

Animal Rescue 8

Semester Course (No Fee)

FR Haythorne is going to the dogs, cats and perhaps a guinea pig or two. You can make a difference in the lives of homeless or neglected animals and at the same time learn more about animal welfare issues. If you have a love for animals and want to find out about some of the careers that involve working with animals, this is the course for you!

App Savvy 8

Semester Course (No Fee)

Find and share useful and fun apps for your device. Students will find and create programs that they can use in classrooms to promote technology inclusion in school and in everyday life. A wide variety of different electronic devices such as phones, tablets, computers and laptops will be used for this option.

Art 8

Semester Course (\$10 Fee)

Students will explore art materials, processes, and ideas around creating and appreciating art. Mediums such as pastels, paint, printmaking, and clay sculpture will be explored. Students will study art from different cultures around the world and gain the basic subject vocabulary.

Band 8

Full Year Course (\$30 Fee) *This course counts as 2 option selections

Additional cost (\$250 max) dependent on participation in an optional retreat and if renting an instrument. Learn to play a concert band instrument, read music, and compose and appreciate a variety of musical styles and genres. Explore marches, folk songs, as well as world, pop and contemporary music! Play in a large ensemble, as a soloist and in small groups. Grade 7-8-9 bands perform in two concerts during the school year. **Grade 7 band is a prerequisite for Band 8.** Band 8 will be a prerequisite to register in Band 9.

Challenge Science/Myth Busters 8

Semester Course (\$10 Fee)

Do you love science? Have you seen the show Mythbusters? Prove or bust common myths using different scientific principles in several different experiments built by students. Students will also face a variety of challenges throughout the year to see who can take different scientific principles and best put them to use!

Construction Tech 8

Semester Course (\$40 Fee)

This is an introduction to the construction environment. Students will be introduced to working safely on a variety of power tools and machines, as well as the proper use of hand tools. Using this knowledge, students will build a project of their own to demonstrate their ability and creativity.

Culinary Tourism 8

Semester Course (\$25 Fee)

Our world is becoming smaller and smaller – more connected than ever with the development of new technologies for communication. Culinary Tourism is the pursuit of enjoyable or unforgettable food experiences while traveling both near and far from home. It could be a trip to Italy to taste some pasta or even a car ride into the next town to sample tasty delights from a food truck. Students will have the opportunity to study how food plays a role in transmitting the culture of a region.



DIY (Do it Yourself) Project Creation 8

Semester Course (\$15 fee)

Do it yourself Do you like to create things from raw materials of any kind? Do you like challenges? Advanced Design offers both of these opportunities. Explore taking a project from the planning stage to the construction of the piece, to the final accents of decorating and planning the space that the piece will be in. Projects will be larger in scale and scope than the less advanced courses. Would be helpful to have Construction and Fashion Studies or Interior design courses.

Drama 8

Semester Course (No Fee)

The drama program fosters a positive self-concept in students by encouraging them to explore life through the assumption of roles and the acquisition of dramatic skills. The focus is on student creativity and participation in the major disciplines of movement, speech, improvisation, theatre studies, and technical theatre.

Fashion Studies 8

Semester Course (\$20 Fee)

Students will construct a sewing project based upon their ability. Students will be involved in determining pattern size and preparing the fabric and pattern for layout. Students will then apply this knowledge to complete their own sewing project. Students in this class will be given the opportunity to create new and unique projects based upon interest and consultation with the teacher.

Fitness and Wellness 8

Semester Course (\$5 Fee)

Healthy minds and bodies are necessary so that we may be creative students and citizens of the 21st century. Students will be developing their fitness plan which will be tailored to their personal goals. The plan will include stretching, agility, strength development, and overall fitness. In conjunction with their personalized fitness plan, each student will create a personalized nutrition plan designed to meet their specific nutritional needs. Students will learn the key elements required in order to become and remain healthy and productive. Proper nutrition, stress reduction, time management, and the importance of making informed, responsible and healthy decisions will be emphasized.

Foods 8

Semester Course (\$30 Fee)

This course will take an introductory look at food studies. Students will learn to read and understand recipes and how to use a variety of kitchen tools and equipment. They will work with a variety of ingredients supported by the Canadian Food Guide.

** Food Ventures 8

Semester Course (No Fee)

This option would have you help prepare the food that would be served at the Hawk's Nest. You will look at ways of making food products unique, trendy, and desirable for consumers. You will also be involved in marketing and sales.



Football Advantage 8

Semester Course (No Fee)

This course provides an opportunity for ambitious students to develop and strengthen their fundamental football skills, physical abilities, and football capacity in a challenging environment. The Football Advantage course provides mentorship and leadership in athletic development, and caters not only to specific football positional players but also to those new to the sport.

French as a Second Language 8

Full Year Course *This course counts as 2 option selections (No Fee)

As citizens of a bilingual country, it is our responsibility to learn to communicate with a certain amount of proficiency in French. Come join our FSL classes to discover what it is like to read, write, speak and listen in a second language. **Note that French 7 is a prerequisite for French 8, and French 8 is a prerequisite for French 9.**

Hawk TV & Broadcasting 8

Semester Course (No Fee)

Interested in film and television production? Then HAWK TV is for you! Learn what happens behind the scenes to create a weekly broadcast that features the activities and happenings at FRH. Work as a camera operator, lighting technician, director, writer or sound engineer or go out in the field capturing interviews, covering stories and reporting on them as an anchor for broadcasts. Hawk TV 8 students will focus on creating the Hawk TV broadcast.

Interior Design/Home Décor 8

Semester Course (\$10 Fee)

Study the difference between various styles of design, from Feng Shui to Classical to Modern. Learn about different furniture styles and the idea of form versus function. Possible design challenges such as 'design on a dime' or environmental challenges will also be examined. Projects can be based upon personal design challenges, such as decorating your bedroom or planning for your future apartment. Student suggestions and ideas will be considered when deciding which projects will be chosen.

Iron Chef 8

Semester Course (\$30 fee)

This course is designed for students who have already taken Introductory Foods or have a high skillset in working with food preparation and in the kitchen. Come and learn about cooking with what you have! Learn about different techniques and skills through fun and challenging activities similar to what you may have seen on hit shows such as Iron Chef, Chopped, and Master Chef.

Leadership 8

Semester Course (No Fee)

This class will focus on teamwork and leadership characteristics in order to enhance and develop their leadership capacity. Class discussions and activities will be a common practice and will be based around different school and community based situations. In addition, students will be given the opportunity to assist in school matters and governance, event/activity planning and implementation, humanitarian involvement, promotions, mentoring, school spirit, intramurals and school run tournaments.



** Learning Strategies/Study Skills 8

Semester Course (No Fee)

Students will learn about organization, study strategies, coping with deadlines, and how to best ensure that they will be successful in their school subjects. Students will take control of their learning in junior high. In a recent survey, 30% of our Gr 7 students indicated that they wished there was an option that helped them become more organized and get extra help developing junior high ELA and Math skills in a more individualized way.

Lego Robotics/Electrotechnologies 8

Semester Course (\$20 Fee)

Do you like to play with LEGO? Want to learn the basics of programming and circuitry? Who doesn't? Now you can create LEGO NXT robots which do amazing things! Racing cars, attacking scorpions, and roller coasters are just some of the hundreds of robots you can build.

Musical Theatre 8

Semester Course (\$30 Fee)

Additional fee to a maximum of \$80 will be dependent on role and costume.

The musical theatre program is an interactive environment of study in the dramatic and musical disciplines of movement, dance, choreography, speech, acting, singing, theatre studies, and technical theatre. Students perform in a showcase musical production during the year.

** Outdoor Pursuits 8

Semester Course (No Fee)

This class encourages and provides opportunities for outdoor learning and immersion into different physical activities that can be incorporated into your everyday life.

Performing Arts 8

Semester Course (\$10 Fee)

The aim of Performing Arts is to give students who are interested in drama performance an opportunity to explore their artistic abilities in a practical way. Students will learn to work collaboratively to put on several productions. They will develop confidence in their abilities as actors, directors and technicians.

Personal Psychology 8

Semester Course (No Fee)

This course focuses on an introduction to psychology. How does the brain work? How and why do people behave in certain ways? What can we do to improve overall mental health? These questions and more will be studied and explored through this course. Additionally, this course will look at current theories and approaches to understanding human behaviour.

** Photography 8

Semester Course (No Fee)

Are you interested in what it takes to create beautiful photos? Learn all about cameras, lighting, framing, and everything else that you need to know in order to take amazing portraits.



Video Game Design 8

Semester Course (\$10 Fee)

Come and learn about what it takes to create and develop your very own video game, animated story, interactive art and more! Create characters, plots, and adventures inside a world that is 100% of your own making. Students will have the opportunity to leave this class with their very own video game! Participants in this course will require a USB storage device.

** Wildlife 8

Semester Course (\$10 Fee/Depending on scheduling and weather, there may be an additional fee for a spring trip). The outdoor education program will address the social and scientific aspects to facilitate awareness of personal responsibilities while hunting, fishing, and camping or during other related outdoor activities.