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Captain Nichola Goddard

Complementary Courses and Descriptions 2025-26



Selecting Complementary Courses

Current Captain Nichola Goddard students in Grade 6, 7 and 8 will be making their complementary course requests at school the week of April 8-12. Prior to their course selection next week, please have a discussion with your child(ren):

- 1 | Reviewing the 2025-2026 Complementary Courses and Descriptions below
- 2 | Create a list of 5 preferred courses (choices are not ranked and only 4 will be selected for the school year. Please be aware band is a full year course and will occupy 2 of the available option blocks.)

If your child misses their COMP Course selection time, there will be drop-in session available. No student will miss out on this opportunity.

Complementary Courses

Grade 7 Complementary Courses:	Grade 8 Complementary Courses:	Grade 9 Complementary Courses:
<ul style="list-style-type: none"> • Art • Band • Communication Technology • Construction • Design Studies • Environmental & Outdoor Education • Fashion • Foods • French • Guitar • Leadership • Performing Arts • Sports Performance • String Orchestra 	<ul style="list-style-type: none"> • Art • Band • Communication Technology • Computer Programming • Construction • Design Studies • Environmental & Outdoor Education • Fashion • Foods • French • Guitar • Leadership • Performing Arts • Sports Performance 	<ul style="list-style-type: none"> • Art • Band • Communication Technology • Computer Programming • Construction • Design Studies • Environmental & Outdoor Education • Fashion • Foods • French • Guitar • Leadership • Performing Arts • Sports Performance





Grade 7 Complementary Courses			
Course Name	Course Code (As it appears in PowerSchool)	Course Fee (does not include potential field trips associated with this course)	Course Description
Art	Art 7	15.00	Art 7 students will have the opportunity to explore new techniques and mediums such as Fantasy clay sculpting, acrylic painting techniques, and both abstract and realistic drawing. Students will build foundational skills with an emphasis on hands-on learning.
Brass Band (Full Year)	Band Brass 7	School Instrument Rental 100.00 (if needed) Course Fee 20.00	In this course students will learn to play a brass instrument, such as trumpet, French horn, euphonium, trombone, tuba, or percussion. The Gr. 7 Band may also meet once a month to rehearse as a complete ensemble and perform at the Winter and Spring concerts and Festival. Band students will develop their theoretical understanding of the elements of music, as well as their critical thinking skills about a variety of musical genres. No previous musical experience is necessary!
Woodwind Band (Full Year)	Band Woodwind 7	School Instrument Rental 100.00 (if needed) Course Fee 20.00	In this course students will learn to play a woodwind instrument, such as flute, clarinet, or saxophone. The Gr. 7 Band may also meet once a month to rehearse as a complete ensemble and perform at the Winter and Spring concerts and Festival. Band students will develop their theoretical understanding of the elements of music, as well as their



			critical thinking skills about a variety of musical genres. No previous musical experience is necessary!
Communication Technology	CTF Communication Technology 7	10.00	This course is an introductory and straightforward look at Scratch, animation, and graphic design which will challenge students with or without prior knowledge to push themselves and their expertise further. Students will examine a range of communication technology situations while also utilizing their own ideas and bringing them to life.
Construction	CTF Construction 7	20.00	Love to build and want to work in our Woodworking Shop? Explore the world of carpentry and design! Learn to use different hand and stationary power tools in a safe manner to construct and fabricate projects that are fun and usable. Students will be given challenges and projects to be creative with while working with tools and materials in the shop. Students will also work alone and in groups to design, create and appraise their work.
Design Studies	CTF Design Studies 7	None	Ever wonder why some photographs more eye-catching than others? Why are some Instagram Post more eye catching than others? Students will learn the basics of photography while gaining confidence in using camera. In this hands-on course, learn and practice your creative photography skills while collaborating with your peers. Students will also learn how to edit and design their photographs, all while creating their own digital portfolio.
Environmental and Outdoor Education	Environmental and Outdoor Education 7	None	Environmental Stewardship is becoming more important. Students will learn about wilderness-based activities and human impact on the environment. Students in this class will also learn about local



			wildlife and protecting their habitats. The course will include field trips, outdoor activities, as well as classroom projects. No previous experience is required.
Fashion	CTF Fashion Studies 7	10.00	Students will learn the basic skills needed to hand sew, read and understand a pattern, and how to use a sewing machine. Students will work at their own pace to apply these skills in the assembly of simple projects. Projects will progress from simple to more complex based on skill development. Students work individually at their own pace, using a variety of textiles and discover new, useful techniques. No previous experience is required.
Foods	CTF Foods 7	20.00	Examining the role of food, visual appreciation, nutrition, meal planning, economics and preparation; learn the various skills in the culinary trade. This course is listed under CTF, a program designed to allow students to explore possible career options. The Foods course is not only about cooking, just as being a chef is not the only food-related career. In order to provide students with a well-rounded representation of possible career options, classes will be covering, though not limited to, the following topics: Safety and sanitation/ kitchen cleaning, Food Preparation Techniques, Nutrition and healthy food choices, and Careers in Culinary Arts.
French	French as a Second Language 7	None	Have you ever wanted to learn a new language? Or continue to develop your conversational French? In this option students will have the opportunity to learn how to speak, read and write in French.
Guitar	Guitar 7	5.00	Want to learn more about the amazing music of guitar? This option will provide you with the chance to play, listen, and appreciate the world of guitar



			music and composition. You can bring your own or use the school guitars that are available.
Leadership	Leadership Service 7	None	Students in Leadership 7 will have the opportunity to help engage the school community through a variety of events. All students will have the chance to develop and refine their leadership skills through presentations, promotion of school wide events, and class assignments.
Performing Arts	Performing Arts 7	None	This course offers students a variety of experiences to participate in the arts to enhance their creativity, critical thinking, and problem-solving abilities. Students will be challenged to develop their skills, deepen knowledge, and discover their own voice through the arts (drama, music, dance). Creativity will be explored through movement, speech, improvisation, and acting tasks.
Sports Performance	Training for Excellence in Sport 7	None	Training for Excellence in Sport provides opportunities for students to develop and refine competencies that focus on personal development and responsible citizenship through sport. Students will have a chance to increase their knowledge in personal fitness and improve their functional fitness levels. Students develop leadership and citizenship, athletic skills and tactics, and fitness and conditioning.
String Orchestra	Band (Instrumental Music) 7 Strings	\$15 + Instrument Rental Fees Violin \$179 Viola \$189 Cello \$369 Double Bass \$625	In this course, students will learn to play a stringed instrument such as violin, viola, cello or double bass. String Orchestra band will perform at the Winter and Spring concerts as well as collaborate with other string programs around the city! String students will develop their theoretical understanding of the elements of music, as well as their critical thinking skills about a



			variety of musical genres. No previous musical experience is necessary! If instrument rental cost is an issue, please reach out to Ms. Tonn.
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Grade 8 Complementary Courses

Course Name	Course Code (As it appears in PowerSchool)	Course Fee (does not include potential field trips associated with this course)	Course Description
Art	Art 8	15.00	Art 8 students will continue to explore new techniques using clay, paint and pencil/coloured pencil. Additionally, the introduction of new art forms, such as print-making, will offer opportunities for students to expand their knowledge base.
Brass Band (Full Year)	Band Brass 8	School Instrument Rental 100.00 (if needed) Course Fee 20.00	In this course students will continue developing their skills as a brass player or percussionist. The grade 8/9 band may also meet once a month to rehearse as a complete ensemble and perform at the Winter and Spring concerts, Festival and/or feeder school performances). Band students will develop their theoretical understanding of the elements of music, as well as their critical thinking skills about a variety of musical genres. Students in this class also have the option to audition for the jazz band.
Woodwind Band (Full Year)	Band Woodwind 8	School Instrument Rental 100.00 (if needed)	In this course students will continue developing their skills as a woodwind player. The grade 8/9 band may also meet once a month to rehearse as a complete ensemble and perform at the Winter and Spring concerts Festival and/or feeder school



		Course Fee 20.00	performances. Band students will develop their theoretical understanding of the elements of music, as well as their critical thinking skills about a variety of musical genres. Students in this class also have the option to audition for the jazz band.
Computer Science	CTF Computing Science 8	10.00	Discover the fundamental principles of coding in this introductory programming course that will focus on the creation of simple but practical programs. Students will have an opportunity to explore classic coding problems and ideas as well as opportunities to get hands on experience coding interactive projects. By the end of the course, students will be creating individualized coding projects that solve real world problems in their lives. No coding experience is needed to get started!
Communication Technology	CTF Communication Technology 8	10.00	Discover and develop skills related to technologies used to design, construct and relay a message for the purpose of connecting, informing, entertaining or selling products.
Construction	CTF Construction 8	20.00	Love to build and want to work in our Woodworking Shop? Explore the world of carpentry and design! Learn to use different hand and stationary power tools in a safe manner to construct and fabricate projects that are fun and usable. Students will be given challenges and projects to be creative with while working with tools and materials in the shop. Students will also work alone and in groups to design, create and appraise their work.
Design Studies	CTF Design Studies 8	None	Ever wonder why some photographs more eye-catching than others? Why are some Instagram Post more eye catching than others? Students will learn the basics of photography while gaining confidence in using camera. In this hands-on course, learn and practice your creative photography skills while collaborating with your peers. Students will also learn how to edit and design their photographs, all



			while creating their own digital portfolio.
Environmental and Outdoor Education	Environmental and Outdoor Education 8	None	Environmental Stewardship is becoming more important. Students will learn about wilderness-based activities and human impact on the environment. Students in this class will also learn about local wildlife and protecting their habitats. The course will include field trips, outdoor activities, as well as classroom projects. No previous experience is required.
Fashion	CTF Fashion Studies 8	10.00	Students will learn the basic skills needed to hand sew, read and understand a pattern, and how to use a sewing machine. Students will work at their own pace to apply these skills in the assembly of simple projects. Projects will progress from simple to more complex based on skill development. Students work individually at their own pace, using a variety of textiles and discover new, useful techniques. No previous experience is required.
Foods	CTF Foods 8	20.00	Examining the role of food, visual appreciation, nutrition, meal planning, economics, and preparation; learn the various skills in the culinary trade.
French	French as a Second Language 8	None	Have you ever wanted to learn a new language? Or continue to develop your conversational French? In this option students will have the opportunity to learn how to speak, read and write in French.
Guitar	Guitar 8	5.00	Want to learn more about the amazing music of guitar? This option will provide you with the chance to play, listen, and appreciate the world of guitar music and composition. You can bring your own or use the school guitars that are available.
Leadership	Leadership Service 8	None	Develop your leadership skills including, decision-making, goal setting, problem-solving, relationship-building, and communication. Then use these skills to build a sense of community while volunteering in a variety of settings, helping others reach their goals.





<p>Performing Arts</p>	<p>Performing Arts 8</p>	<p>None</p>	<p>Performing Arts is an engaging introductory course designed to nurture students' creativity, confidence, and communication skills. Through exploration of acting, improvisation, movement, and speech, students will learn the fundamentals of storytelling while participating in performances. Performing Arts offers a fun, interactive environment where students can build social skills, express themselves, and develop an appreciation for the performing arts.</p>
<p>Sports Performance</p>	<p>Training for Excellence in Sport 8</p>	<p>None</p>	<p>Training for Excellence in Sport provides opportunities for students to develop and refine competencies that focus on personal development and responsible citizenship through sport. Students will have an opportunity to increase their knowledge in the realm of personal fitness as well as improve their functional fitness levels. Students develop leadership and citizenship, athletic skills and tactics, and fitness and conditioning.</p>





Grade 9 Complementary Courses			
Course Name	Course Code (As it appears in PowerSchool)	Course Fee (does not include potential field trips associated with this course)	Course Description
Art	Art 9	15.00	Through clay-sculpting, painting, and drawing, Art 9 students will continue to expand upon their knowledge base by exploring more challenging techniques, and using more diverse concepts including Realism, Abstract Art, and other different social and historical movements in Art History.
Band (Full Year)	Band instrumental 9	School Instrument Rental 100.00 (if needed) Course Fee 20.00	Percussion, brass, and woodwind instruments are included in one class. You will continue to develop your skills on your instrument and grow as a musician during this full year course. Students in this class also have the option to audition for the jazz band. Attendance at monthly morning rehearsals and performances is a requirement for all students in grade 9 band. Festival and/or feeder school performances. If you are planning to continue with band in high school this class is recommended.
Broadcast Journalism 9	CTF Communication Technology 9B	None	In Broadcast Journalism, students will explore the world of news and video production. Students will create their own news show, gaining hands-on experience in writing, reporting, video editing, and camera work. From behind the scenes to on-camera presentation, students will explore various roles including directing, producing, and editing. With a focus on



			creativity and teamwork, this class provides an exciting opportunity to develop valuable media skills and learn what it takes to produce broadcast content.
Computer Science	CTF Computing Science 9	\$10	Discover the fundamental principles of coding in this introductory programming course that will focus on the creation of simple but practical programs. Students will have an opportunity to explore classic coding problems and ideas as well as opportunities to get hands on experience coding interactive projects. By the end of the course, students will be creating individualized coding projects that solve real world problems in their lives. No coding experience is needed to get started!
Communication Technology	CTF Communication Technology 9	\$10	Discover and develop skills related to technologies used to design, construct, and relay a message to connect, inform, entertain, or sell products.
Construction	CTF Construction 9	20.00	Love to build and want to work in our Woodworking Shop? Explore the world of carpentry and design! Learn to use different hand and stationary power tools in a safe manner to construct and fabricate projects that are fun and usable. Students will be given challenges and projects to be creative with while working with tools and materials in the shop. Students will also work alone and in groups to design, create and appraise their work.
Design Studies	CTF Design Studies 9	None	Ever wonder why some photographs more eye-catching than others? Why are some Instagram Post more eye catching than others? Students will learn the basics of photography while gaining confidence in using camera. In this hands-on course, learn and



			practice your creative photography skills while collaborating with your peers. Students will also learn how to edit and design their photographs, all while creating their own digital portfolio.
Environmental and Outdoor Education	Environmental and Outdoor Education 9	None	Environmental Stewardship is becoming more important. Students will learn about wilderness-based activities and human impact on the environment. Students in this class will also learn about local wildlife and protecting their habitats. The course will include field trips, outdoor activities, as well as classroom projects. No previous experience is required.
Fashion	CTF Fashion Studies 9	10.00	Students will learn the basic skills needed to hand sew, read, and understand a pattern, and how to use a sewing machine. Students will work at their own pace to apply these skills in the assembly of simple projects. Projects will progress from simple to more complex based on skill development. Students work individually at their own pace, using a variety of textiles and discover new, useful techniques. No previous experience is required.
Foods	CTF Foods 9	20.00	Examining the role of food, visual appreciation, nutrition, meal planning, economics, and preparation; learn the various skills in the culinary trade.
French	French as a Second Language 9	None	Have you ever wanted to learn a new language? Or continue to develop your conversational French? In this option students will have the opportunity to learn how to speak, read and write in French.
Guitar	Guitar 9	5.00	Want to learn more about the amazing music of guitar? This option will provide you with the



			chance to play, listen, and appreciate the world of guitar music and composition. You can bring your own or use the school guitars that are available.
Leadership	Leadership Service 9	None	Develop your leadership skills including, decision-making, goal setting, problem-solving, relationship-building, and communication. Then use these skills to build a sense of community while volunteering in a variety of settings, helping others reach their goals. Experience volunteering and developing skills for community-based services in a variety of settings.
Performing Arts	Performing Arts 9	None	Lights, camera, action! Performing Arts 9 is a hands-on, interactive course where students will develop skills in teamwork, confidence building, and self-expression. Throughout the semester students will participate in drama games, vocal and physical warm-ups, character development, improvisation and scene performance work. Students will create, perform, discuss, and analyze drama on-stage and in film. This will be a semester of self-discovery and lots of fun!
Sports Performance	Training for Excellence in Sport 9	None	Training for Excellence in Sport provides opportunities for students to develop and refine competencies that focus on personal development and responsible citizenship through sport. Students will have an opportunity to increase their knowledge in the realm of personal fitness as well as improve their functional fitness levels. Students develop leadership and citizenship, athletic skills and tactics, and fitness and conditioning.



