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### **Grade 8: 2025/2026 Complementary Courses for Grade 9**

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)	\$25
Communication Technology	No Fee
Construction	\$25
Design Studies	\$10
Financial Management	No Fee
Foods	\$15
General Music	No Fee
Guitar	No Fee
Leadership	No Fee
Outdoor Education	\$50
Physical Education Plus	No Fee
Power Up Your Learning	No Fee

## **Detailed Course Descriptions**

Course Name	Course Fee	Description
Art	\$10	In Art, students will explore different visual art mediums through the lens of the different elements of art. Students can expect to craft a variety of projects that are meant to communicate their artistic capabilities. They will also have to analyze existing art.
Band (Full Year)	\$25	No music experience required! Students will build their instrumental skills with a focus on intermediate technique including blending, balance, phrasing, and making thoughtful musical interpretations. Students will perform in a variety of settings including Remembrance Day, our winter concert, and spring concert. Students will also have the opportunity to participate in field trips and perform with extra-curricular groups like the DMC Jazz Ensemble. 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, both using computer software and hand-drawing frame-by-frame animations and capturing them with an animating rig; filming and editing videos to include captions and graphics, replace green-screen shots using keying, and adding film transitions between clips, removing background noise and other audio manipulations; photo manipulation using Photoshop (working with layers, selecting and masking objects, altering colour, removing unwanted areas or items from an image, etc.), and more!

Construction	\$25	Students will continue to strengthen their safety fundamentals in the shop and deepen their understanding of the proper use of tools. They will further develop their skills and knowledge of safe tool practices, with the goal of building confidence in using all tools independently within the shop setting. During the design phase, students will be challenged to create scaled drawings and will learn to distinguish between metric and imperial measurements, as well as how to convert between the two.
Design Studies	\$10	Students will use the principles of design and critical thinking skills to complete various challenges. Students may explore engineering and architectural design challenges, using coding, 2D design software such as Adobe Illustrator, and 3D modeling software such as Autodesk Tinkercad and Blender, as well as 3D print prototyping and experimentation to solve real world problems.
Finance	No Fee	Students will explore goal setting, key aspects of psychology, and credit options to help them make informed budgeting and purchasing decisions. Additionally, they will learn about different types of companies, investment options, and saving strategies that contribute to long-term financial well-being and independence.
Foods	\$15	This course challenges students to take greater independence in the kitchen while continuing to build on their culinary skills. Students will focus on recipe interpretation, converting measurements, and mastering multitasking during food preparation. They will learn and practice advanced cutting techniques and cooking methods such as sautéing. Emphasis remains on food safety, sanitation, and proper handling, while students cook both individually and in groups. Reflection on performance and collaboration will help students grow in confidence and skill in the kitchen.
General Music	No Fee	No previous music experience required! This class offers opportunities to learn ukulele, recorder, guitar, boomwhackers, cup songs, body percussion, and digital music, catering to a variety of interests and skill levels. You will also explore music history, theory, analysis, and composition. We will focus on rhythm and song writing, arranging, foley (the art of sound effects), and more! There is no performance requirement (concert) for this course.
Guitar	No Fee	No previous musical experience required! This is an introductory course to guitar playing. Students will focus on basic guitar technique, general music theory, and learn to read both traditional and tablature notation through a variety of musical activities, performance projects, playing tests, and musical analysis. There is no performance requirement (concert) for this course.

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.
Outdoor Education	\$50	Students will develop skills and understanding related to a variety of outdoor and environmental topics. The focus of the course will include wilderness survival skills, navigation, tracking, outdoor sports and recreation, safety and management of all these activities, and a team-based approach to the outdoors. Students will organize and plan trips. Material covered in class will be reinforced through participation in planned outings. Possibilities may include: backpacking, hiking, cycling, skiing, snow shoeing, bouldering, and kayaking.
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.
Power Up Your Learning	No Fee	Power Up Your Learning in Grade 9 is all about becoming a self-directed, confident learner. You'll reflect on your habits, set meaningful goals, and apply personalized strategies that prepare you for high school, work, and life. You'll also use technology in effective ways and learn how to advocate for yourself. You must be willing and ready to work. This course gives back what you put into it, helping you build the skills you'll use long after middle school.