

# **THE ARTS EDUCATION OPTIONS**

## **VISUAL ART ( Sec 1&2)**

This course is intended to acquaint students with the basic principles of Art: Composition, Design and Color Theory. Various art media (colored pencils, paint, collage and paper sculpture) will be used to develop the student's creativity.

## **VISUAL ART (Sec 3)**

This course builds on the basic principles of Art and explores in depth, the various uses of colors, shapes and textures in the production of different works. Students will also learn about the drawings and paintings of well-known artists.

## **VISUAL ART (Sec 4&5)**

Students learn in depth about the certain key elements in art: balance, composition, color and color illusion and the influence of light. Students may be asked to work alone or in small groups in the production of artistic pieces using a variety of media. Art history and theory are integrated into the program. Students may be asked to develop a portfolio of their works.

## **DANCE (Sec 1&2)**

This is a course that emphasizes the joys of artistic dance and interdisciplinary learning in a relaxed environment conducive to creative exploration and development. Students learn about a variety of dance styles and about the use of movement as an expressive tool to communicate ideas and feelings.

## **DRAMA (Sec 1-3)**

This is an introductory course where students will have the opportunity to work together.

Topics include:

- Basic stage techniques
- Group work to act in and /or create their own plays

## **DRAMA (Sec 4&5)**

This course is for students interested in Drama and Media Literacy. Evaluation is based on student participation and group projects. Topics include various aspects of theater arts:

- Acting
- Directing
- Scriptwriting

## **MUSIC (Sec 1&2)**

This is a full two-year elective band music program. No previous instrumental experience or musical knowledge is required since it involves the most basic and fundamental approach.

Topics include:

- The study of an instrument for 2 years: **Choice of one of the following: flute, clarinet, saxophone, percussion, trumpet, trombone**
- Solo instrumental performance techniques
- Band ensemble performance techniques

## **MUSIC (Sec 3)**

This is a full year course. Emphasis is on developing musicianship through progressive technical studies, theory and more difficult compositions. Band and ensemble music is performed.

## **MUSIC (Sec 4)**

This is a full year course. Continued emphasis is on developing musicianship while adding more versatility and quality to his performance.

## **MUSIC (Sec 5)**

This is a full year course. At this level, the music student continues to develop physically in his playing, thus adding even more versatility and quality to his performance.

## **SPECIAL INTEREST OPTIONS**

### **LEADERSHIP (Sec 3, 4 & 5)**

This course will develop student's communication, time management, and teamwork skills while teaching them how to plan events for the school. They will participate in community service activities. Participation in a leadership camp is required.

### **MEDIA (Sec 3)**

This course allows students to develop skills in computer animation and design. Students will use a variety of computer applications to create digital images, audio 3D, and online animation. Students will have the opportunity to integrate multimedia into their academic program.

### **MEDIA (Sec 4)**

This course is designed introduce students to digital news broadcasting and game development. Students will learn digital art techniques, video production, animation and recording techniques.

### **CINEMA (Sec 5)**

The emphasis of this course is on video techniques and productions. Students will create video projects through traditional and digital means both as individuals and as part of a team. Green screening, audio recording and animation will be integrated into all work.

### **SPORTS (Sec 3, 4 & 5)**

This course is in addition to physical education and focuses on fitness.

## **HOLISTIC HEALTH (Sec 3)**

The objective of this class is to help mitigate the levels of stress, anxiety and depression among our population. The goal is to introduce students to the concept of holistic health - the different aspects of health that need to be addressed for overall well-being such as:

- How to incorporate physical activity into their everyday lives.
- How to read labels and make smarter eating choices. *How does food affect mood?*
- How to incorporate mindfulness activities into their everyday lives (breathing, yoga, meditation)

## **DIGITAL PHOTOGRAPHY (Sec 3)**

While learning the basics of digital photography, students will explore the different sides of their personal identity and the world that shapes who they are. Throughout the year, students will explore what makes up our sense of self, take pictures that creatively express their identity, and build photo montages to share with peers. Each student's final project will be a photo exhibition on identity for the school and community

## **CLEAN COOKING (Sec 4&5)**

Clean eating is about eating whole foods, or "real" foods -those that are un- or minimally processed, refined, and handled, making them as close to their natural form as possible. However, modern food production has become so sophisticated that simply eating whole foods can be a challenging proposition these days. In a nutshell, it means eating mostly real foods in their whole, unprocessed, or fresh form—think whole vegetables, fruit, nuts, meat, seafood, plain dairy, and whole grains. In this class we will learn how to make healthy food that tastes good to encourage students to become advocates for their health. We examine processed foods, basic nutrition and learn the basics of cooking clean.

## **PHOTOJOURNALISM (Sec 4)**

Students will explore the world through photojournalism. How do we see our world? Photographs are used to convey ideas, emotions, and events. They help us identify with and understand the world around us. They can make us feel, they can make us see, they can interpret, and they can lie. In this class we will look at famous photographers as well as look at how we can recreate our own world through images. The first priority is to respond to and record news from the world. The second priority is to record events within the community at LCCHS. The last priority will be the discussion of our own personal world and the place photography has in it.

## **BIOLOGY (Sec 5)**

This course is intended for students who wish to increase their knowledge in the biological sciences and become better prepared for CEGEP level Biology. Topics include:

- Life: organization, continuity, energy relations and adaptation
- Balance in nature: maintenance of stable systems in an organism, characteristics of a stable ecosystem
- Research topic: examining current problems and issues.

## **COMPUTER (Sec 5)**

This course is intended to introduce students to digital media techniques, game design and social media processes. Students are expected to develop and organize ideas, both individually and in a team approach. Experienced students will be given the opportunity to produce advanced work.

## **HEALTH AND WELLNESS (Sec 5)**

The Health & Wellness education course is designed to enhance the awareness and knowledge of healthy lifestyle choices. The underlying goal is to help students know which resources to trust (scientific journals) and to be critical of their sources.

Some of the topics explored are:

- **Exercise & Fitness:** We will explore a variety of exercise programs.
- **Nutrition, the Digestive System & Diets/Lifestyles**
- **Mental Health:** We will explore Stress, Depression and Anxiety: coping skills.
- **Sexual Health**
- **Alternative Health:** The Western approach to health care versus Alternative Approaches