

COURSE SELECTION BOOKLET

GRADE 8
2025 - 2026



Grandview Heights Secondary School

www.surreyschools.ca/grandviewheights.ca

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Welcome to our new Grizzlies! We are excited to begin your journey at Grandview Heights Secondary School. At Grandview Heights, we believe that all students matter and are capable of success. Success at school requires regular attendance, proper planning and hard work. Organizational and time management skills also play a significant role in the level of success a student can achieve. A primary goal of our school is to prepare students with the ability to think creatively and critically, collaborate and problem-solve. In addition, we strive to continue the development of personal and social responsibility and to graduate all of our students with a sense of purpose, dignity and passion.

This online resource outlines the courses and course descriptions for our new Grizzlies. Grade 8 is a year to explore options and get an idea of what you want to focus on moving forward.

Secondary students are encouraged to explore and discover where their interests and aptitudes lie. Cooperation and support between home and school are necessary to ensure a clear understanding of what is offered, requirements and choices

We look forward to the contributions that each student will make to the culture of our school and are confident that your secondary school experience will be both enjoyable and rewarding here at Grandview Heights. Hopefully, this booklet will enable you to answer the questions you have about course selection.

Mr. Darren Bedard

MESSAGE FROM THE PRINCIPAL

GRANDVIEW HEIGHTS SECONDARY SCHOOL





2024 / 2025 BELL SCHEDULE

PERIOD LENGTH	START TIME - END TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
80 MINUTES	8:00am - 9:20am	A	A	A	A	A
80 MINUTES	9:25am - 10:45am	B	C	B	D	B
40 MINUTES	10:45am - 11:25am	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
80 MINUTES	11:25am - 12:45pm	C	D	C	B	C
80 MINUTES	12:50pm - 2:10pm	D	B	D	C	D
80 MINUTES	2:15pm - 3:35pm	E	E	E	E	E

SHORTENED DAYS (50 MINUTE BLOCKS)
PERIOD 1 8:00am - 8:50am
PERIOD 2 8:55am - 9:45am
PERIOD 3 9:50am - 10:40am
LUNCH 10:40am - 11:20am
PERIOD 4 11:20am - 12:10pm
PERIOD 5 12:15pm - 1:10pm

Grade 8 & 9 Blocks A–D 8:00am - 2:10pm
Grade 10 & 11 Blocks B–E 9:25am - 3:35pm
Grade 12's Blocks A–E 8:00am - 3:35pm (with flex block in middle of day)



NEW GRIZZLY INFO

WHERE EVERYBODY IS A SOMEBODY

Our vision statement: As Grizzlies we come to Grandview Heights seeking safe and respectful connections to our land, community and one another. We value Kindness, Curiosity, Resiliency, and we strive for Personal Growth.

Grandview Heights Secondary is learning community where everybody is somebody. Every student at our school is known, valued, and cared for by all who work here. As a staff it is a privilege and an honour to work and support all our students, and this is a responsibility that we take seriously.

OPENING DAY OF SEPTEMBER 2025

All students are required to attend on opening day September 2, 2025, to confirm their registration. For opening day, students will require a pen and paper. The first day includes an extended homeroom so that teachers can distribute:

- Student Schedules
- Media Release and Technology Access Forms for Grade 8 Students Only -
- Student Information Verification Forms. All Students -

Grade 8 students will meet for a brief assembly in the large Gym at **10:00 am** where they will be introduced to their homeroom teachers who will escort the students to their homeroom class. Grade 8 students will be dismissed at 11:00 am.

ACCESSING TIMETABLES

You are required to access MYEd in order to do your course selection. You can go back into MYEd at the end of August to see your schedule, you will also get a print of your schedules in Home Room on Opening Day. For instruction on how to use MyEd please go to our main website and access the information guides and videos.

BUSING INFORMATION

Eligible students:

Bus schedule information will be provided by Transportation Services to the school the week prior to school. Students will be able to pick up their schedule beginning Wednesday, August 27, 2025.

Courtesy students:

There will be a limited number of seats available for purchase. Routes will be determined based on the numbers and locations of eligible riders. Only if buses are not at full capacity will there be extra seats available and offered to paying courtesy riders. There is a queue in place if space becomes available after all eligible students have been accommodated.

For Courtesy students that have applied by the July 15 deadline families will begin to find out seating assignments beginning **October 1, 2025**. Transportation Services will advise the school of any seats. The school will contact the parent / guardian if a seat is available for your student - in which case the school will then collect payment before the student is awarded the seat. Once payment has been made a schedule and bus pass will then be provided. Alternatively, families will be contacted by Transportation Services beginning October 1st if there are no seats remaining for your student.

Families can still apply for bussing, however, applications submitted after the July 15 deadline **will be processed beginning September 15**. Please complete the [Student Bus Transportation - Registration Form](#) if you wish to apply for bussing for your student.

MORE INFORMATION WILL BE SENT OUT TO ALL NEW GRIZZLY FAMILIES AT THE END OF AUGUST.

GRADE 8 COURSE PLANNING



Click on Picture for Video

Grade 8 Students take the following required courses:

1. [Humanities 8](#) (English and Social Studies)
2. [Math 8](#)
3. [Physical and Health Education 8](#) or [PE 8 Hockey Academy](#)
4. [Science 8](#)
5. [French 8](#) (consultation with Learning Support Teachers, counsellor and parents regarding language exemption)

And:

6. [Fine Art Rotation](#) or [Concert Band 8](#)
7. [Applied Design/Skills and Technologies Rotation](#)

Considerations when selecting preferences for Grade 8:

- Selecting appropriate courses should be done in consultation with parents, counsellors, and teachers.

Fine Art Rotation 8

During the course selection process incoming Grade 8 students will be asked to whether they would like to take band, or the fine arts rotation. Those students who take band will not be in the fine arts rotation.

Concert Band

This course introduces students to the fundamentals of playing an instrument in a group. It is suitable for students who have previous musical experience and also for those who have never played an instrument before.

Fine Art Rotation:

1. Art

Students will be introduced to the elements and principles of design and a variety of media through drawing, painting and sculptural assignments using line, shape, texture, space, form, value and colour.

2. Drama

Students will be introduced to fundamental concepts of Drama including movement, voice, characterization, and improvisation. Emphasis will be on building confidence and developing cooperation skills.

3. Dance

In this course students will learn basic techniques from many styles of dance. The students will learn the importance of doing a proper warm-up and will be expected to dance every class. Students must come prepared each day with proper strip.

4. Information Technology

Students will also explore computers and communication devices, digital literacy, media arts and basic business communication.

Applied Design/Skills Technology Rotation

All Grade 8s will take an applied design/skills technology rotation. This rotation includes:

Woodwork, Metal Work

Students will be introduced to a combination of Woodworking, Metal Design and/or Robotics through project work. This includes introductory woodcarving techniques, the use of robotics in industry and local context with user and autonomous control systems and metalwork techniques and processes using hand tools and power tools.

Home Economics

Students will be introduced to a combination of Foods and Fashion in this course. Students will learn to prepare foods that are fun, fast and fantastic and learn how to operate a sewing machine, care for garments and sew by hand.

After several hours in the Home Economics labs, we hope you'll agree that good nutrition is a wise choice. Some of the foods labs include muffins, cinnamon rolls, quesadilla, pizza,

fruit or vegetable tasting and apple crisp. Students will explore where their clothing comes from and some of the social 8 environmental issues associated with the fashion industry.



GRANDVIEW HEIGHTS HOCKEY ACADEMY

Overview

Grandview Heights Hockey Academy is a specialized sport-specific program geared towards hockey players in grades 8 –12. This unique program will focus on the five major pillars of hockey development; on-ice skill development, off-ice high performance training, performance mindset, nutrition, and recovery. The Hockey Academy includes two on-ice skill development sessions per week, two off-ice training sessions per week and one high performance hockey education or off-ice skill development class per week.

On-Ice Skill Development (2 Days Per Week)

- Stride and edge development
- Explosive skating and speed development
- Multi-directional skating and change of speed
- Offensive creativity, puck protection, and evasive moves
- Hockey IQ, vision and game awareness
- Position specific skating patterns and skills
- Advanced individual skills, tactics and small space games



Off-Ice High Performance Training Sessions (2-3 Days Per Week)

- Hockey specific strength and power development
- Speed, quickness, agility, and acceleration
- Movement, mechanics, and efficiency
- Stability and mobility
- Core strength and rotational power
- Anaerobic Conditioning
- Recovery and regeneration

High Performance Hockey Education and Crossover Skill Training (One Class Per Week)

- Sports Nutrition
- Mindset and sports psychology
- Visualization Training
- High Performance Habits
- Off-ice cross-over sports (floorball, floor hockey, small space games)

The Selection Process

In course selection you may select PE Hockey 8 rather than the Regular PE 8 requirement. A message will appear “Approval Required”. Your name will be sent to the Hockey Director who will assess your application.

As well as selecting Hockey 8 in course selection you must complete:

- [Academy Application Form](#)
- [Teacher Reference Form](#)

Areas that are considered for entrance into the Academy include work habits, attendance, character, leadership and hockey experience. Students must be from the Grandview catchment area.

You will be notified if you are selected for the Hockey Academy before the end of September 2025. The Hockey Academy will begin in second semester of your Grade 8 year.

If selected counsellors will reach out to you to guide you through the process as hockey will count as your required Physical Education 8 credit as well as one elective.

If you have any further questions please email Hockey Academy Director Dean Shiels at shiels_dean@surreyschools.ca.



GRADE 8 COURSE DESCRIPTIONS

REQUIRED CLASSES:

Humanities 8 Required Course



The goal of Humanities is to develop thoughtful, responsible active citizens who can acquire information to consider multiple perspectives and make reasoned judgment. Humanities 8 blends Language Arts (English) and Social Studies into one *hybrid* course using the skills and strategies of reading and writing. Students will study the literature, history, religion politics, economics, art and geography of human societies from 500 to 1500 and the present. Students will also learn how different societies have preserved identity, the importance of world religions and the impact of technological innovation and science on cultures.

Mathematics 8 Math



The seven years of elementary school provide students with a solid foundation in the basic concepts of arithmetic, providing a basis for success in high school mathematics programs. Math 8 will continue the building of the 4 curricular competencies of mathematicians from elementary school: Understanding and Solving, Communicating and Representing, Reasoning and Analyzing, and Making Connections and Reflecting. Students will work on the 5 Big Ideas:

- Numbers can describe quantity in interrelated ways
 - Computational fluency allows flexibility in working on problems
 - Linear relationships can be represented in many connected ways to show relationships
 - Surface Area and Volume can measure and describe 3D shapes
- Analyzing data using averages can help us make sense of that data

Science 8 Science



Science 8 includes an introduction to lab safety, equipment, measurement, scientific method, graphing, and communicating results. Core units include: Life Science (Biology – Cells and Immunity), Physical Science (Physics – Optics), Physical Science (Chemistry – Atomic Theory & Kinetic Molecular Theory), and Earth Science (Plate Tectonics).

French 8 Modern Languages



French 8 is required to fulfill the requirements for the Ministry Language Education Policy. This course builds upon acquired knowledge and skills from elementary school, to offer students an opportunity to increase their level of competence in listening, speaking, reading and writing. This course focuses on

important foundational skills that are required for future years of French. Students will learn French through Comprehensible Input methodologies, like storytelling, story-asking, Movie Talk, Picture Talk, among others. Students will be immersed right from the beginning in a communicative environment and encouraged to take risks with the language. Cultural elements are explored to develop a better understanding of the French-speaking world. Due to the cooperative nature of this course, regular attendance is very important.

Physical and Health Education 8 **Physical Education**



The aim of physical education is to enable all students to enhance their quality of life through active living. Students will develop the knowledge, skills and attitudes necessary to incorporate physical activity into regular routines and leisure pursuits to live an active, healthy lifestyle, along with making healthy choices in regard to relationships, personal well-being and the community.

There are **four Curricular Competencies** in Physical and Health Education 8 and 9. Expectations for each area are listed below:

Physical Literacy: Apply movement skills in a variety of activities, explain fitness components and principles of training; understand the effects of exercise on body systems, explain the benefits of and demonstrate warm-up and cool-down activities; describe how changes in body growth affects movement skills and concepts; select and apply rules and safety procedures; demonstrate appropriate social behavior, etiquette, fair play; and apply leadership skills related to physical activity.

Healthy and Active Living: Daily participation in different types of physical activity; design personal nutrition plans and fitness goal-setting that is specific for each individual and allows the student to identify, reflect and pursue their goals.

Social and Community Health: Allow students to propose strategies for: bullying, discrimination, abusive relationships, and stereotyping; Create strategies for promoting the health and well-being of individual relationships, the school and the community.

Mental Well-being: Describe and assess strategies for promoting mental well-being for self and others; describe and assess strategies for managing problems related to substance abuse; describe changes through puberty (physical, mental, social and emotional change).

APPLIED SKILLS 8 ROTATION:

Students will cycle between the throughout one semester to complete the required Applied Skills 8 Rotation.



Applied Design/Skills Technology 8 **Woodwork, Metal Design and Robotics**

Students will be introduced to a combination of Woodworking, Metal Design and Robotics through project work. This includes introductory woodcarving techniques, the use of

robotics in industry and local context with user and autonomous control systems and metalwork techniques and processes using hand tools and power tools.

Foods 8

Home Economics



This course is designed to give you an introduction and some basic practical experience in tasty and nutritious food preparation. You will learn the theory behind successful food preparation techniques and meal planning, as well as some handy nutrition and consumer tips. In addition, you will gain valuable skills in time management, group cooperation, individual responsibility and be provided opportunities for creative applications and critical examination from global perspectives.

- There may be an enhancement fee for this course.

HE Textiles 8 (ADST Rotation)

Home Economics

The goal of this course is to introduce students to sewing basics, the use of a sewing machine and related sewing equipment and supplies. Time permitting, we will also explore other textile mediums such as, crochet, cross-stitch, embroidery, macrame, fabric painting etc. Students will use creative thinking and planning as well as learn the skills involved in producing simple and useful textiles projects.

- There is an enhancement fee for this course which includes fabric and supplies for one project.

STUDENT CHOICE:

Grade 8 students choose between Concert Band 8 or Fine Arts 8 Rotation.

Option 1:

Concert Band 8



This course is designed to introduce students to the challenge and excitement of the secondary school music program. This course is suitable for students with prior musical experience and those who are total beginners. Students will receive instruction on correct technique, music reading, listening skills, and how to play together as an ensemble. Students will listen to and perform music in a wide variety of styles (rock, classical, world music). Band 8 students will perform at numerous school concerts and the Surrey Grade 8 Band Revue, and they may have the opportunity to participate in an overnight performance trip in the spring. Commitment and responsibility to the band is very important in this course. Attendance at all performances is required.

Option 2:

FINE ART ROTATION 8 – 4 rotations (Visual Art/Dance/Drama/IT)



Grade 8 students will complete a course that rotates through the year from Visual Arts, Dance, IT to Drama, this course introduces students to the basic concepts and skills in the Arts & Technology. Students will develop their creative thinking, communication and personal and social awareness competencies and have

fun! These introductory courses will allow Grade 8 students to try different courses, learn new skills and help them make informed decisions about their course selections in future years. Students will be introduced to all four areas of study in one semester.



Art 8

Art 8 is an introductory course that focuses on discovering the magic found in mixing the paints of the colour wheel, creating fun hand-built clay projects, general design and drawing skills. Participation in Art 8 gives the student “a taste” of some of the basic skills of art and design, which will help students enjoy making and/or appreciating art in the future.

Drama 8

Students will be introduced to fundamental concepts of Drama including movement, voice, characterization, and improvisation. Emphasis will be on building confidence and developing cooperation skills.

Dance 8

This course is for beginner to more accelerated dancers and offers a foundation in dance skills and technique, and acts as an introduction to the Grandview Heights Dance program. Students will build skills and confidence in a variety of dance genres, including Hip Hop and Breakdance and will work towards creating group choreography for in-class performances. This fun and engaging 4-week course will focus on basic movement fundamentals for beginners while also challenging students with previous dance experience.

Information & Communication Technologies 8

An introduction to using school computers and software to help students with school-based projects and using computers effectively.

Students will be able to explore a sample course for I.T.9 and Media Arts 9. This course covers keyboarding skills, simple web based and game coding, graphics drawing and design, and image editing.