Sec 3 Course Descriptions 2025-26
ARTS EDUCATION OPTIONS (COMPULSORY)

Art

Objective: Students should be able to acquire knowledge of the elements of art and to apply techniques.

Syllabus content:

- Visual Art elements and space
- Transformation of gestures
- Use of techniques as shadowing, rotation, distortion and more
- Techniques of one or 2 art movements such as Fauvism, Cubism, etc.

The Visual Art option gives every student the opportunity to push forward in their artistic abilities in many different techniques, such as drawing, painting, printing, sculpting. Students will also be introduced to animation. Students will discover the work of the Masters while experimenting with paint, pastels, watercolors, India ink and other mediums (Intro class could be available based on demand).

Drama

This is an introductory and hands-on Drama course that will develop your understanding of and appreciation for the dramatic arts. The emphasis of the course is on the creation, performance and appreciation of a variety of dramatic works. The course is hands-on in nature and requires active student participation and cooperative group work on a daily basis. No previous acting experience is necessary.

The course will provide students an introduction to stage performance through improvisational acting, theatre games, silent performance, storytelling and short scripts. Exercises are designed to help develop students' acting skills in voice projection, verbal and non-verbal communication, improv, character development and the appropriate application of stage rules. Confidence is built through developmental training exercises, preparing students for longer and more challenging performance work throughout the course. Course work is equally divided between written work (planning and reflection), rehearsal and performance. A developmental workbook that tracks a student's artistic development is an important learning tool used throughout the three year Drama program.

Music - Band **Prerequisite Sec II music or audition

At this level, emphasis is put on developing musicianship through progressively challenging etudes and band arrangements. Instrumental techniques are expanded to include alternate fingerings and the chromatic scale. It is at this level that the music student begins to develop musicality in his/her playing, bringing maturity and versatility to his/her performances. Each student is provided with a musical instrument. Digital technologies, such as YouTube and
Edmodo, are used to help students explore composition, improvisation and music history.

Music - Intro to Guitar

This course provides students an opportunity to explore the fundamentals of guitar performance, reading traditional notation, understanding the music concepts of melody, harmony, rhythm and form, and to develop a deeper appreciation for all styles of music and music as art. Each student will be provided with a guitar to play in class. A variety of digital technologies including eMedia Guitar tm, YouTube and Ultimate Guitar are used to facilitate practice both at school and at home. No previous experience necessary.

Music - Strings Orchestra (Pre-Requisite: Sec. 2 Strings or audition)

This is a full-year elective program, beginning in Secondary I, which extends to the five grade levels. The program consists of the following ensembles: * Junior String Orchestra * Honors Orchestra * 2 Intermediate String Orchestras * Senior String Orchestra * Symphony Orchestra. The Music courses are performance-based. Students learn to play a string orchestra instrument (violin, viola, cello, upright bass), focusing on a western musical repertoire. Specifically, the course work is divided into three competencies: Music Performance (40%) is the foundation of the program, where students from any background, regardless of previous musical experience, learn to play an instrument and perform both alone and in an ensemble.
Music Creation (30%) explores the theoretical structures of music, including music notation, reading skills, and basic composition. Music Appreciation (30%) includes various topics, from learning concert and rehearsal etiquette to critical listening skills.

SEC 3 – ELECTIVE COURSE DESCRIPTIONS
Options

Cooking & Nutrition

Cooking & Nutrition is designed to help improve a student's knowledge, comfort, and independence in the kitchen. The topics covered include how to read recipes, food & kitchen safety, proper care and use of a wide variety of equipment, food preparation and cooking/baking terms, skills and techniques, food borne illnesses, nutrition and the Canada's Food Guide, how to read food labels, alternate diets and health issues, body image, interesting facts about ingredients and food, food production/farming, budgeting and meal planning. We cook approximately once a week. No experience necessary.

Woodworking

Students will be introduced to the proper and safe use of certain power tools: the band saw, jig saw, drill press and sander. Assignments will include special construction projects for school displays and events. Woodworking techniques learned in this course are skills students will use in their future, for home repair and renovation.

Design-Courses (IB students-only)

As we continue to implement the Design program at St. Thomas, we will be allowing students to further develop their understanding and skills of research and problem solving by choosing a specific area of concentration. The three choices will be either Leadership Design, Health Design or Coding Design; each of these choices will allow students to delve into a particular field of interest. Every topic will be looked at through the 4 objectives of the design course:
identification of a need, research solutions to the need, implement the solutions to the need and reflect on the success of the solutions implemented.

***Leadership Design*:** will allow students to focus on the following topics

- Traits and skills of successful leaders
- Act as leaders for various initiatives around the school such as green schools, Terry Fox,
- Carnival.
- Develop/organize service projects

Coding Design: will allow students to focus on the following topics

- Develop a deeper understanding of coding languages learned in grade 7
- 3D design projects with 3D printers
- Robotics