

# **OPTIONS 2023-2024**

## **(Grades 7, 8, 9)**

**ÉCOLE HILLGROVE SCHOOL (ÉHS)**  
**St. Albert Public Schools**



**OPEN HOUSE MARCH 15, 2023**  
**7:00 pm – 8:00 pm**

[hillgrove.spschools.org](http://hillgrove.spschools.org)

**Something for Everyone**

## WELCOME TO HILLGROVE!

The uniqueness and strength of our school lies in the programs offered. Our school houses English, French Immersion and Late French Immersion, Bridge, Knowledge & Employability, Learning Strategies (LSP), Gaining Occupational and Life Skills (GOALS), Academic Challenge and Enrichment (ACE), and Behaviour and Academic Strategies (BASC). While learning in their different programs, all students are able to experience a wide variety of complementary courses with “Something for Everyone”.



### Our Programs of Education

We are proud of our tradition of excellence in the academics, fine arts, career and technology studies, and athletics. A very important part of each student's timetable is devoted to instruction in Physical Education and all core subjects: English Language Arts, Mathematics, Science, Social Studies and, for the French Immersion students, French Language Arts. In an effort to provide a well-rounded education and to build on student interest, we also offer a broad and diverse selection of options from which our students may choose.

### Physical Education Program Overview

The aim of the physical education program is to enable individuals to develop the knowledge, skills and attitudes necessary to lead an active, healthy lifestyle. Using a variety of activities and learning experiences, physical education strives to develop the whole being and promote personal development through four general outcomes:



- **Activity**: Acquire skills through a variety of developmentally-appropriate movement activities, dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuits.
- **Health Benefits**: Understand, experience and appreciate the health benefits that result from physical activity.
- **Co-operation**: Interact positively with others.
- **Do-it-Daily for Life**: Assume responsibility to lead an active way of life.

Some activities may include: Cross Country Running, Fitness, Volleyball, Soccer, Lacrosse, Flag Football, Dance, Basketball, Badminton, Indoor Games, Track & Field, Outdoor Games and Swimming.

- **Assessment**: Students will be evaluated on fundamental movement skills, positive behaviours, rate of perceived exertion, and the ability to follow rules, routines and procedures for safety.

## **Academic Coaching – Grade 7, 8 & 9**

The primary focus of this option is to assist students with their core subjects, particularly in Mathematics and Language Arts. This course is intended to allow students to effectively complete assignments and receive small group and individual assistance. Students will also develop skills such as time management and organization of their school materials, binders, and lockers, as well as test-writing and note-taking skills. Motivation is key for success in this class.

## **Art – Grade 7, 8 & 9**

Watercolours, pen and ink, pastels, printmaking, collage, Gelli plates, alcohol inks, acrylics, scratch art, prismacolours and more... this course will introduce students to the vast number of media available, and how to combine them to create beautiful works of art. Non-traditional art materials will be explored as well in order to create 3D masterpieces. Students will be introduced to some of the art masters, ranging from Leonardo da Vinci to Tim Burton, as well as challenged to create art connecting to story and music. No art experience is necessary to be successful in this course - just a desire to be creative while having fun.

## **Band - Grade 7, 8 & 9** (Full Year for all grades)

Be part of an exciting team; learn to play an instrument and read music – JOIN THE BAND! At the Grade Seven level you will choose an instrument – Flute, Clarinet, Saxophone, Trumpet, French Horn, Trombone, Baritone, Tuba or Percussion and begin the experience. In Grade Eight and Nine you will become a member of the Showcase Band of the music program. During the year we perform many concerts which may include:

- Music Camp – a two-day camp at Lake Nakamun for all grades
- Our annual Christmas Concert, Alberta Band Association Festival and Spring Concert
- Performances for various elementary audiences in St. Albert in March
- Open House at École Hillgrove School in March
- Our annual Music Tour, which alternates every year between Alberta and British Columbia at the beginning of May.
- Connect with and workshop with many professional musicians at the University of Alberta

## **Drama – Grade 7, 8 & 9**

Drama 7, 8 and 9 are all fun skill-based courses designed to stimulate the imagination and to encourage personal growth. Through the instruction of *Movement*, *Speech*, *Improvisation*, and *Theatre Studies*, students will learn how to be perceptive viewers, poised speakers, and discerning listeners. Students acquire skills in both the off-stage and on-stage process of performance and, in doing so, discover in themselves: responsibility, leadership, patience, and confidence. No prerequisite is required to register other than a keen interest and a willingness to participate and try new things. Students are expected to be able to work as individuals and with other group members.

## **Drama (Performing Arts) – Grade 9**

Performing Arts 9 is a course that provides students with the chance to challenge themselves in the area of performance creation. Students will learn what it means to prepare and perform. The course runs during the regular school day with the students presenting smaller pieces over the course of the year and a larger performance in May. The experience involves self-motivation and commitment while students take direction in blocking, line memorization and acting technique.

## Fit for Life – Grade 7, 8 & 9

The goal of this option is to encourage students to develop a lifelong interest and active involvement in creating and maintaining a healthy lifestyle. The course involves both a high level of activity and theory. Students will participate in a variety of activities which develops an understanding of cardiorespiratory endurance, flexibility, muscular endurance, power and strength. Aerobic activity, weight circuits, golf, curling, foam rolling, yoga, spin, outdoor games, indoor games, swimming, skating, skiing, TRX, Bosu, Bender ball and indoor climbing are just some of the activities students can expect to participate in. A set user fee for trips will be collected at the start of the semester or school year.

## Foods and Fashion Studies – Grade 7, 8 & 9

Students will complete one foods studies module and one fashion (sewing) module. Students will enjoy preparing a variety of recipes for appetizers, breakfasts, lunches, dinners and baked goods, while they develop the basic skills and habits for cooking and making healthy food choices. **Please note: Some dietary requirements will not always be able to be accommodated.** During the fashion portion of the program, students will learn basic sewing skills, as well as how to safely operate sewing and pressing equipment. Students are responsible for purchasing their own supplies for sewing projects and will be able to take all projects home upon completion.

## Hockey Academy (French Immersion students only) (Full Year for all grades)



Our French Immersion students are invited to attend the Hockey Academy offered by W.D. Cuts. Students will have on-ice practices twice a week. Transportation from the school to the arena is provided within school hours. Find out more and register at [https://www.spschools.org/programs/athleticacademy/hockey\\_academy](https://www.spschools.org/programs/athleticacademy/hockey_academy).

*\*Students attending Inclusive Ed programs at ÉHS will also be considered for the Hockey Academy.*

Registration Fee: \$240.00 (non-refundable)

Monthly Fee: \$160.00 (Sept – May)

## Industrial Arts – Grade 7, 8 & 9

The Industrial Arts option gives students the opportunity to choose from three modules.

**Graphic Design:** Students will learn the basics of 3-D printing, vector drawing and 2-D CNC.

**Plastics:** Students will layout, cut, shape, form, and assemble projects made of plastic.

**Woods:** Students will design, layout, cut, assemble, and finish projects using a variety of hand & power tools. Each student is assessed to see at which level they should start.

## Leadership – Grade 9

This course will foster leadership skills in students through participation in planning, organizing and implementing community events and campus-wide activities. Students will increase their organizational and interpersonal skills to become independent and positive leaders. Project management, interpersonal relationships, goal setting, decision-making and communicating are some of the competencies that will be fostered. Students gain confidence, time-management skills and other skills that will support them in the future.

## **Outdoor Education – Grade 7, 8 & 9**

Are you ready for an adventure? Welcome to the wilderness! Students in this option will have the opportunity to learn about hiking, canoeing, environment awareness, animal identification, survival, and several other exciting skills. Canoeing expeditions and overnight camping trips are also part of the program. A set user fee for trips will be collected at the start of the semester or school year.

## **Outdoor Pursuits – Grade 7, 8 & 9**

The aim of the Outdoor Pursuits course is to develop the knowledge, skills and positive attitudes of individuals, so that they will be self-confident, capable and committed to setting goals, making informed choices in preparation for lifelong educational experiences. The option is both classroom and activity based. Individuals must be willing to take part in group activities and in individual indoor and outdoor activities in a variety of settings. Some of the activities that may be offered include the following: soccer; broomball; x-country skiing; ringette; flag football; archery; co-operative games; sports climbing and field lacrosse.

## **Technology – Grade 7, 8 & 9**

Technology is an exciting multi-media rich option that exposes students to a variety of media applications. Students are taught concepts related to photography, video production, editing, 3-D design, website building, coding and podcasting – to name a few! Students work on their projects at their own pace, choosing to do so collaboratively or individually. Technology students are also the photographers for school events, with their photos appearing on the student website and in the yearbook! Creativity, experimentation and cooperation are strongly encouraged.

## **Yoga – Grade 7, 8 & 9**

The yoga option is incredibly beneficial to the healthy development of teens. Students will build strength, balance and flexibility using a series of different yoga poses. Students will improve their sense of well-being using different breathing and relaxation techniques. Development of these skills will aid in multiple ways to reduce stress and increase body awareness, self-respect and self-confidence. Students are expected to purchase their own yoga mat.

PLEASE NOTE: Option Selections will not be processed until  
REGISTRATION IS COMPLETED ON-LINE

**New Students – see Registration link on Hillgrove (ÉHS) Website**

<https://hillgrove.spschools.org/information/registration>

**Returning Students (those already attending a St. Albert Public School) –**

**Register through the PowerSchool Parent Portal on a computer or tablet  
under *Returning Student Registration 2023-2024***

## **SCHOOL FEES**

School fee invoices are sent out in late September/early October once the students are set in their options.

The student activity fee includes all curricular field trips, guest speakers, author visits and workshops. Option fees and extra-curricular field trips are not included in this assessment.

Grade 7 Student Activities Fee	\$ 60.00
Grade 8 Student Activities Fee	\$ 60.00
Grade 9 Student Activities Fee	\$ 110.00
Life Skills and PACE Student Field Trip Fee	\$ 20.00
Life Skills and PACE Foods Course Fee	\$ 50.00



<b><u>OPTION FEES</u></b>	<b>Grade 7 &amp; 8</b>		<b>Grade 9</b>
(Estimated)	Semester Fee	Yearly Fee	Yearly Fee
Art	\$ 25.00	---	\$ 50.00
Band <i>Rental fee</i>	N/A	\$50.00	\$50.00
Drama 7,8 & 9 <i>Field trip fee*</i>	\$ 25.00	---	\$ 25.00
Fit for Life <i>Field trip fee</i>	\$ 55.00	---	\$110.00
Foods and Fashion	\$ 50.00	---	\$100.00
Hockey Academy (French Immersion students only)	N/A	\$1680.00 **	\$1680.00 **
Industrial Arts	\$ 40.00	---	\$ 60.00
Leadership 9 <i>Course fee</i> <i>Field trip fee*</i>	N/A	N/A	\$10.00 \$20.00
Outdoor Education <i>Field trip fee</i>	\$150.00 (Gr. 7) \$175.00 (Gr. 8)	---	\$200.00
Performing Arts 9 <i>Field trip fee*</i>	N/A	N/A	\$ 25.00
Technology	\$ 30.00	---	\$ 40.00
Yoga <i>Field trip fee*</i>	\$ 20.00	---	\$ 20.00

\* field trip fee only charged as field trip scheduled  
(Drama, Leadership, Performing Arts, Yoga)

\*\* \$240 registration fee (non-refundable) plus  
9 monthly payments of \$160