



Complementary Courses for 2025-2026

Grade 7

We hope to offer the following courses for the fall and winter of 2025-2026. 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 and therefore are encouraged to think about the advantages of **Band** and **French** as you prepare for high school. Both courses offer you many high school opportunities and open many doors for you in high school. Students often get to Grade 10 and wish that they had taken these courses or at least one of them in junior high.

We require ALL Rideau Students to enroll in at least one of Band or French, if not both.

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 3 or 4 complementary course choices depending on their full year course choice. Alternatively, if choosing 2 full-year courses – French and Band – these 2 courses are the only ones to be selected.
- ***Consider choices carefully*** as students can be enrolled in any of the courses entered in PowerSchool.

Course selections must be entered into PowerSchool by

Wednesday, May 28

Planning Course Selections – Grade 7

Each student should plan in preparation for complementary class choices before entering selections 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. _____	
5. (_____)	

Grade 7

- Band (full year course)
- French (full year course)
- Art
- CTF Communication Technology
- CTF Construction
- CTF Design Studies
- CTF Enterprise & Innovation
- CTF Foods
- Environmental & Outdoor Education
- Training for Excellence in Sports

Complementary Course Descriptions

Rideau Park School is committed to offering all of our students' equal opportunity. Program fees should not impact student choices.

❑ **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, band camps and a senior band experience. Rideau Park works with schools to accommodate instrument rental.

❑ **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 draw, paint and sculpt, using a variety of artists as inspiration.

❑ **CTF – Communication Technology**

Students will explore the various means of communication through the exploration of target audience, mediums of communication and modern technology and applications. During this process student's creativity will be pushed through the design framework refining and improving messaging using modern tools made for the 21st century. Students will 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.

❑ **CTF - Construction**

Construction allows for students to apply a variety of skills and concepts in a project-based program. Students will develop skills in the use of tools and materials used in construction processes and safely transform common wood materials into useful products; and learn the various skills of the respective trade. In this course, students will develop appropriate shop tool safety. They will have an opportunity to design objects through drafting different views and 3 dimensional orthographic projections. As a student moves through the various projects they will design, create and appraise their work.

☐ **CTF Design Studies**

Design studies will focus on design practices that influence the people and environment around students. In this course, students will develop an understanding of the design thinking process through research, planning and creating from start to finish. Students will learn about the creative process from conception through to development in areas such as architecture, dramatic arts (ie set design), industrial design, engineering, interior design and landscaping. Students will learn about design related careers.

☐ **CTF – Enterprise & Innovation**

This course provides hands-on opportunities to develop creative thinking skills. In this course, students will learn the intricacies of running a small business and entrepreneurship. Students will also learn the basics of personal finance, how to keep track of their money, and how to use their earnings to achieve personal goals. Overall, Students will study the area of business that deals with the organization and management of a project, an undertaking or an innovation.

☐ **CTF – Foods**

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. They will apply their knowledge to plan, create and assess their own meals, keeping in mind the benefits of healthy food choices. No previous experience is required.

☐ **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.

☐ **Training for Excellence in Sports**

Training for Excellence in Sport (TES) provides opportunities for students to develop and refine competencies that focus on personal development and responsible citizenship through sport. Students will develop leadership and citizenship, athletic skills and tactics, and fitness and conditioning.