



*Sullivan Heights is a caring, inclusive community where everyone is a lifelong learner.*

**Entering Grade 8**  
**COURSE REQUEST HANDBOOK**  
**2025 – 2026**

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## SULLIVAN HEIGHTS GRADE 8 COURSE REQUESTS

**FULL LEGAL NAME:** \_\_\_\_\_ **SCHOOL:** \_\_\_\_\_

### CORE COURSES:

Students in Grade 8 will be assigned the following courses:

**HUMANITIES 08 (ENGLISH & SOCIAL STUDIES)**

**FRENCH 08**

**MATH 08**

**SCIENCE 08**

**PHYSICAL AND HEALTH EDUCATION 08**

### ELECTIVE COURSE OPTIONS:

**Request an ADST Rotation:**

<input type="checkbox"/>	<b>ADST #1 ROTATION</b> FOODS 08 TEXTILES 08 WOODWORK 08 METALWORK 08	OR	<input type="checkbox"/>	<b>ADST #2 ROTATION</b> ROBOTICS 08 DRAFTING 08 ENTREPRENEURSHIP 08 DIGITAL LITERACY 08	OR	<input type="checkbox"/>	<b>ADST #3 ROTATION</b> ENGINEERING 08 INQUIRY 08
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**Request One Fine Arts Option:**

<input type="checkbox"/>	<b>FINE ARTS ROTATION</b> ART 08 DRAMA 08 MUSIC 08	OR	<input type="checkbox"/>	<b>ART 08</b>
		OR	<input type="checkbox"/>	<b>DRAMA 08</b>
		OR	<input type="checkbox"/>	<b>BAND 08</b>
		OR	<input type="checkbox"/>	<b>DANCE 08</b> <input type="checkbox"/> Foundations or <input type="checkbox"/> Intermediate

Note: Depending on the teacher or the timetable placement, music may be drumming, guitar, singing, band, or a combination.

**Foundations:** Students who do not have any dance experience or up to 4 years of recent dance experience in any genre.

**Intermediate:** Students with four or more years of dance experience in one or more of the following genres: Ballet, Jazz, Lyrical, Contemporary or Hip Hop, either at school or at a studio.

**These courses may be chosen in addition to the courses above but will be outside of the regular school day (before school):**

<input type="checkbox"/>	<b>JAZZ BAND 08</b>
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<input type="checkbox"/>	<b>CHOIR 08</b>
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**NOTE:** Students opting to request Jazz Band must also take Concert Band 08

## **Core Courses**

### **HUMANITIES 08: (MEN 08 / MSS 08)**

The Humanities 8 program offers students a cross curricular approach to the delivery of English and Social Studies (600CE – 1750 CE). The focus is on deepening students understanding of the world around them by studying societies and worldviews of the past and comparing them to the world we know today through critical thinking and communication. Humanities explores literacy through mediums such as stories, novels, films, poetry, podcasts/audio, photography, primary/secondary sources, and a composition of texts. At a grade eight level, there will be a strong emphasis on paragraph writing, an introduction to multi-paragraph composition, and developing historical thinking skills.

### **MATHEMATICS 08 (MMA 08)**

The Mathematics 8 course continues to expose students to introductory algebra, statistics and rudiments of 3-D geometry. This course is a foundational course for high school mathematics. Students will need to adapt to the increased requirements of a high school mathematics course. Work habits, use of class time and study skills are as important for students' success in math 8 as mathematical ability. Students are expected to complete 30 minutes of individual mathematics practice everyday they are enrolled in this course.

### **PHYSICAL AND HEALTH EDUCATION 08 (MPHE 08)**

The goal of our physical education program is to instill an appreciation for an active, healthy lifestyle.

The program will provide students with the opportunity to fulfill the following objectives:

- To participate and enjoy a variety of performance, fitness, and leisure-oriented activities
- To develop positive attitudes towards active living
- To acquire the skills and knowledge necessary to develop an active and healthy lifestyle
- To demonstrate appropriate social behaviour, etiquette, fair play and leadership skills related to physical activity, personal, and social responsibility.

### **FRENCH 08 (MFR 08)**

Bienvenue à Français 8! Have you ever wanted to speak French better for the travel experiences within Canada and the world? Do you want to taste, hear, and see Francophone cultural experiences? French 8 focuses on the four pillars of listening, speaking, reading, and writing as we explore topics such as our passions, goals, holidays, and travel. Students learn the foundations of French while improving their ability to speak the language with increasing spontaneity.

### **SCIENCE 08 (MMA 08)**

Science 8 is the beginning of the Junior Science program. The big ideas to be developed in this course include:

- Life processes are performed at the cellular level (Biology).
- The behavior of matter can be explained by the kinetic molecular theory and atomic theory (Chemistry).
- Energy can be transferred as both a particle and a wave (Physics).
- The theory of plate tectonics is the unifying theory that explains Earth's geological processes (Earth Science).

The big ideas will be taught with an emphasis on lab, inquiry, critical thinking, and creativity skills.

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### **CAREER EDUCATION 08 (MCE 08)**

This is a mandatory program that is required for all students in Grade 8. This course is delivered online via TEAMS and involves 4 assignments that are submitted to TEAMS. Students will be reflecting on future goals and plans with an emphasis on self-discovery.

## **Understanding Electives for Grade 8 students:**

As the diagram on Page 2 explains, unless your child is in a special program, all Grade 8's are assigned Humanities 8, Math 8, Physical and Health Education 8, French 8, and Science 8. All students must request an ADST elective and a Fine Arts elective.

ADST courses are offered as part of a rotation of either 4 courses (ADST Rotation #1 & #2) or 2 courses (ADST Rotation #3).

For the Fine Arts elective, students can either request a rotation of three different subjects (Art, Drama, Music), or a semester-long course in a particular Fine Art (Art, Drama, Band or Dance). For Dance, please note the 2 levels offered and ensure that the correct level is requested.

## **Applied Design, Skills & Technologies (ADST)**

In Gr.8 students must request from 1 of 3 ADST Rotations that will expose them to a variety of disciplines in the field of Applied Design, Skills and Technologies with a focus on designing thinking principles, the acquisition of skills and application of technologies.

### **ADST ROTATION#1 – FOOD / TEXTILES / WOODWORK / METALWORK 08:**

**NOTE:** ADST Rotation #1 is comprised of 4 mini-courses each lasting approximately 5 weeks in duration.

Foods – Learn to cook and eat good food! Develop an interest in, and enjoyment of food, by developing skills in food preparation.

Textiles – Learn to sew by hand and by using a sewing machine and make your own clothes and accessories!

Woodwork – Design and build cool stuff with wood! Learn essential skills, use hand and power tools, and create your own projects.

Metalwork – Shape metal, build your skills! Learn to cut, bend, and join metal. Design and create your own awesome projects.

### **ADST ROTATION#2 – ROBOTICS / DRAFTING / ENTREPRENEURSHIP / DIGITAL LITERACY 08:**

**NOTE:** ADST Rotation #2 is comprised of 4 mini-courses each lasting approximately 5 weeks in duration.

Robotics – Build and code your own robots! Solve challenges, learn teamwork, and have fun with cutting-edge tech.

Drafting – Bring your ideas to life! Master the art of technical drawing and design using 2D and 3D software.

Entrepreneurship – Bring your business idea to life! Learn practical skills in business and marketing

Digital Literacy – Level up your tech skills in IT 8! Learn the essentials of Microsoft Office, coding, graphic design, and more. Get ready for high school and beyond with the digital know-how to succeed in any class.

### **ADST ROTATION#3 – ENGINEERING / INQUIRY 08:**

**NOTE:** ADST Rotation #3 is comprised of 2 mini-courses each lasting approximately 10 weeks in duration.

Engineering – Design, Build, Test and Iterate! Dive into exciting hands-on projects where you'll design, build, and test solutions to real-world challenges. Learn what engineering is and how the engineering design process is all around us!

Inquiry – Become a master researcher! Learn to ask great questions, find reliable information, and conduct your own investigations. You'll design surveys, analyze data, and present your findings like a pro.

## **Fine Arts**

In Gr.8 students may request a Fine Arts Rotation that will expose them to Art, Drama, and Music or take a standalone course in their preferred Fine Arts discipline.

### **FINE ARTS ROTATION – ART / DRAMA / MUSIC 08:**

Art – Dive into the world of visual arts and explore a variety of art materials and techniques.

Drama – Try acting! Work with your peers in playing games, creating & acting in scenes, and finding joy in performance as part of an audience. Come and Play!!

Music – Explore different forms of music and all that comes with creating music from playing instruments, singing and more!

### **STANDALONE FINE ARTS COURSES:**

#### **VISUAL ARTS 08 (MAE 08)**

Visual Arts 8 introduces students to various art forms such as drawing, painting, printmaking, ceramics, and sculpture. In this course, students develop a variety of skills, including technical skills, creative expression, critical thinking, problem-solving, collaboration, and self-reflection. These skills help students express themselves creatively and enhance their learning in other subjects.

#### **DRAMA 08 (MDR 08)**

Drama 8 is an introductory performance course for all students who want to explore acting, develop community, build confidence and have fun while learning new skills. It will involve theatre units of study such as foundations for acting, scene work, theatre history, advertising, puppet making, scriptwriting and play building. Drama 8 is a practical course where active participation and enthusiasm will bring you success.

#### **DANCE 08: FOUNDATIONS (MDNC 08)**

This course is for beginner to more accelerated dancers and offers a foundation in dance skills, technique and performance and also acts as an introduction to the Sullivan Dance program. Students will build skills and confidence in a variety of dance genres, including Jazz, Hip Hop and Contemporary and work towards creating choreography for stage. Students will have multiple performance opportunities and no previous dance experience is required.

#### **DANCE 08: INTERMEDIATE (MDNC 08 INT)**

This course is for students with four or more years of recent dance experience in any given genre, either in school or at a studio. Students should have a strong technical/foundational knowledge of street or classical styles. Students will have opportunities to study many genres including Jazz, Hip Hop and Contemporary. Students will advance at individual levels and will be encouraged to challenge themselves as dancers and choreographers. There will be multiple workshop and performance opportunities.

#### **CONCERT BAND 08 (MMU 08 BEG)**

Concert Band 8 is for all students who wish to learn how to play an instrument, a new instrument, or continue developing on their current instrument. Students will learn rhythm, music notation and music reading while having the opportunity to play fun music, and perform in concerts and festivals.

## **9<sup>th</sup>/10<sup>th</sup> Course Offerings**

Note: Choir and/or Jazz Band can be requested as a ninth course and is offered outside the timetable in the mornings.

### **CHOIR 08 (MMU—09CC)**

A fun way to learn more than just vocal technique. This performing group will explore a wide variety of musical styles and repertoire, and will focus on developing sight singing and ear training skills. Discover ways to extend your vocal range, create breath energy, formulate and place vowels correctly, and perform with confidence in a choral setting. No previous singing experience is required. Participation in music department activities is expected. **Please note that this course may be requested as a ninth course and is offered before school.**

### **JAZZ BAND 08 (MMU 08 Y JAZ)**

This course is an introduction to jazz. Students will develop their instrumental and theoretical skills through the lens of standard jazz band genres, including swing, funk, Latin, and rock. Improvisation will be encouraged. Standard jazz band instrumentation is as follows: alto, tenor, or baritone saxophone, trumpet, trombone, guitar, bass guitar, piano or drums. However, all instruments are welcome! Because jazz band learns and performs more challenging music, jazz students must be registered in concert band. Jazz Band is an extension course that builds on the skills of Concert Band 8. Jazz students will have the opportunity to play in concerts and festivals and participation in music department events is expected.

**Please note that this course may be requested as a ninth course and is offered before school. It runs simultaneously with Jazz 9 – 12.**

## **ELL PROGRAMS**

Students are assessed upon entrance into the District and the School and are assigned one or two ELL Support blocks dependent on their individual needs.

### **ELL Beginner**

English Language Learners (ELLs) Beginner/Reception courses are offered for new students who have been assessed at the Beginner level. It is recommended that students enrol in two or three ELL courses initially to build their Basic Interpersonal Communication Skills (BICS). The ELL Beginner/Reception course will help students to develop and practice basic reading and writing skills in a variety of content areas, as well as school, community, and Canadian Culture.

### **ELL Developing**

This course is the second level of English Language Learners (ELLs) courses. Students will continue to build their oral, reading, and writing skills. Integration into non-academic courses is supported. Content areas cover general knowledge in academic areas, as well as school, community, and Canadian culture to build on foundational concepts needed for other content areas.

### **ELL Expanding**

English Language Learners (ELLs) Expanding courses prepare students with language skills to consider elective courses with some language demands but not entirely print-based. These students augment their English acquisition through a variety of strategies to enhance their cognitive, oral, writing, and reading skills. ELL Expanding students are ready for the beginning stages of explicitly developing academic English (Cognitive Academic Language Proficiency, or CALPS). Furthermore, the course will continue to cover general knowledge, but will focus mainly on English Language Arts specific content. Most students will have at least one ELL Expanding course per year; sometimes one per semester to best support the student's need.