



**PRINCE OF PEACE JUNIOR HIGH SCHOOL
JUNIOR HIGH OPTION B COURSE SELECTION 2019/2020**

Student's name _____

Homeroom _____

Option B (Trimestered and Multi-Grade 7-8-9 Option)

Trimester 1:

1. Communication Technology/Computer Science
2. Outdoor Pursuits
3. Leadership
4. Esthetics
5. Legal Studies
6. Brain Science
7. Photography, Fashion, and Design
8. Movies and Film
9. The Amazing Race (Tourism)

Trimester 2:

1. Communication Technology/Computer Science
2. Outdoor Pursuits
3. Leadership
4. Entrepreneurial Spirit
5. Mindfulness
6. Brain Science
7. Photography, Fashion, and Design
8. Movies and Film
9. The Amazing Race (Tourism)

Trimester 3:

1. Communication Technology/Computer Science
2. Outdoor Pursuits
3. Leadership
4. Esthetics
5. Entrepreneurial Spirit
6. Esthetics
7. Photography, Fashion, and Design
8. Movies and Film
9. The Amazing Race (Tourism)



Brain Science

During this course, students will explore the human brain. Once students are familiar with the structure and function of the brain, they will have the opportunity to learn about basic theories of psychology that seek to explain human behavior. They will explore the concept of mental health and examine common disorders, diseases and injuries.

Students will walk away from this course with a better understanding of how our brain is responsible for what we think, say, feel and do. Hands-on activities/projects will include: building models of the nervous system, leading psychology mini-lessons, and creating mental health awareness campaigns.

Leadership

In this option, students will reflect on their own attributes and interests and look at qualities of a good leader. They will use their own interests and gifts to help plan spirit days and fun activities for the school. They will practice communication skills, collaboration skills, improve social interaction and learn about the importance of seeing different perspectives. Students will be given volunteer opportunities around the school and will learn ways in which to have a positive impact on those around them. They will hopefully feel and understand the rewards of volunteering and how it can benefit them in the future.



Communication Technology/ Computer Science

This year Communication Technology will also combine aspects of Computer Science and vice versa! Discover and develop skills for relaying a message effectively using animation and video. As well explore coding and writing and creating computer programs.

During this CTF option students may want to explore:

- Animation techniques using stop-motion, green screening and time-lapse
- Practicing different camera shots and angles
- Project-planning skills to video projects
- Skills required for preparing and delivering presentations using media of choice

****Plus

- Ability to work independently and with others in a team environment
- Digital Citizenship
- General programming environment, write simple structured algorithms and programs



Mindfulness/Wellness:

Students will explore and practice techniques to quiet the mind, focus attention and manage emotions. Students will have access to and explore:

- Breathing and Meditation
- Additional Meditation techniques
- Yoga inspired stretching
- Stress management
- The role of gratitude and empathy in mindfulness
- Connection between body and mind (i.e. diet, fidget toys, music, exercise)
- Awareness and compassion in all aspects of life



Outdoor Pursuits

This course will allow students to explore and utilize the outdoors as a learning tool. Students will be given an opportunity to develop skills that will lead them to a healthy and active lifestyle.

Students will also improve skills in communication, problem solving/decision making, and teamwork.

This course will include, but will not be limited to:

- Map and GPS reading
- Recognizing edible/poisonous plants
- Wilderness safety
- Local animal observation and identification (recognizing animal tracks, habits, habitats)
- Nutrition and meal planning for the outdoors



Movie and Film Studies

Students study the progression of film from past to present and numerous aspects of the creation of film.

Students may want to explore:

- Special effects
- Set design, costume, and make up
- Film shots and angles
- Different genres
- Sound and lighting

Entrepreneurial Spirit



Entrepreneurialism is defined as starting new businesses, or getting involved with new ventures or ideas. An example of entrepreneurialism is starting new businesses and always being involved in investing in the latest ventures. This option is just that. Look at business models, financial planning, and characteristics of what makes a business successful.