



Complementary Courses for 2026 - 2027

Grade 7

Hello to our New to Junior High Rideau Families:

We hope to offer the following courses for the fall and winter of the 2026 – 2027 school year. The middle years between elementary and high school are an excellent time for students to take some risks as learners and try new learning experiences. We encourage all students to take new risks, expand their thinking, and perhaps uncover a passion or talent.

Students entering Grade 7 will choose one of our full year courses, **Band** or **French**. Both courses offer you many opportunities throughout junior high and the transition to high school. It is possible to choose both Band and French; if so, then these will be your Grade 7 complementary courses for the school year.

We require ALL Grade 7 Rideau Park students to enroll in at least one of our full year courses, Band or French.

As students consider their choices, they do not have to have any previous experiences to enroll in any of the courses. Our teachers are dedicated to helping our students as new learners and to supporting our students as they grow in new experiences.

We always do our best to enrol students in the courses they have selected. Course scheduling will be based on an appropriate number of students requesting a course, teaching staff and master schedule constraints.

- Students are to **choose 2 or 4** complementary courses:
 - 2 courses if requesting Band and French
 - 4 courses if requesting Band or French, plus 3 half-year courses
- Read through the course descriptions carefully before making your course requests.
- **Consider choices carefully** as students can be enrolled in **any** of the courses requested by [entering them into PowerSchool](#).

Course selections must be entered into PowerSchool by
Thursday, May 14

Planning Course Selections – Grade 7

Use this planning page to record your complementary course requests. When finished, use this page to enter your [course requests into PowerSchool](#):

Student Name: _____

Choosing Band OR French	Choosing Band AND French
1. <u>French or Band (circle)</u>	1. <u>Band</u>
2. _____	2. <u>French</u>
3. _____	
4. _____	

Grade 7

- Band (full year course)
- French (full year course)
- Art
- CTF Construction
- CTF Design Studies
- CTF Foods Studies
- Drama
- Environmental & Outdoor Education

Complementary Course Descriptions

□ Band (Full Year Course)

Have you ever played an instrument? Are you an accomplished musician? Would you like to try? The concert band brings together students of all experience levels and will explore exciting and challenging music including popular and movie music. **Students are not expected to have pre-music experience.** Extra fun activities include band clinics with professional musicians, several performance opportunities and band camps. Ms Koshynsky will assist students and families with instrument rentals, once students have made their final choice of instrument.

□ French (Full Year course)

Students gain confidence in their abilities to comprehend written and spoken French through an interactive communicative approach based on storytelling, music, games, film and cultural study. French is a three-year program beginning in Grade 7 that culminates in a Grade 9 trip to Québec for those students who have remained committed to language development in the program and allows students to earn 5 credits for French 10 in high school, enrolling immediately in French 20.

□ Art

Designed for students with various abilities who wish to develop their creative skills and express ideas through several forms of visual art. The course will begin with a study of basic drawing techniques required to sketch, draw, paint and sculpt, using a variety of artists as inspiration.

□ CTF Construction

Think of this course as your chance to build, design, and create like a pro. Construction is a hands-on, project-based class where you'll take your own ideas and turn them into real, usable products. You'll learn how to safely use both hand tools and power tools—especially the scroll saw—to shape and transform wood like a skilled craftsperson.

A big part of this course is **student choice**. You'll have the freedom to design projects that reflect your own ideas, interests, and creativity. Using drafting techniques, you'll sketch different views and create 3D orthographic drawings to bring your designs to life before you build. As you move through each project, you'll design, create, learn to appraise, and improve your work—just like real builders and designers. This course isn't about following a single set of instructions—it's about making something that's truly yours.

□ CTF Design Studies

In this Grade 7 design class, you'll learn how to take an idea and turn it into something real using the **design thinking process**—from your first brainstorm all the way to your final creation. You'll explore how to research, plan, build, test, and improve your work step by step.

You won't be working alone. A big part of this class is **collaborating with your group** to solve design challenges. You'll share ideas, test different solutions, and work together to figure out the best way to meet each design prompt. This class applies design and STEAM thinking—using science, technology, engineering, art, and math together to create smart, creative solutions. You'll be encouraged to try new ideas, learn from mistakes, and improve your designs as you go. By the end, you won't just have finished projects—you'll have built problem-solving skills, teamwork skills, and the confidence to bring your ideas to life.

☐ CTF Foods Studies

Students will examine the role of food, looking beyond consumption to production, visual appreciation, nutrition, meal planning, economics and preparation. Ultimately, they will learn tips and techniques for successful meal planning and cooking. Students will apply their knowledge to plan, create and assess their own meals, keeping in mind the benefits of healthy food choices.

☐ Drama

Drama 7 invites students to explore creativity, communication, and collaboration through dramatic expression. This course develops students' confidence, empathy, and imagination as they engage in role-play, movement, improvisation, and storytelling. Through individual and group work, students will build performance skills, reflect on character and emotion, and explore the human experience in a safe, supportive environment. Whether rehearsing a scene, creating original work, or responding to peer performances, students will develop a deeper appreciation for theatre arts and the role of drama in culture, community, and personal growth.

☐ Environmental and Outdoor Education

A primary goal of this course is for students to learn how their interaction with the outside world has lifelong effects on themselves, as well as the environment at large. Students will be required to assume many responsibilities for both individual and group welfare while outdoors. This course will develop skills needed for safe activity in the great outdoors consisting of first aid, outdoor cooking, shelter building and map reading. Students are encouraged to be prepared for all weather environments as each class is intended to take place outside of the school. Some off-campus experiences will be incorporated into the course. All experience levels welcomed.