

Course Selection

2025 / 2026



Required Courses

All students in grades 8 & 9 are required to take the following courses:

- Mathematics
- Science
- English Language Arts
- Social Studies
- Physical and Health Education (PHE)
- Career Education
- Languages or French

Course Request Sheets

Please see the individual course request sheets for more details and to begin your elective selection process. These sheets are available from your homeroom teacher or on the [school website](#).

Course Changes

Students will have an opportunity to change courses up until the end of the first week of each semester. Course changes will be limited by availability and not all requests will be accommodated.

It is very important to understand that course offerings are determined by the course selection process. Changes to your choices may not be possible once elective selection is complete. Some courses may not run due to low enrollment. Please make course selections that fit your educational plans and personal interest areas.

Our office staff are available to answer your questions.

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Languages *(choose one of the courses below)*

Modern Languages 8+ (Full Year)

Learn the skills necessary for language acquisition and practice them while learning a language of your choice in a self-paced blended classroom environment. Modern Languages 8 is a self-directed course run in conjunction with NIDES Navigate and students will learn a language using Rosetta Stone. This past year students studied Spanish, French, Italian, and many more. **Grade 8 students must take this course or French 8.**

Modern Languages 9+ (Single Semester)

Build on previously acquired skills while learning a language of your choice in a self-paced blended classroom environment. In this course, students will have the opportunity to complete not only grade 9 languages, but also work towards receiving grade 10 language credits as well. Modern Languages 9 is a self-directed course run in conjunction with NIDES Navigate and students will learn a language using Rosetta Stone. Language options include: French, Spanish, Italian, and more.

French 8 (Single Semester)

Grade 8 French explores language and culture. Through engaging activities and interactive lessons, students will develop their speaking, reading, writing, and listening skills while building their cultural awareness. The course is divided into six thematic units, each designed to cover curriculum expectations while preparing students for further studies in French

French 9 (Single Semester)

Students will build on the skills they acquired in Languages 8 through meaningful and engaging activities that combine reading, writing, speaking, and comprehension strategies. Students will be immersed in French language and culture through five units of study. Upon completion of French 8 and 9, students will have the foundational skills required to enroll in French courses offered at the secondary level.

Physical and Health Education (PHE)

(talk to your gym teacher to learn more)

Athletics

Athletics is designed to teach students the skills needed to participate in competitive team, partner, and individual sports such as volleyball, soccer, cross country, and basketball, as well as some fun games of low organization. Students learn fitness training principles, physical literacy skills, sport specific skills, and fair play. Various health concepts will be covered such as relationships, sexual health, first aid, and healthy living.

Recreation

Recreation is designed to teach students fundamental movement skills to allow them to be active for life in a non-competitive environment. Activities such as low organized games, forest walks, disc golf, and yoga will be covered, and daily movement and engagement is a basic expectation. Various health concepts will be covered such as relationships, sexual health, first aid, and healthy living.

Arts Education

(All students must select at least 1 choice from this category)

Art

Art is a student driven class where individuals focus on developing and discovering their own creativity and self-expression. Classes will explore new concepts and methods, conceptualize new designs and produce work inspired by their own imaginations. Students will use a variety of media to create projects using color theory, 3D design, 3D modelling, drawing, painting, sculpture, and collage. *(talk to Mr. Flesher to learn more)*

Chill

"Chill" is a calm, creative, and restorative class where students can unwind through art, crafts, music, and journaling. In each session, we'll engage in soothing activities like guided drawing, Zentangle doodles, and mindful colouring. We'll also explore peaceful music listening, music creation, hands-on crafts, and nature-inspired art. Journaling will give students a chance to reflect and express their thoughts through writing and sketching. This class is all about slowing down, finding your calm, and being creative. It's the perfect space to relax, recharge, and express yourself. *(talk to Mr. Taylor to learn more)*

Creative Collective

Creative Collective is an explorative and collaborative combination of the Art, Media, Technology, Shop and Makerspace programs. It is entirely based on your interests and aptitudes and allows you access to a variety of different construction areas to make whatever you can design! Projects can include but are not limited to in a fairy forest installation community project, a wooden art frame, DIY miniature skateparks/skateboards, jewelry making, wood art, and cardboard games, and collaborative colouring projects. Projects can be designed using: Sketching, Paint Layering, Jewelry Making, Costume Design, Stagecraft, Textile/Graphic Design, Sculpture, Woodwork, Metalwork, 3D printing, 3D modelling, Photography, Etching, and Sticker Making. The only limit is your imagination! *(talk to Mr. Flesher to learn more)*

Creative Writing

In Creative Writing, students cultivate their creative thinking and communication skills while writing. In this course, students follow their writing interests and passions. Opportunities to write in a variety of genres encourage students to experiment with new ideas, concepts and processes in their writing. Students will create and manage their own portfolios. *(talk to Ms. Pratt to learn more)*

Digital Media

Students will learn the basics of the design process, storytelling and animation. They will focus on learning to use Canva, to make posters and memes and slideshows while producing individually designed comics, stop motion animations, and building their own intellectual properties. *(talk to Mr. Flesher to learn more)*

Drama

Learn basic performance techniques and have the option of exploring dramatic theory through silent films, infomercials, improvised comedy, movement to music, mask work, full length plays, and scene work. The skills learned in this class will help students with self-confidence, communication, expression, collaboration, and

creativity. Students are encouraged to come with enthusiasm, but no previous drama related experience is necessary. *(talk to Mr. Flesher to learn more)*

Film Studies

Learn by studying different films and their directors. Watch the films in class and then learn the different techniques employed within. Develop and share opinions of the movies watched in class and enrich your understanding of film through the study of the social, cultural, historical, and/or political contexts that influence their meaning and interpretation. *(talk to Mr. Flesher to learn more)*

Music

Students will learn songs on various instruments, including keyboards, ukulele, and guitar. The class will also explore music software to learn about mixing, sampling, and composing electronic music. No prior musical experience is required. Students can enroll in both Music 1 and Music 2, or choose to take either course individually. *(talk to Mr. Taylor to learn more)*

Music Level 2

Music 2 is a course designed for students ready for more advanced music lessons. The class will focus on acoustic guitar and keyboards, with opportunities to explore electric guitar, bass, and drums. Students will also work with music software to experiment with mixing, sampling, and composing electronic music. Students can enroll in both Music 1 and Music 2, or choose to take either course individually. *(talk to Mr. Taylor to learn more)*

Photography

Advanced photo methods will be taught and encouraged (proper lighting, macro, etc.). Photos will be uploaded to a shared space where their peers can critique them. Students can use personal cameras or will have access to school cameras. *(talk to Ms. Marinus to learn more)*

Social Media

In this course we will delve into the heart of our school community through the dynamic lens of multimedia. We will be using technology tools and vibrant platforms like social media apps and podcasts to amplify the voices, achievements, and aspirations of our students.

Prepare to unlock your creative potential as we explore innovative, practical, and relevant mediums that resonate with modern audiences. From captivating storytelling to thought-provoking interviews, we'll equip you with the skills and strategies to ignite excitement and spark meaningful conversations.

Join us on a mission to capture the essence of Lake Trail Community School through a journalistic approach to information gathering and collaborative sharing. Together, let's shine a spotlight on the incredible stories that define our students and school community. Get ready to be inspired, empowered, and engaged like never before! *(talk to Ms. Elliott to learn more)*

Theatre Performance (grade 9 only)

Students will participate in rehearsing and staging a musical theatre production for an audience. This involves memorizing lines, singing and dancing (a little). If you want to get on stage, this is your chance! Also we will need students to run lights and sound and design sets and do costumes and props and stage management. *(talk to Mr. Flesher to learn more)*

Applied Design, Skills and Technology (ADST)

(All students must select at least 1 choice from this category)

Coding, Electronics and Computer Design

This is a hands-on course where students will design, build, and program their projects. Students will learn design software, develop construction skill, and explore programing and coding in the completion of a project. *(talk to Mr. Taylor to learn more)*

Creative Collective

Creative Collective is an explorative and collaborative combination of Art, Media, Technology, Shop and Makerspace programs. Students begin the year with a safety orientation and training with the tools and machine of the woodshop. Then, they explore various sketching, paint layering, and woodworking techniques that resulted in the creation of their own art frame and landscape painting. Students will also participate in a fairy forest installation community project. For the remainder of the semester, students were able to choose between a variety of projects including DIY miniature skateparks/skateboards, jewelry making, wood art, and cardboard games, and collaborative colouring projects. The limit is your imagination! *(talk to Mr. Sydor to learn more)*

Food Studies

Explore foods from the around the world as well as traditional meals and baking. Foods will explore desserts, breads, pastries as well as soups, sauces, pastas, salads, stir-fries. Dishes include sushi, spaghetti, muffins, cookies, chicken noodle soup, pizza, curry, and many more. *(talk to Mr. Black to learn more)*

Gamers

“Gamers” is a fun, interactive class where students dive into the world of card games, board games, and video games. Along the way, students will explore strategy, teamwork, and critical thinking skills that make great gamers even better. We’ll uncover the math behind games, like probability, expected value, and scoring systems. Students will also create and test their own original video games through coding. If you love to play and are interested in game design, this class is for you! *(talk to Mr. Taylor to learn more)*

Introduction to Construction (9 only)

Students in Intro to Construction start with a safety orientation and training with basic woodshop and construction hand and power tools. Through the year, student will learn about reading construction plans, sustainable materials, design concepts, building theory, measurement, and small business. Projects can include, but are not limited to, toolboxes, sawhorses, worktables, shop-improvement projects, outdoor furniture, garden boxes, doghouses, bat and bird houses, tool organizers, and competition projects. Part of our curriculum will include building projects to donate to community organizations. *(talk to Mr. Sydor to learn more)*

Robotics

Students in Robotics begin with a quick safety orientation in the shop setting teaching them behaviour expectations. Then, students begin building Vex IQ robots to a Base Bot stage. From here they learned coding to make their robot move and to calibrate their coding inputs to get accurate results. These calibration challenges also included coding their bot around an octagon shape and a maze designed by students. Students that complete this portion go on to build their robot into one with a working arm and claw attachment. This Claw Bot goes through similar calibration and challenges designed for its new abilities. Student can also learn to code a controller to their robot for real-time movement control, as well as an electronics and robotics combined challenge. Let's build robots! *(talk to Mr. Sydor to learn more)*

Technology Education

Technology Education students begin with an intensive safety orientation and booklet. After this, they spend the semester doing a combination of mandatory and choice projects that teach joinery, wood art, and simple construction. Curriculum will combine science, engineering, and inquiry projects, repurposing materials, and use a variety of different materials and technologies. Projects may include, but are not limited to, bottle rockets, large catapults, boomerangs, CO2 cars, miniature skateparks and landscapes, miniature boats, egg drops, mousetrap cars, gravity cars, 3D prints, and sticker design. Between larger projects, students will have an opportunity to make small woodwork projects. *(talk to Mr. Sydor to learn more)*

Woodart & Jewelry Making

Students in Woodart & Jewelry start with a safety orientation and training with basic woodshop hand and power tools, as well as basic jewelry tools. Through the year, student will learn about art and jewelry design, sustainable materials, and small business. Projects can include, but are not limited to, wall art, collages, rings, pendants, earrings, necklaces, chainmail, repoussé art, molten pewter pouring, pyrography (wood burning art), macrame and weaving. *(talk to Mr. Sydor to learn more)*

Woodworking

Woodshop students begin with an intensive safety orientation and training with basic woodshop hand and power tools. After this, they spend the semester doing a combination of mandatory and choice projects that teach joinery, wood art, and simple construction. A joinery box project teaches them the safe and precise use of most large machines in the woodshop. Small choice projects allow students to pick projects in areas and use machines in which they are interested. Small projects also gave them a chance to learn creative design. Other projects may also include carving, timber-framing, garden structures, miniature skateparks, model vehicles, bat and bird houses, shop-improvement projects, and design competitions. *(talk to Mr. Sydor to learn more)*

Other Electives

Empowerment Through Movement: Female-Only PE Elective - (*grade 9 only*)

This elective is for female or non-binary students, providing a safe space to explore fitness, teamwork, health education, and self-confidence. It aims to build strong bodies and lifelong well-being through fun, inclusive activities such as Yoga, mindfulness, team sports, self-defense, dance, fitness, outdoor adventures. (*talk to Ms. Wright to learn more*)

Fitness

Learn the fundamentals of fitness, set a program for yourself, and then follow your program to achieve personal goals surrounding health, wellness, strength, flexibility, agility, and endurance. Students are expected to change into gym appropriate gear for each class (shorts/sweatpants/tights, t-shirt, hoody, running shoes) - time will be given to change. (*talk to Ms. Vermuelen to learn more*)

Leadership

This course is designed to introduce students to the idea of becoming a leader. Learn how to lead your own life, contribute to our school community, as well as taking opportunities to connect with the community at large. We will study current trends in leadership as well as learn how to work together as a team to design projects – including how to plan, organize, and run an event.. Students must be flexible and committed to informally volunteer time outside regular class time to ensure events happen according to deadlines. This course is a phenomenal item to put on a resume or job application. (*talk to Mr. Timms to learn more*)

Outdoor Education

Learn about shelter making, fire making, fishing, wild plant identification, orienteering, hiking, canoeing and more. Student should be comfortable exploring the outdoors in a variety of weather conditions. (*talk to Mr. Wollenberg to learn more*)

Peer Mentoring

Peer tutoring is a class where you work with younger students in their classroom, one-on-one, or in small groups. You can work with teachers that you know, or we can find you a 'good fit' so that you can build your leadership skills and confidence while sharing your knowledge. Our Lake Trail peer tutors are an important part of our grade 6 and 7 classes that are in high demand. If you are someone that could see yourself as a role model for younger students, this course is for you!! (*talk to Ms. Davis to learn more*)

Team Sports

If you want to join the Basketball and/or Volleyball team at Lake Trail, then this course is for you! Team Sports is designed to teach students the skills needed to participate in competitive games. Students will focus on developing their individual skills, and then progress towards team dynamics and coordinated plays. This course will also focus on developing teamwork, sports-person-ship, and leadership skills. Students are expected to change into gym appropriate gear for each class (shorts/sweatpants/tights, t-shirt, hoody, running shoes) - time will be given to change. (*talk to Mr. Timms to learn more*)