

Graminia School
Complementary Course Descriptions
2021-2022

Foods (Mr. Danielsen, Mr. Fraser & Mrs. Holst) - \$35

In Foods class, students will learn skills related to the culinary industry including food prep, workstation cleaning, and working with a team. Students will cook breakfast, lunch, supper, and dessert items. In addition to cooking, students will complete a variety of projects based around positions in the culinary industry.

Introduction to Guitar (Mr. Danielsen) - No Cost*

In this course students will be learning some basic components about how to play the guitar. We will be covering some music theory, guitar history, and most importantly techniques to become a campfire all-star.

*Students MUST HAVE a guitar for this option. There are three strategies for students to obtain a guitar for this course:

- a) Have access to one already.
- b) Rent one. This ranges from \$10 - \$115 monthly, depending on quality. (The \$10 one is just fine)
- c) The school will **attempt** to arrange to borrow one for you. Note that with this option, students would have to leave the guitar at school and would be unable to practice at home.

Leadership in Volleyball, Basketball, Badminton & Track, Racquet Sports (Various teachers throughout the year) - No Cost

Students will get the opportunity to develop an understanding of what it takes to build a strong sports program in order to be successful. The areas that we are going to cover include: training both in and out of season, specific skills for the sport, basics of coaching, basics of refereeing and strategies. Students will be able to use this information throughout their athletic careers as well as for any coaching/refereeing opportunities they may have in the future. This course will be offered for specific sports throughout the year, usually during the school season when it is played.

Academic Leadership (Mme Lam & Mr. Breckenridge) - No Cost

Students will be provided with leadership opportunities to work with students in younger grades. Students will develop their leadership skills and build connections by assisting younger students in a variety of ways.

Building Construction (Mr. Lygo & Mr. Inglehart) - \$35

Students will have the opportunity to construct a number of small wood projects. Students will learn the importance of material selection, understanding Imperial measurement, shop safety, and appropriate use of hand tools in the construction of their projects. They will also learn the importance of planning, budget, and attention to detail.

Note: enrollment will be capped in each section for safety reasons, and proper use of shop-specific PPE will be required (and provided) when necessary.

D&D (Mme Lam) - No Cost

Welcome fellow adventurer! Dungeons & Dragons is a structured, yet fundamentally open-ended role-playing game. During the course of play, each player directs the actions of their character and their interactions with other characters in the game. Students will learn how to create a character, and play the game. Throughout this course they will be learning the skills of story-telling, character building, negotiation, conflict resolution and of course, how to defeat monsters.

World Dance (Mme Lam) - No Cost

In this multicultural dance class students will build knowledge and understanding of dance styles from all over the globe. Students will create, apply, reflect, evaluate, and engage with these dances.

Improv (Mme Lam) - No Cost

Calling all actors! Students will apply their skills in the development of comic and serious improvised scenes. Students will experiment with long forms of improvisation to develop a final presentation.

French (Mme Lam) - No Cost

This course will focus on oral communication skills in French. Students will engage in authentic conversations (ex. ordering a coffee). This course encourages students to focus on improving *confidence* in speaking and listening in French in a range of everyday situations.

Fashion and Textiles (Mme Lam) - Cost dependant on project*

Students will learn the basics of sewing on a machine and serger while learning basic stitches, seams and hems and how to cut fabric. Examples of projects can include: pajama pants, baby quilt, stuffed animals, etc.

*Students will need to supply their own fabric and pattern for their chosen (and teacher approved) project. If students need help accessing materials the school will attempt to arrange them.

The Art of Craft (Mrs. Holst) - \$15

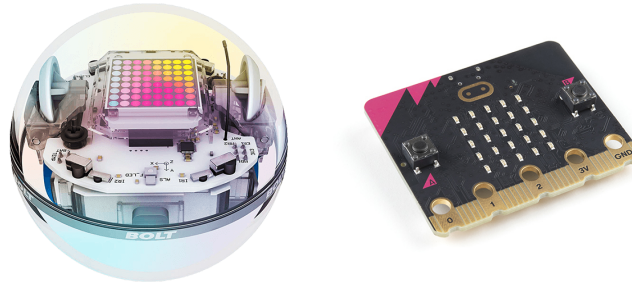
This class will give students a chance to spark their creativity through crafting. They will learn new skills and have some hands-on fun. Projects may include scrapbooking pages, making cards, origami and beading; the possibilities are endless! Bring your ideas and enthusiasm to explore your crafty side!

Outdoor Winter Activities (Mrs. Holst) - No Cost

This is a lifestyle and athletic opportunity for students who are eager to engage in a wide range of winter outdoor activities. These activities will be focused on further developing students' interest in outdoor and lifelong movement opportunities in the winter. Throughout the term this course will endeavor to develop students' enjoyment of activities such as, but not limited to, ice skating, curling, snowshoeing, x-country skiing and broomball.

Coding Robotics (Mr. Fraser) - \$10

In Coding Robotics, students use Sphero Bolt robots and Micro:bit pocket computers to learn the basics of coding/programming. Students will complete a wide variety of robot/computer tasks while learning how to code using drawing, blocks, python, and javascript. If you enjoy working with technology, this is the course for you!



Engineering Robotics (Mr. Fraser) - \$10

Engineering Robotics uses Lego EV3 Mindstorm kits to teach the basics of designing robots. Students will plan, build, and then control robots to accomplish a variety of tasks. Students will be working in groups and collaborating/competing with their peers. In addition, projects, presentations, and film clips will be used to explore the role that robots have in society.



Social Justice (Mr. Breckenridge) - No Cost

This is a values-based leadership opportunity for students who are eager to explore the power of working with others to affect change. Students will engage in community projects and pursue personal interests in line with their values. They will develop problem-solving strategies and become agents of change driven by a desire to build a culture of community, citizenship and social responsibility.

Art History (Mr. Breckenridge) - \$5

This is a values-based leadership opportunity for students who are eager to explore the world of classic and modern art. Students will engage in projects and pursue personal projects in line with their historical art aesthetic. They will develop curating abilities and become knowledgeable about different styles of art, its historical context, and the meaning and skill behind classical and modern masterpieces.

X-Country Skiing (Mr. Breckenridge) - No Cost

This is a lifestyle and athletic opportunity for students who are eager to explore the world of x-country skiing. Students will engage in regular outdoor sessions where they will be introduced to the basics of x-country skiing. They will develop the basic skills of traditional skiing and be able to practice and develop those skills while encouraging a healthy appreciation of the sport that extends beyond the course.

STEM (Mrs. Holst) - \$10

In a world defined through innovation, Graminia is proud to offer an option designed around science, technology, engineering, and mathematics. This program will challenge students to fully explore their interest in these groundbreaking areas of modern society. Students will engage in numerous group activities where they will be presented with challenges that they will have to develop the skills and knowledge to overcome.

Genius Hour (Mr. Inglehart) - No Cost

This is a project-based course that gives students the opportunity to explore their own passions and interests beyond the curriculum. Students will select a topic of inquiry, research it, and plan a culminating presentation to share with classmates.

Financial Literacy (Mr. Inglehart) - No Cost

This course is designed to teach students about the financial skills they will need moving forward. We will look at different types of bank accounts, budgeting, comparative shopping, and investing. It will be based on activities that allow the students to practice these life skills and be able to see how they work in the real world.

Fitness (Mrs. Holst) - No Cost

In this activity course, students will be introduced to different types of fitness workouts that can be done with relatively minimal equipment. They will assess their own baseline fitness levels in cardiovascular endurance, muscular strength, muscular endurance and flexibility. Students will work to improve in at least one specific area of fitness, as well as have the opportunity to create their own workouts.

Film Journalism (Mr. Breckenridge) - No Cost

In this challenge, students will explore the elements of effective filmmaking and gain an understanding of editorial writing techniques through viewing a variety of films and writing movie reviews. Titles selected will cover a variety of genres and periods, and students will have the freedom to express their inner voice and preferences. Students will also uncover what makes a film and review "good".

Sports Medicine (Mr. Inglehart) - \$10

If you are interested in the fields of Medicine, Physiotherapy, Occupational therapy, Chiropractic medicine, Kinesiology, Firefighting, EMT, Massage therapy, or Nursing this course will interest you. Students will study the determinants of good health and factors affecting the dimensions of health. They will also learn prevention, assessment and management techniques related to sport injuries. Students will develop an appreciation for the role of the first aider as it pertains to the sports medicine team. They will finally explain and demonstrate basic taping and wrapping techniques, and explore the role of the athletic therapist and be able to identify and treat common injuries.