

Construction 7,8,9 (semester)

Students develop basic design, hand tool and production skills to safely transform common building materials into useful products. Students participate in hands-on learning experiences and work towards creating real-life products, presentations or services. Students develop communication, collaboration, critical thinking, time management and problem-solving skills. Students build their understanding of the world around them as they identify and apply career and life skills.



Recreation Leadership 9 (full year)

Recreation Leadership is a grade 9-only option where students help drive the physical wellness initiatives at St. Elizabeth Seton. Recreation Leadership students take part in a variety of activities, including:

- Scorekeeping for the Volleyball & Basketball teams
- Running a variety of intramural tournaments
- “Create Your Own Sport” Projects

“Hockey Hooky” field trip, where students attend an Edmonton Oil Kings game during a school day.



Communication Technology 7,8,9 (semester)

Comm Tech is a course designed for students with a passion for the digital world. The course develops students' skills through typography, logo design and branding, photography, digital photo editing, and videography. Students are designing, creating, and editing products in their many projects throughout this course.



Sports Performance 7,8,9 (semester)

A course designed to create an understanding of how the human body functions and performs at its ultimate level. Students will learn a variety of different ways to train the body and mind. The course provides a well-rounded approach to fitness which will allow each individual the opportunity to find joy through physical activities, ending the stigma that fitness is ‘just lifting weights’. Students will have the opportunity to attend off site training facilities throughout the semester, allowing them to experience how different athletes prepare for competition.



Visual Arts 7,8,9 (semester)

Whether you have a passion for Art or are looking to explore your artistic talents further, the Visual Arts program at St. Elizabeth Seton is for you! This option is designed to help improve students' basic art skills; drawing, painting and sculpting. Students have the opportunity to design artwork using a variety of media and techniques, develop their creativity and self-expression, and recognize and use the art elements of line, shape, color, value, form, texture and space.



Film & Animation 7,8,9 (semester)

Film & Animation is an exciting and unique option for students to learn how to see movies in a new light. In this class students will learn how to view movies with a critical eye and identify important elements that make up a visual narrative, such as plot elements and character progression. Students will also learn about the technical aspects of film, such as framing, camera angles, lighting and focus, and how these elements add greater context and meaning. By the end of this class, students will be able to analyze how all these elements work together to create a compelling visual narrative.



Intro to Guitar 7,8,9 (semester)

Intro to Guitar provides students the opportunity to learn guitar. On top of fundamental music skills, students will learn specialized skills, such as chords, improvisation, and instrument care. Students will expand their knowledge of the instrument by playing individually and in groups, while learning classic songs and personal choices. St. Elizabeth Seton will provide guitars, though students can bring their own instrument from home. This class is separate from full year band.



Basketball & Sports Management 7,8,9 (semester)

In this course, students work on the fundamental skills of basketball, while also learning vocational skills that can be applied in real-world situations. The course splits time in the gymnasium and the classroom. In the gym, students will receive targeted training that will help mold them into well-rounded basketball players. In the classroom, students will study the rules of the game, learn various tactical concepts, and use communication and media technology to create projects that highlight what they have learned in the gym.



French Language & Culture 7,8,9 (full year)

Bienvenue au cours de français! In this full-year course, students learn the fundamentals of French: sounds, grammar, verbs, and vocabulary. Students are immersed in multiple activities while practicing, to engage and motivate the student. Students challenge themselves to practice conversation speaking every day in French, as well as take the time to learn and practice reading in French. Students also explore French culture and work on expanding the knowledge of their own culture as well. Students work towards being able to successfully speak, listen, read and write in French with the knowledge acquired at their grade level over the course of the year. This is to ensure students are able to use the language outside of school in the real-world setting and with a variety of people.



Spanish Language & Culture 7,8,9 (full year)

Bienvenidos a la clase de español! In Spanish, students are immersed in the Spanish language, by engaging in multiple activities that reinforce grammar, sounds, verbs and vocabulary. Students challenge themselves to practice conversation speaking every day in Spanish, as well as take the time to learn and practice reading in Spanish. Students also explore Spanish culture throughout and work on expanding the knowledge of their own culture as well. Students work towards being able to successfully speak, listen, read and write in Spanish with the knowledge acquired at their grade level over the course of the year. This is to ensure students are able to use the language outside of school in the real-world setting and with a variety of people.



Band 7,8,9 (full year)

In this course students learn music through performing, listening, creating, and researching. Students are given the opportunity to choose one of the main wind band instruments (Flute, Oboe, Clarinet, Saxophone, Trumpet, French Horn, Trombone, Baritone, Tuba, Bass, Percussion). Through playing, listening, creating and researching, students will discover, develop and evaluate their talents and abilities and will recognize, interpret and perform rhythm, melody, harmony, form and expression as they appear in musical notation.



Outdoor Experiences 7,8,9 (semester)

A mix of Outdoor Education and Environmental Stewardship. Learn about the natural world and how to care for and protect our environment. Take on a student planned and led sustainability project while enjoying leisure time outdoors and activities such as hiking, team sports, and field trips.



Intro to Baking & Cooking 7,8,9 (semester)

Intro to cooking and baking is an opportunity for students to explore Culinary Arts. Students will get to prepare and bake, and cook a variety of recipes including, cookies, muffins, breads, paninis, sandwiches, pastas and more. Students will also have the opportunity to earn a Food Safety certificate.



Style & Fashion Design 7,8 (semester)

Style & Fashion Design is an opportunity for students to explore fabric arts and designs. Students get to explore and develop their talents and tap into their imaginations and artistic creativity. Projects may involve sewing, creative stitching, fabric painting, design drawing and sketching, canvas art, dyeing, knitting, embroidery, digital patterns, and knitting.



Makerspace 7,8,9 (semester)

A chance for students to explore interests in coding, 3-D printing, design, and robotics. Students have the opportunity to work with a variety of digital technologies and collaborate with their classmates as they explore a wide variety of digital projects.

