



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](mailto:drmarthacohen@cbe.ab.ca)  
w | <http://school.cbe.ab.ca/school/drmarthacohen/Pages/default.aspx>

### **Grade 7: 2025/2026 Complementary Courses for Grade 8**

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
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 have the opportunity to practice and apply the elements of art through projects such as cartooning and portrait drawing, mask making, watercolour painting, and clay sculpting. The activities will allow students to creatively communicate their perspective and demonstrate artistic skill development.
Band (Full Year)	\$25	No music experience required! Students will learn intermediate instrumental technique with an emphasis on blending, balancing, and accurately interpreting music. Students will perform in two concerts (winter and spring), have the opportunity to attend various field trips, and perform with extra-curricular groups like our 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; photo manipulation using Photoshop (working with layers, selecting and masking objects, altering colour, etc.), and more!

Construction	\$25	Students will further develop their understanding of shop safety and the proper use of tools. They will learn to safely operate equipment such as the bandsaw, lathe, jigsaw, and router table. Students will also be guided in problem-solving and applying critical thinking skills in a practical context. Throughout the course, students will design and build projects of varying difficulty and skill levels, with the opportunity to incorporate their own interests and passions into the design phase of the building process.
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 such as Adobe Illustrator and Autodesk Tinkercad as well as 3D print prototyping and experimentation to solve real world problems.
Financial Management	No Fee	This course provides students with a hands-on introduction to personal and financial literacy. Through budgeting exercises, credit card interest simulations, and a stock market game, students learn to manage money and make informed financial decisions. They will also develop a business plan for a hypothetical company, exploring entrepreneurship and investment strategies. It's a practical and engaging way to equip students with the financial skills they'll need for the future.
Foods	\$15	Progressing on foundational kitchen skills, this course introduces students to more advanced techniques in food preparation and teamwork. Students will practice intermediate knife skills, explore more complex recipes, and learn to use equipment such as a stand mixer safely and effectively. Emphasis continues on food safety, sanitation, and proper food handling. Students will work in kitchen teams to plan and prepare recipes, reflect on their group work and cooking outcomes, and deepen their understanding of food terminology, measuring, and weighing.
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	In Power Up Your Learning, you'll dig deeper into your learning style and what helps you succeed. You'll set goals, track your progress, and practice using strategies that work for you in all your classes. You'll also learn how to speak up for what you need and use technology in smart, helpful ways. To grow as a learner, you must be willing and ready to work because this course is about taking control of how you learn and showing what you're capable of.

