



Dr. Martha Cohen School
116 Brightondale Park SE, Calgary, AB T2Z 0V1
t | 403-817-3548 f | 403-236-1285 e | drmarthacohen@cbe.ab.ca
w | <http://school.cbe.ab.ca/school/drmarthacohen/Pages/default.aspx>

Grade 6: 2025/2026 Complementary Courses for Grade 7

Dr. Martha Cohen School is committed to offering a diverse range of complementary courses that reflect the interests and needs of our students. These courses provide students with opportunities to explore new subjects, uncover hidden talents, and discover their passions!

Students will be enrolled in *two* complementary courses per semester, for a total of *four* courses over the year. They will be asked to select their top six choices - note that these choices are not ranked. Students will not be able to switch courses during the school year, as they will have ideally selected options they are genuinely interested in exploring.

Band is the only full-year complementary course. Students who choose band will be enrolled in *three* complementary courses total for the year.

Complementary courses are held twice a week:

- A Days (Monday & Wednesday)
- B Days (Tuesday & Thursday)
- Alternating Fridays

Course Fees

Course fees help offset the cost of consumable materials and supplies used during hands-on learning activities. These materials enrich the educational experience by giving students the tools they need to fully engage with course content. Please note: course fees do not include field trips, unless otherwise specified.

Instructions for Selecting Courses

1. Read through the course descriptions with your parents (attached to this letter)
2. With your parents, discuss your top 6 choices – remember, you will get 4 courses. No matter what number you place beside each course, these selections are not ranked. Selecting a course as “1” does not mean this is your top choice.
3. If you choose band, you *will* be enrolled in band.
4. Be prepared to select course options at school for the end of May.

Course Overview

Course Name	Course Fee
Art	\$10
Band (Full Year)	\$45 (includes method book)
Communication Technology	No Fee
Construction	\$25
Design Studies	\$10
Fashion	\$10
Financial Management	No Fee
Foods	\$15
Leadership	No Fee
Performing Arts	No Fee
Physical Education Plus	No Fee

Detailed Course Descriptions

Course Name	Course Fee	Description
Art	\$10	In Art, students will explore the elements and principles of art through hands-on projects that encourage creativity, self-expression, and skill development. From drawing and painting to pastels and sculpture, students will experiment with materials and develop confidence in their artistic choices. Each project invites students to think critically, take creative risks, and express their unique perspectives through visual art.
Band (Full Year)	\$45 (includes method book)	No music experience required! Students will learn basic instrumental technique with an emphasis on theory, note reading, and performance. Students will perform in two concerts (winter and spring) and have the opportunity to attend various field trips. The DMCS band program emphasizes teamwork, sense of community, collaboration, discipline, resiliency, and most important, lifelong enjoyment of music.
Communication Technology	No Fee	Students will use their creative and critical thinking skills to complete various challenges using technology and the principles of design. Students will explore a variety of projects such as animation (using both traditional, frame by frame, and computer-based techniques); filming and editing videos to include captions, graphics, and other effects; photo manipulation using Photoshop (working with layers, selecting objects, altering colour, etc.), and more!
Construction	\$25	Students will be introduced to shop safety, responsibilities, and proper techniques for using hand and power tools. They will develop hands-on skills and experience while creating a variety of woodworking projects. Additionally, students will learn basic drafting concepts, how to safely operate tools and machines, and identify and describe the correct use of both hand and power tools in a controlled environment.

Design Studies	\$10	Students will use the principles of design and critical thinking skills to complete various challenges. Students may explore engineering and design challenges, using coding, 2D and 3D design software, 3D print prototyping and experimentation to solve real world problems.
Fashion	\$10	The Grade 7 fashion class offers students a creative introduction to the world of textile arts, focusing on developing basic sewing skills and exploring the versatility of working with yarn. Students begin by learning essential sewing techniques, including hand stitching, threading, knotting, and the safe use of simple sewing tools. They apply these skills to beginner-friendly projects that help build their confidence and precision. Alongside sewing, students engage in creative activities involving yarn, such as simple crocheting, finger knitting, or using looms to craft small accessories. These hands-on experiences encourage self-expression, build fine motor skills, and give students a strong foundation in textile techniques.
Financial Management	No Fee	Students will gain a deeper understanding of Business, Leadership, and Management, offering financial learning opportunities that prepare them to manage their own finances. This course will also promote a better understanding of business and finance to support future career choices.
Foods	\$15	Students will develop essential kitchen skills with a focus on food safety, sanitation, and proper food handling practices. Through hands-on experience, students will learn techniques such as accurate measuring, basic knife skills, and stovetop cooking. Students will work collaboratively in kitchen teams to read, interpret, and prepare a variety of recipes. Emphasis will also be placed on understanding food terminology, practicing proper measuring and weighing techniques, and reflecting on both the cooking process and group collaboration to improve future performance in the kitchen.
Leadership	No Fee	Are you interested in becoming more engaged in your school community? Do you want to play an active role in planning and organizing meaningful events? Are you ready to mentor others and make a positive impact at DMCS? The Leadership course is designed for students who are eager to contribute to the school environment and shape the future of our community. In this class, you will take part in a wide range of student-led initiatives while developing your unique leadership style. Opportunities include planning and facilitating assemblies and after-school events, coordinating spirit days and intramural tournaments, and leading fundraising efforts for charitable causes and school projects.

Performing Arts	No Fee	In Grade 7 Performing Arts students will engage in a dynamic and enriching curriculum that goes beyond just playing games. Students will explore improvisation, voice, movement, and characterization. Students will develop their skills, confidence, and creativity through individual and group challenges. This class is not only for aspiring actors; it's for anyone looking to enhance presentation skills, boost creativity, and build confidence - skills that are important for job interviews, public speaking, and careers that involve collaboration and communication. Prepare to learn, move, laugh - and maybe even surprise yourself!
Physical Education Plus	No Fee	The Physical Education Plus (PE+) class is an engaging, high-energy program designed to promote lifelong fitness, teamwork, and overall well-being. This course blends traditional physical education with enhanced elements of fitness training, cooperative games, and health education. Through a variety of structured activities, students will develop physical skills, build strong social connections, and gain an understanding of how to lead a healthy lifestyle.

