model, and sculpt the human head with the culmination of this exercise in the creation of a sculpted clay bust. The second half of the year will be used to create a large acrylic painting and to develop other projects using a variety of media.

### **Band – Senior**

Experience Needed: Grade 8 Band or minimum 2 years' experience on given instrument  
The Grade 9 Senior Band option is a continuation of the skills and techniques learned at the intermediate level. There is continued emphasis on artistry and technique through carefully chosen repertoire in preparation for the study of music in high school. Students will continue to be exposed to a variety of musical styles in order to gain a broader perspective on the art form. Students will be given opportunities throughout the school year to perform at school concerts and festivals and to work periodically with professional musicians from the community.

**\*\*\*NOTE: As there is more of an emphasis on performance, all students enrolled in the Grade 9 Senior level must be available for 1 lunch rehearsal per week. The Grade 9 rehearsal schedule will be posted in the fall\*\*\***

## French

For students wishing to continue their learning of French as an additional language, this program offers a balance of oral and written French. Through the eyes of Country Mouse and City Mouse students explore the differences between urban and rural life and learn to write a letter to their country or city cousin! Later they will discuss the pros and cons of urban and rural life. We will also focus on sports and exercise by creating interviews between talk-show hosts and athletes. "The House of my Dreams" is a popular project where students design a house and write a paragraph about it and label all the essentials of the house - all in French. Bring your creativity and have fun! Some years we do a short study of the life of French singer Edith Piaf while watching the film "La vie en Rose" in French followed by learning her most famous song "Je ne regrette rien". Bring an open mind and take a risk!

## Drama

Ninth Grade Drama is a one-year course that provides opportunities for students to explore dramatic forms and techniques, using material from a wide range of sources and cultures. Students will use the elements of drama to examine situations and issues that are relevant to their lives. Students will create, perform, discuss, and analyze drama, and then reflect on the experiences to develop an understanding of themselves, the art form, and the world around them.

## **Say Yes!/Outdoor Leadership**

**NOTE: Students will get Say Yes! ½ of year and Outdoor Leadership ½ of year. If you choose Say Yes! first, you will get it first half of year than Outdoor Leadership second half. If you choose Outdoor Leadership first, you will get it first half of year than Say Yes! second half.**

**Say Yes!** - An interdisciplinary exploration, this course will set you on a journey of Self and the World. You will unearth your own inner power to make decisions, set goals and manage life. Using art, drama, and writing you will create a representation of your own values, beliefs and attitudes. Then looking outward you will explore how you relate to the world. By starting with some basic geographical knowledge we will locate our physical place in the world. While exploring other countries we will start appreciating and cultivating a wider understanding of other cultures and customs. With some creative activities we will represent our worldview and the elements that shape it.

**Outdoor Leadership** - As environmental stewards of our community, students will engage in outdoor activities that support their growth in leadership skills. In an authentic learning environment, students will be given the opportunity to develop relationships with nature and the life forms that exist outside the walls of the classroom. We will spend days cooking on camp stoves, building fires, tying knots and setting up tarp shelters, making quinces and learning about First Nations traditions and philosophy. When given opportunities to develop connections with the natural world, humans become stronger advocates for the environment. The girls will

have space to explore, plan, and implement an outdoor skills day for their peers to bring awareness to the outdoor spaces surrounding them. Field studies will be decided on as a group.

### **Performing Arts/Foodie 101**

**NOTE: Students will get Performing Arts ½ of year and Foodie 101 ½ of year. If you choose Performing Arts first, you will get it first half of year than Foodie 101! second half. If you choose Foodie 101! first, you will get it first half of year than Performing Arts second half.**

**Performing Arts** - offers students the opportunity to study a wide variety of performance styles, genres and mediums. This course is designed to supplement the drama program and to enrich the experience of the serious writer, director and performer. This course will provide a continuation of artistic experiences that move well beyond the introductory and exploratory foundation skills and activities outlined in the **full year Drama classes**.

**Foodie 101** - are you the kind of person who is inspired when you visit the produce section of the grocery store? Do you play with your food; enjoy cooking from scratch and dream of ways to create amazing meals using whole ingredients? Join me on a culinary journey where we will explore the flavour, nutrition and creativity derived from cooking with whole, clean foods. Our focus will be both theoretical and practical where we will explore current food trends and issues and employ simple cooking techniques. Other topics of exploration include:

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**\*Please note** that if you have already taken Foodie in grade 8, please consider taking another complementary this year.