



2025-2026

# OPTIONS GUIDE

GRADES 7 - 9



**OPEN HOUSE**  
**MARCH 12TH, 2025**  
**6:30PM - 7:30PM**

[HILLGROVE.SPSCHOOLS.ORG](https://hillgrove.spschools.org)

Deadline for options forms to be submitted:  
April

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# HILLGROVE

## WELCOME TO ÉCOLE HILLGROVE SCHOOL!



At École Hillgrove School we offer a triple track program experience, one that lends itself to our unique and inclusive campus. Our school houses English, French Immersion and Late French Immersion, as well as specialty programs including Learning Strategies (LSP), Gaining Occupational and Life Skills (GOALS), Academic Challenge and Enrichment (ACE), and Behaviour and Academic Strategies (BASC). While learning core curricula in their program of choice, all Griffins enjoy a wide variety of options and physical education opportunities.

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



## FINE ARTS



### ART 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 7, 8, 9 (FULL YEAR)

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
- Connect with and workshop with many professional musicians at the University of Alberta

### DRAMA 7, 8

Drama 7 and 8 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 9

Drama 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.



### FOODS & FASHION 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.

### INDUSTRIAL ARTS 7, 8, 9

Embark on a creative journey with the Industrial Arts program, where students in grades 7, 8 and 9 can explore their interests through three engaging modules.

- **Plastics:** Experience the hands-on process of laying out, cutting, shaping, forming, and assembling unique projects using plastic materials.
- **Woods:** Ignite your creativity in woodworking as you finish creative projects using a diverse array of hand and power tools.
- **Graphic Design:** Delve into the fundamentals of 3-D printing, vector drawing and 2-D CNC technology, unlocking the world of digital creativity.

To ensure a tailored learning experience, each student undergoes assessment to determine their starting level in the program. Choose your path and embrace the world of Industrial Arts!

### TECHNOLOGY 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.

## HEALTH & WELLNESS

### FIT FOR LIFE 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, foam rolling, yoga, spin, outdoor games, indoor games, swimming, TRX, Bosu, Bender Ball are just some of the activities students can expect to participate in. A set user fee for trips to Servus Place and other St. Albert facilities will be collected at the start of the semester or school year.

### OUTDOOR EDUCATION 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 and activities. Canoeing, cross-country skiing expeditions and overnight camping trips may also be part of the program. A set user fee for trips will be collected at the start of the semester or school year.



### OUTDOOR PURSUITS 7, 8, 9

The aim of the Outdoor Pursuits course is to provide students with an opportunity to be active, build self-confidence and work together co-operatively through various outdoor experiences. The option is an outdoor activity-based course. Individuals must be willing to take part in group activities in a variety of outdoor settings. Some of the activities that may be offered include: co-operative games such as Capture the Flag, Squirrel Tag, Sticks and Mantracker as well as field games like Rugby, Broomball, Flag Football and Kickball.



### SPORTS 9

Sports 9 will focus on skill building and healthy lifestyle choices related to a lifelong interest in physical activity, primarily related to team and individual sports such as badminton, volleyball, basketball, soccer, among others. This option will include field trips and off-campus opportunities.



### YOGA 7, 8, 9

The yoga option is an incredible opportunity to support the healthy development of teens both mentally and physically. Students will build strength, balance and flexibility using various 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 yoga mat.

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## ACADEMIC COACHING 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.

## STUDENT ENGAGEMENT

## LEADERSHIP 9

In Leadership 9, students will improve their leadership and communication skills by planning and executing various service initiatives. This course will help student leaders understand the significance of service and how it contributes to their school and local communities. Leadership 9 encourages students to reflect on their role in becoming efficient, collaborative and responsible members of society. If you're interested in volunteering, organizing and managing school-wide events, this is the perfect course for you. Leadership 9 students can also benefit from various volunteer opportunities.



## ACADEMIES

## SOCCER ACADEMY 7, 8, 9 (FULL YEAR)

Soccer Academy is looking to expand to Hillgrove in 2025-2026! This academy will be offered to all Hillgrove students in grades 7, 8 and 9. For more information, there will be a **Soccer Academy Open House at Paul Kane on February 27th, 2025**. Please contact the Soccer Academy for information regarding fees.

## HOCKEY ACADEMY 7, 8, 9 (FULL YEAR)

Our French Immersion students are invited to attend the Division Hockey Academy program. 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/athletic-academy/hockey-academy>.

\*Students attending Inclusive Ed programs at ÉHS will also be considered for the Hockey Academy. Please contact the Hockey Academy for information regarding fees.

