



Junior high options

Over 40 academic and exploratory course options supplement core required courses for students in grades 7 to 9. Through exposure to diverse courses, students deepen their knowledge in areas of proficiency, enrich and augment their academic coursework and explore new subject areas. Students select six options each year in addition to their core academic and required courses (French, mathematics, science, social studies and physical education, which are all taught in French, as well as Spanish and English). Additionally, all CFIS students take speech, debate and Model UN in grades 7, 8 and 9, respectively. Students may also compete in dozens of extra-curricular teams and participate in programs such as the school's musical and travel studies opportunities. Options are designed to augment core courses providing support and enrichment related to academic programming while encouraging exploration into new areas of expertise and interest.

Extracurricular (E) activities happen after school, outside of class time and include competitions and trips. Options (O) are typically scheduled during the school day and are for-credit courses. Core options (C) are taken by all CFIS junior high students. Some courses are offered each semester and others as interest demands. Options listed in this document do not include core academic subjects and numerous enrichment opportunities provided to all students such as the Shakespearean Residency Program, video and essay competitions, House advisory program, Makerspace, lunchtime activities, and math contests.

Academics and technology

Book club (O)

The book club is a place where avid readers (or those who would like to be) read books as a group and discuss the books afterward. Students will collectively decide on books to read together and develop analytical skills during the in-depth discussions that follow.

Creative Writing (English) (O)

Designed for students interested in writing for publications, this course exposes students to a variety of writing genres and requires them to understand, analyze, imitate and then produce pieces of writing which conform to these genres. Students will write, revise, critique, cull and self-publish their own creative works.

Design & Innovation (O)

Design, build and innovate! In this project-based "DIY" course, students develop knowledge, skills and interests in the areas of science, technology, engineering, arts, and math (STEAM). Through application of the design cycle, students create a project based on their interests and passions. They learn and apply 21st century learning skills to innovate, solve problems, communicate with others, locate information, teach, entertain and inspire.

Gauss club (O)

Gauss club allows students to focus on logical problem solving in novel contexts. Group problem-solving is emphasized. Students prepare for mathematics competitions including Gauss and Pascal Waterloo.

Learning strategies (O)

In our learning strategies course, we learn about skills and strategies for planning, prioritizing, organizing and studying. The aim is to enable students to make well-informed decisions that will create lifelong habits for academic success. This class is recommended for students who have significant extra-curricular commitments such as high-performance sports.

Reach for the Top (O)

This is an engaging trivia game-show style activity where students focus on various subjects and play games to practice their knowledge. Competitive events against other schools are available outside of school.

Robotics (O)

In Robotics, students are introduced to basic programming and problem solving strategies. Students program, develop and build robots in teams and document their results. Topics may include motor control, gear ratios, torque, friction, sensors, timing, program loops, logic gates, decision making, timing sequences, propulsion systems and binary number systems with the possibility to compete in LEGO League.

Science fair / Olympique de sciences (O)

If you like hand-on activities, asking questions about how things work, inventing, innovating and creating, this is the course for you! Students will have the opportunity to research, build and explain a science project of their choice and participate in the Calgary Youth Science Fair. This option is offered in terms 1 and 2, and students are required to participate in both terms.

Computer Science (O)

This course will explore different programming languages and their applications. This course will be focused on creation. Students will also have the opportunity to help and participate in the week of activities related to "The Hour of Coding". There will also be the opportunity to participate in the Beaver Computing Challenge.



Global studies and leadership

Debate (E/C)

Building on the curricular course in Grade 7 and ongoing speech options in French, English and Spanish, students venture into the world of debate developing their critical thinking skills through researching and delivering arguments and counter-arguments. Debate provides a structured place to hone their speaking and presentation skills all while thinking about novel subjects they may not otherwise be introduced to.

Food studies (O)

The course will explore culture through food, while learning basic cooking methods, nutrition and the importance of developing a healthy lifestyle. Be prepared to have lots of yummy food to eat!

Model United Nations (E/C)

Through simulations of the General Assembly of the United Nations, students attempt to resolve issues and international crises such as armed conflict, violations of human rights and social and economic development. Simulations teach students about how the UN operates, while requiring them to balance the national interests of the country they are representing with the needs of the international community to ensure peace and stability in the 21st century.

Speech (E/C)

Through our curricular speech course in Grade 7, students make incredible progress in poise, voice control, expression, eye contact and speed in a short time. Speech continues as an option for continued competition in grades 8 to 12. Presentations skills transfer to other academic classes and to outside activities, and students draw the connections between participation in speech and the depth of impact it will have on all aspects of their education.

Speech in Spanish (E/O)

Speech in Spanish is an opportunity to practice Spanish and learn about related culture by immersing in Spanish poetry and prose. Also, this is a place to practice presentation skill. There will be a bilingual speech tournament occurring in November (Term 1).

Student life (O)

Students will have the opportunity to propose, plan and execute activities related to student life at CFIS. Examples of such activities are an organized sports day, various contests within the school, movie nights and a pep rally.

Travel studies (E)

The CFIS travel studies program is one way our students put their knowledge and fluency in three languages into action. Leadership skills and interpersonal relationships are nurtured, and fluency in French and Spanish is fostered alongside cultural understanding and appreciation. Our enriched curriculum comes alive as students visit historical sites, study tropical ecosystems at work, care for local animals, build schools and interact with people from diverse cultures. CFIS's travel studies program is carefully planned and supported by faculty leaders and experts in student global travel and humanitarian work such as Me to We.

GRADE 7 TRAVEL STUDIES

In Grade 7, the trip focuses on developing a caring, safe learning environment through team building and broadening students' comfort zones and aptitude for leadership. Activities link with the health and social studies curriculum and focus on taking initiative, leading humanitarian projects and problem solving.

GRADE 8 TRAVEL STUDIES

Grade 8 programming builds confidence in French fluency through immersion in French language and culture. Everything students have learned in Canadian history comes alive alongside modern Francophone culture, music and food. Students experience, some for the first time, the incredible culture and language they are a part of as French speakers.

GRADE 9 TRAVEL STUDIES

In Grade 9, students venture further afield to engage with the culture, people and ecosystems of South and Central America. Before completing their Spanish DELE and diploma exams in Grade 10, students have a chance to be immersed in Hispanic language, culture and food. Students make a difference restoring ecosystems and supporting local communities through humanitarian work.

UNESCO (O)

Stemming from UNESCO's four pillars, students have the opportunity to propose, plan and execute projects that touch on different social issues. These are student-led initiatives that result in a final project, which may include, but is not limited to, volunteer work, collaboration with the community and education.



Health and athletics

Dance (O)

Students will have the opportunity to explore a variety of both individual and partner dances. They learn proper warm up, strength building, footwork, choreography and cool down, and have the opportunity to perform. The students have leadership opportunities where they lead the various stages of a dance class, choreography and explore the creativity behind this social art form.

Fitness (O)

Students have an opportunity to improve their personal fitness, gain understanding of basic fitness principles, learn basic anatomy and gain an appreciation for different types of training methods by participating in a variety of group exercise classes.

Sport-specific option (O)

Students work on skill development or school sports following the sports seasons in volleyball, basketball, badminton and soccer.

Outdoor education (O)

This option allows students to develop knowledge, skills and safety abilities in outdoor activities. With these skills as a base you can pursue and enjoy your choice of outdoor pursuit activities and enhance your personal fitness and level of well-being.

Athletic teams (E)

CFIS is a member of the Calgary Independent Schools Athletic Association (CISAA). As such, there are many opportunities for students to become involved in competitive extra-curricular athletics in a variety of sports.

In our Secondary Division, we had over 20 competitive teams in 2017-18. Students in grades 7 to 9 participate in seven sport seasons organized by the CISAA with multiple teams in each grade.

CFIS students have a history of success in competition, regularly bringing home CISAA city banners in golf, volleyball, basketball and cross-country, as well as medals in badminton and track and field.

In 2017-18, 84% of Junior High students represented the school in interscholastic sports. In 2017-18, 56% of Senior High students were in our sports teams.



Media and the arts

Creative studies (O)

In the semester-long junior high creative studies course, students create public art and have the opportunity for their artwork become a permanent part of the school. Using unconventional canvases such as ceiling tiles or lockers, and working with various mediums to create sculptures, many of the projects encourage collaboration between students in the form of large murals seen throughout the school. Students choose between this course and our Grade 7 or senior band.

Dramatic option (O)

Students investigate the relationship between characters on the stage to create a dynamic storyline. Through the creation of a play, they discover how to interpret different emotions and movements to bring characters from their imaginations into reality. Dramatic in some years and comedic in others, students are able to expand their creative repertoire and experience the thrill of performing in front of an audience.

Journalism (O)

Students use multiple media to create news stories and student publications. Past enrichment has included engagement with CBC Radio Canada (French) where students have spent time with a reporter, visited the studio and conducted interviews which were then broadcast.

Musical theatre (E)

The annual CFIS musical program aims to produce a high-quality production experience for the audience and cast in a professional setting. Students participate as cast and crew, with thousands of faculty and student hours dedicated to this annual project. Visiting artists, acrobats, musicians, scenic design artists as well as quality sound equipment and costumes support students and faculty to create a production rivaled by few schools in western Canada.

Musical Option, Backstage and Make-up (E/O)

This option provides students with the opportunity to work backstage and on the makeup team for the annual CFIS musical. Foundational instruction is provided on a variety of backstage roles alongside instruction in makeup artistry. This option is available in term 2.

Musical Option, Scenic Design

This option provides students with the opportunity to create the visual components on the physical set used in the annual CFIS musical. The set design option allows students to contribute their artistic knowledge and talent to a large project. An artist in residence who specializes in theatre may work with students during this option.

Music: Grade 7 Band (O)

Our Grade 7 band students are dedicated musicians with a solid grasp of instrumental band basics. Eager to work to the next level, this is the first time band is optional. Band is taken as a full-year course over both semesters and is scheduled three times in a six-day academic cycle. Students rehearse much more challenging music than they've encountered to this point along with higher-level theory to boost their musical literacy.

Music: Junior jazz band (O)

The junior jazz band is an excellent opportunity for all students interested in jazz and big band music. The junior jazz band meets weekly in the mornings before class to rehearse music with traditional big band instrumentation: three horn sections (trumpets, trombones and saxophones) and the rhythm section (bass, guitar, drums, piano and percussion). Many keen students learn an additional instrument to play in this band.

Music: Orchestra (O)

An extra-curricular option, our students volunteer their time and talent outside of school hours in service of the school's musical theatre program. The experience is immersive, challenging and a unique opportunity to play and study alongside 10 to 12 accomplished musicians-in-residence who help carry the advanced musical pieces arranged for the production.

Music: Senior Band (O)

Our accomplished musicians in Grade 8 to 12 form our largest and most polished band here at CFIS. Like the Grade 7 band, this band meets three times a six-day cycle. Fun, light-hearted rehearsals with Mr. B are supported by students who have the focus, dedication, attention, practice and respect needed to play advanced pieces and perform at high levels personally and as a group.

Visual Arts (O)

Visual arts is offered in every grade. Students will explore fine arts through a variety of projects made using different mediums and tools. The objective is to introduce many artistic styles and materials to students while improving skills and creativity. Students will have the opportunity to work with clay, paper, paint, glass, metal, chalk and wood to create their masterpieces.

