



FATHER MICHAEL TROY
Catholic Junior High School

FMT OPTIONS 2025-2026
GRADE 7

HOW WILL STUDENTS CHOOSE THEIR OPTIONS?

- Students will rank the options choices 1 to 8 according to their preferences.
(1 being most preferred, and 8 least preferred)
- Every option should have a different number assigned.
- Every effort will be made to give students their top choices. However, please note that options are filled on a first come, first serve basis and also subject to student needs and abilities. Options may also change based on school needs.

HOW THE SCHOOL DECIDES WHICH OPTIONS WILL RUN NEXT YEAR?

- All option course registrations are based on the needs of the students and availability.
- An Option Course Google Form is to be submitted by each student.
- Option Course Google Forms are date-stamped; once the class is filled, it may be closed.
- Option Course availability will depend upon sufficient numbers of students requesting the program.



**OPTION CHOICES
FOR NEXT YEAR**

FRENCH (MANDATORY IN GRADE 7):

The French as a Second Language program at Father Michael Troy is an excellent opportunity for students to explore learning French! Our French program combines many of the most current language learning techniques and resources, to help make French not only as engaging as possible, but also fun.

There is an emphasis on speaking, reading, and writing communication skills. These skills are learned and reinforced through a combination of interactive learning activities, including online resources, learning games (both online and in-person), and interesting and fun projects. The French option is also highly recommended for students interested in pursuing post-secondary education.



BAND (MANDATORY IN GRADE 7):

Instrumental Music is a great opportunity to explore learning a band instrument.

Students will learn a band instrument through many different techniques. Individual and group playing as well as many opportunities for field trips. Field trips at different grade levels allow for learning and performing opportunities outside of regular class time.

There is an emphasis on reading, performing, listening and creating music. Music at the grade 12 level can also be used to apply for post secondary education. Music helps to emote emotions and relieve stress throughout the day.



ART:

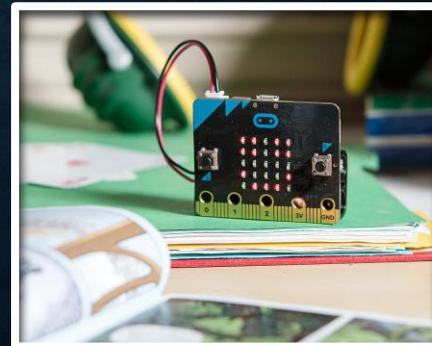
Discover your creative genius! Through the elements of art and the principles of design, students will create an array of two and three-dimensional masterpieces. Traditional and contemporary tools, techniques and materials will be used to express themselves in their artwork. Appreciation of various art forms and methods of art criticism will also be studied. Art is all about scaffolding, building confidence and having fun!



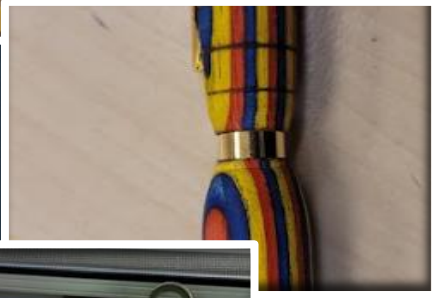
COMPUTER SCIENCE:

Computer Science is a vital course that introduces students to the basics of computer programming. In understanding that computer code drives the varying digital technologies we use pervasively on a day-to-day basis, this course demonstrates to students that understanding the basic mechanics of code is much like learning a new language. Through this understanding, students will be guided through a gradual process, beginning with a more familiar, text based code known as Scratch, to more complex code programs including Sonic Pi and Python. These are some of the potential tools we will use through the course, but more importantly we will begin to use the language that is important in all computer programs such as looping, or statements that include If, AND, WHEN.

The students will be guided to tinker with the tools, to ensure they come to their own personal understanding of how the technologies work, thus we will also spend some time exploring Maker Space technologies such as Microbits, 3-D printing, and Robotics.



CONSTRUCTION AND DESIGN:

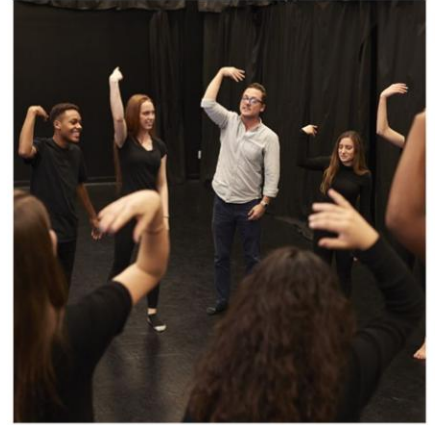


In this course, students gain hands-on experience and develop valuable skills in working with various tools and materials commonly used in construction and manufacturing processes. They learn to safely handle and operate equipment while transforming raw materials into functional products. Through a combination of practical exercises and design principles, students are introduced to creative problem-solving as they explore the use of traditional materials like wood. By the end of the course, they will have a deeper understanding of the design process, material properties, and the importance of safety in crafting products.

DRAMA:

In Drama, students will build confidence and imagination through active expression using movement, voice, and character portrayal. Students use movement as a means to express themselves and the characters they are portraying. They use their voice to convey emotions through memorized scripts, improvised scenes, and reader's theatre.

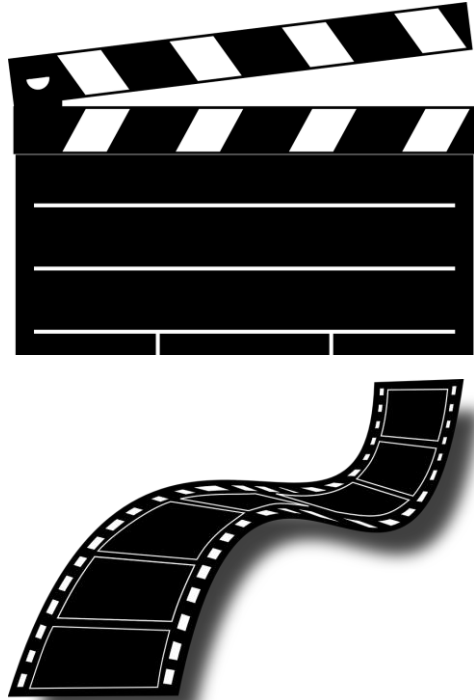
Additionally, students will explore the intersection of drama and STEM by incorporating elements such as puppet making, sound effects, stage makeup, video recording, and the theory of stage mechanics. This integration aims to foster a holistic learning experience, encouraging students to feel comfortable and supported to perform to the best of their abilities while gaining valuable technical skills.



ENVIRONMENTAL STEWARDSHIP (OUTDOOR ED):



The Environmental Stewardship class explores Environmental Studies, Survival Skills, and Wilderness Alberta through hands-on opportunities to explore the natural world and develop practical outdoor skills. Students will learn about Alberta's diverse ecosystems, environmental conservation practices, and the importance of sustainable living. Through engaging activities, they will gain essential survival techniques, such as navigation and fire safety, while fostering a deep appreciation for the wilderness. Outdoor Education trips and activities allow students to connect with nature, build resilience, and discover their role in protecting the environment.



FILM STUDIES:

If film is your passion, this course is for you! In junior high film studies, students will learn to analyze and break down a film into its component parts. You will learn about the artistry that goes into creating movies that can elicit emotions from its viewers. We will go into more depth than what is taught in the Language Arts Film Unit. In this course, you will not be watching movies as a passive viewer. You will be looking into what makes a movie effective. As you study these techniques, you will also get a chance to apply them!



FITNESS:

Physical and mental health are both very important and they go hand in hand! Fitness option allows you to get your heart rate up in a variety of settings. Strengthen and tone different muscle groups indoors with weights, bosu balls, and stability balls. Use the stationary bikes or elliptical to work on your cardio. Get active outside in the field, at the park, on the basketball court, or in the ravine! Your fitness teachers hope to leave you feeling happier and healthier.

FOODS:

One universal experience shared by all humans is the need to eat food, yet so many people lack basic cooking skills.

In Foods 7, 8 and 9, students will explore the science behind cooking by engaging in hands-on experiments and activities that demonstrate the chemical and physical changes occurring during food preparation. By understanding the principles of chemistry and biology, students will gain insights into how ingredients interact, why certain cooking techniques work, and how to create delicious and nutritious meals.

Each grade level will complete a variety of labs throughout the semester, with each grade level having a special focus project. This practical approach not only makes learning fun but also helps students appreciate science in everyday life!

