# CARDINAL LEGER



CATHOLIC JUNIOR HIGH SCHOOL



## **ABOUT US**

Cardinal Léger Catholic Junior High School services students from Ward 72 in northeast Edmonton. Located in the Evansdale community, our school offers the Enhanced Academic Program and Italian Language and Culture Program in addition to faith based junior high programming.

**ENHANCED ACADEMIC PROGRAM** 

**ITALIAN LANGUAGE & CULTURE** 

**ATHLETICS** 

ENRICHED WITH
SKILLS... EMPOWERED
TO SERVE



# CARDINAL

QUESTIONS OR PLACE FOR YOUR THOUGHTS

# WHAT'SINSIDE

Welcome Message

Catholic Faith

General School Information and Operations

Compulsory Course Information

**English Language Arts** 

Social Studies

Mathematics

## Enne

Complemental

Approaches to Learning

Art

Communication Technology

Construction Technology

Drama

Environmental Stewardship

Fashion Studies

Film Studies

Food Studies

French Language

Italian Language and Culture

Music (Instrumental)

Recreational Leadership

**Athletics** 

**Programs & Events** 



# WELCOME TO CARDINAL LÉGER

Regulation of the state of the

Bienvenue and Benvenuto to Cardinal Léger Catholic Junior High School!

Cardinal Léger Junior High School is a Christ-Centered environment that lives out the mission of the Edmonton Catholic School Division which inspires and prepares students to learn, to work, to live fully and to serve God in one another.

Cardinal Léger is a Christ-Centered Professional Learning Community with strong leadership, exceptional programs, and outstanding teachers and staff that encourage grams designed to meet the divers.

Education regular and an expressional Learning Community with strong leadership, exceptional programs, and outstanding teachers and staff that encourage grams designed to meet the diversional learning Community with strong leadership, exceptional programs, and outstanding teachers and staff that encourage grams designed to meet the diversional learning Community with strong leadership, exceptional programs, and outstanding teachers and staff that encourage grams designed to meet the diversional learning leadership, exceptional programs, and outstanding teachers and staff that encourage grams designed to meet the diversional learning leadership, exceptional programs, and outstanding teachers and staff that encourage grams designed to meet the diversional learning leadership, exceptional programs and outstanding teachers and staff that encourage grams designed to meet the diversional learning leadership learning lear

At Cardinal Léger we believe our school comment and excellent place to grow and thrive with our faith-filled programming and dedicated staff. Our creative and passionate teachers provide a rich and challenging learning environment that fosters personal growth and development in preparation for high school and the years beyond.

In addition to paving a way of endless opportunity for our students through preparedness and rigorous academics, we also believe there must be just as much emphasis put on building character and a sense of faith-driven responsibility.

Cardinal Léger Catholic Junior High School places a very strong emphasis on faith development and social justice. Catholic faith is alive in the hallways at Léger through our daily prayer, reflective celebrations, and the strong positive relationship with our parish community. Through our faith-filled curriculum and educators, our students have the ability to enhance their personal growth and development.

The staff at Cardinal Léger are dedicated to providing exceptional learning experiences through various pedagogical practices and classroom experiences. Beyond core instruction, Cardinal Léger offers dynamic programs in Fine Arts, Career and Technology Foundations, and Athletics to provide a well-rounded educational experience for every student.

Our commitment is to provide an exceptional educational experience for all of our students and that means we have the responsibility to focus on the whole child – socially, mentally, emotionally, as well as academically. We are truly blessed to be able to provide robust services to our diverse students with trained and caring support staff.

We are honored that you are considering being part of the Léger community and look forward to sharing your learning journey with you!



## SCHOOL STATEMENT OF PHILOSOPY

The operation of Cardinal Léger Community School is founded on a belief in the dignity and personal worth of all its students. Furthermore, it is our belief that in cooperation with our students, parents, and community, we must provide an educational environment that:

- recognizes the distinct and changing spiritual, physical, social, emotional and intellectual needs of students from early childhood to young adults
- calls for taking students from where they are and developing programs to meet their needs
- assumes that students want to and need to organize their knowledge, learn to work well in groups, and become increasingly independent while recognizing the interdependence of all people
- directs all students of Cardinal Léger toward the realization of their potential

## SCHOOL GOALS

In keeping with the instructional goals of Alberta Education and the Edmonton Catholic Schools Policy, Cardinal Léger School will provide:

- Learning
  - in a Christian environment:
  - that provides for the achievement of all students;
  - that recognizes students have different styles and varied rates of learning;
  - that will enable students to become independent as well as cooperative learners in a multicultural community school and in preparation for living in a multicultural society.
- Exploration opportunities for students to discover and explore new ideas and to develop new skills and interest.
- Guidance/Support services that promote stability, growth toward self-realization, increasing independence and responsible behavior.
- Opportunities for students to be recognized as individuals and build self-esteem.

# CARDINAL LÉGER



## **MISSION STATEMENT**

At Cardinal Léger School we are devoted to the academic, spiritual, social physical growth of the students. Our goal educate the individual to meet the diverse needs of our society through a strong knowledge base, effective skills, and Christian values.



We promote the LIFELONG LEARNING of the whole student.

We provide EXCELLENCE in learning through innovative teaching and learning practices.

We strive to inspire students to GROW in their understanding of the Christian faith.

We strive to EMPOWER the student to meet daily challenges through a progressive learning environment.

We RESPECT individual diversity by promoting the self-worth and dignity of all individuals in a safe and caring environment.

## REGISTRATION INFORMATION

Registration is largely based on geographic location of residence compared to the school location.

Cardinal Léger is a transition school to several elementary schools which include St. Anne, Bishop Greshchuk and St. Philip.

#### Current ECSD students:

To register, log into PowerSchool and under Student Intentions, select Cardinal Léger Junior High as your desired school. If applying to one of our focus programs, indicate this on the drop down menu.

#### Non-ECSD Students:

Visit www.ecsd.net to create a School Engage profile and complete a 2023-2024 application package. School administration will contact new registrations after the application has been received and all documents provided.



Student information and educational reporting are all managed and accessible through PowerSchool. Parents and guardians can contact the office to get access codes to create an account through their current school.

On PowerSchool, parents can access:

Grades and Attendance Attendance History

Affertautice history

Student Schedules

School and Transportation Fees

**Reporting Summaries** 

Surveys

and more...





## **TRANSPORTATION**

Cardinal Léger is accessible via Edmonton Transit with a dedicated school special route from Eaux Claires terminal.

ETS bus pass rates are determined by the city and are posted on our school website at cardinalleger.ecsd.net

ETS monthly bus passes are available for purchase on PowerSchool and will be distributed to students at the office.

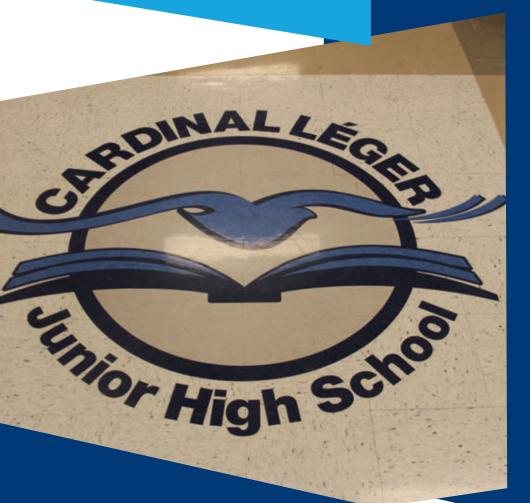
## **SCHOOL FEES**

School fee schedules are posted on our website at cardinalleger.ecsd.net.

School fees are a standard rate for each grade level to supplement student resources and activities throughout the year.

Complementary courses, athletic teams and extra-curricular activities will require additional fees to the standard school fee. The fee structure for the school year is listed on our school website.

Students will receive a personalized fee invoice on PowerSchool in October. Parents or guardians MUST pay school fees through PowerSchool.



## **SCHOOL HOURS**

CURRENT Cardinal Léger school hours are from 8:15 AM to 2:58 PM. New Hours will be shared with all families in June.

Our school runs on a Monday to Friday schedule with an early dismissal on Thursdays for staff professional learning.

We are a closed campus facility; leaving school property during lunch is not permitted unless there has been communication with administration.

## PROGRAMMING AT LÉGER

As part of the compulsory school program as directed by Alberta Education, all students will be enrolled in the following core subjects:

English Language Arts
Social Studies
Mathematics
Science
Health
Physical Education
Religious Studies



## **ACADEMICSUCCESS**

Cardinal Léger takes great pride in the academic success of our students. Some of the factors we attribute to this success include:

V=33

A school culture that promotes perseverance, cre

Results from Alberta Education's Provincial Achievement common and additional Léger students performed higher than the provincial average in both Accept and standard of Excellence demonstrating the fruition of our dedicated and knowledgeable in presaring students for the future. This upward trend is indicative of the success being achieved at all code levels.

Strong partnership and open communication between students, their parents, a<u>nd staf</u>t

Parents are welcomed and encouraged to be in contact with their child's teachers and the school administration at any time throughout the school year. We value your feedback and appreciate your support as we work together with your child. Staff are accessible by contacting the school or via email.

Staff that are caring, highly knowledgeable, and flexible in trying to meet the needs of all learners

Cardinal Léger, like every school in Alberta, has students with a broad range of learning abilities. It is the responsibility of our staff to support all students to be successful learners. In some cases, this requires making accommodations to assessments for students who would benefit from exploring a concept in greater depth. In other cases, accommodations may need to be made because a student is finding it challenging to cognitively manage concepts at their grade level. When this occurs, we work in partnership with parents to determine suitable programming for their child. This is also the case when students are 'at risk' academically.



English Language Arts at Cardinal Léger is a place where students are encouraged to develop their skills in reading, writing and representing. Through literature, short stories, novels, film, poetry and expository texts, students are able to explore, create, grow and foster new perspectives that will allow them to have a more holistic view of the world and venture into the frontier of language as an art and as a device for communication.

## **GRADE 7**

Students specifically explore text to self, using a variety of texts in order to build their perspective and their comprehension of other author's points of view, developing their own opinions on topics and building a foundation for analysis. This is achieved through fractured story retells, mystery research articles and life sized character maps, making Cardinal Léger a wonderful place for students to further their English Language Arts journey.

Enhanced Academic Program: Students in EAP will have the opportunity to further their understanding and exploration of topics through assignments that coincide with the enhanced curricular outcomes. This environment will foster student voice, collaboration on extended projects and effective time management for research, discussion and the representation of learning. Students are introduced to persuasive writing, creative writing and their choice of many texts and films, enhancing their perspective and using many tools in order to develop and voice their thoughts and opinions.



# ENGLISH LANGUAGE ARTS

#### **GRADE 8**

Students expand their horizons and begin to explore a more specific text to text approach, using a variety of texts in order to build their perspective and the perspectives of others, finding common themes and using those themes to compare and analyze the message and deeper meaning of these texts. This is achieved through vocabulary enhancement, creation of a plot diagram, and comic strips.

**Enhanced Academic Program:** Skills are further developed and enhanced through individual or group choice of assignments such as a social media project and a creation of a comic strip to demonstrate their learning.

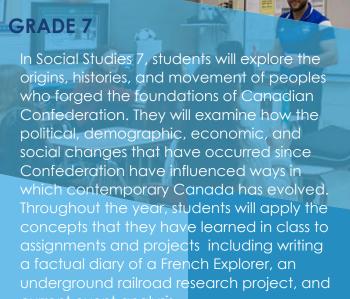
**GRADE 9** 

Students continue to expand their repertoire in English Language Arts and begin to explore a broader perspective, using texts to understand context and compare those views with what is going on in the world. This is achieved through making global connections of individual texts, representation of symbolism, constructing a formal business email, reader responses to various novels, classroom discussions about characterization and figurative language.

Enhanced Academic Program: Skills are perfected to prepare for more complex text analysis or discussions, enhanced meaningful written connections, and inferencing of genres that enable them to use higher level critical thinking skills. This is more student, rather than teacher lead. Some assignments involve representation of symbolism, constructing a formal business email, writing an editorial based on opinion, book club discussion activities, and book 'sella' group project.

## **SOCIAL STUDIES**

European Imperialism and



Enhanced Academic Program: Students in the EAP program will also have unique opportunities to advance their learning by completing more critical tasks such as research-based debates, class presentations on historical events, and the chance to create their own colony in the new world.



In Social Studies 8, students will examine issues related to contact between societies with differing worldviews. They will explore elements of worldviews and how these views are expressed by people living in different times and in different places. Through this inquiry, students will reflect on their own worldviews and assess the influence that the past has had on the present. Examples will be drawn from Japan, Renaissance Europe and Spanish and Aztec societies. Over the course of the year, students will draw, label and analyze current and historical maps, construct a representation of their personal worldview, and complete an in-depth comparison of Canada's current worldview to those of historical societies.



**Enhanced Academic Program:** Students in the EAP program will have the opportunity to advance their understanding of the curricular content by creating digital representations of historical societies, recreating Renaissance drawings using linear perspective, and completing an in-depth comparison of a society's worldview and how it has changed over their history.

# SOCIAL STUDIES



#### **GRADE 9**

In Social Studies 9, students will analyze the relationship between Canada's political and legislative processes and their impact on issues pertaining to governance, rights, citizenship and identity. Students will also explore issues of economics and their impact on quality of life, citizenship and identity in Canada and the United States. Over the course of the year, students will create a presentation on the individual and collective rights outlined in the Charter of Rights and Freedoms, and analyze specific instances when citizens had their rights and freedoms broken. They will benefit from the knowledge of content specific speakers (such as Indigenous Elders) and complete an extensive research project on the Number Treaties. Finally, students will analyze various economic systems, business practices, and product advertisements, and will have a chance to create their own advertisements as well.

**Enhanced Academic Program:** Students in the EAP program will complete a more in depth and critical analysis of Canada's current Federal political and economic structures and policies by preparing and presenting speeches to their classmates, conduct formal debates on Canadian policy, create their own sustainable taxation model for our country that includes necessary social programs, and create their own unique product or service that they will advertise and market to their peers.

VISIT US AT CARDINALLEGER.ECSD.NET

## **MATHEMATICS**

#### **GRADE 7**

Math 7 at Cardinal Léger covers the following topics: Finding Patterns, Operations with Integers, Fractions, Decimals and Percents, Circles and Area, Equations, Probability and Geometry. Students are assessed using concept checks, assignments, projects and exams. There is a large focus on mental math, estimation and developing mathematical reasoning. Students will develop and apply new mathematical knowledge through problem solving and learn different ways to express their understanding.

Enhanced Academic Program: The EAP program prepares students for high intellectual engagement by challenging their development of skills and assesses their pace of acquiring mathematical literacy. Students will have the opportunity to expand their knowledge and apply concepts to real-life. Students in Math EAP 7 will complete various projects to extend their understanding, such as: Magazine Design, Crack the Code, Equation Puzzles, Winner's Circle.

#### **GRADE 8**

Math 8 at Cardinal Léger covers the following topics: Square Roots/Pythagorean Theorem, Operations with Integers, Fractions, Percents and Ratios, Measuring Prisms and Cylinders, Linear Equations/Graphing, Probability and Geometry. Students are assessed using concept checks, assignments, projects and exams. There is a large focus on mental math, estimation and developing mathematical reasoning. Students will develop and apply new mathematical knowledge through problem solving and learn different ways to express their understanding.

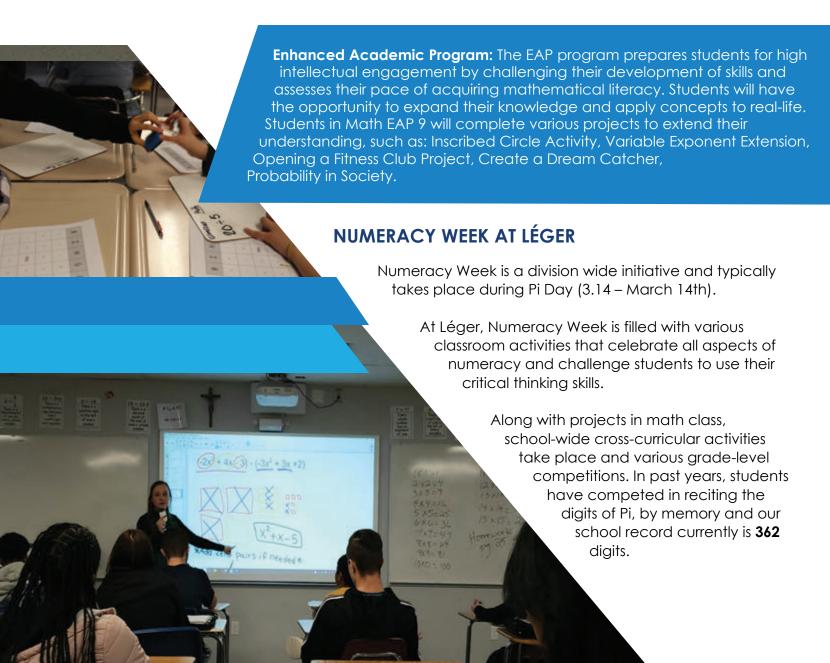
Enhanced Academic Program: The EAP program prepares students for high intellectual engagement by challenging their development of skills and assesses their pace of acquiring mathematical literacy. Students will have the opportunity to expand their knowledge and apply concepts to real-life. Students in Math EAP 8 will complete various projects to extend their understanding, such as: The Locker Problem, Planning a Ski Trip Vacation, Cityscape Diorama, Promoting Your Own Cereal.



## **MATHEMATICS**

#### **GRADE 9**

Math 9 at Cardinal Léger covers the following topics: Square Roots and Surface Area, Powers/ Exponent Laws, Rational Numbers (Fractions), Linear Relations, Equations and Inequalities, Polynomials, Similarity/Transformations, Geometry, and Probability. Students are assessed using concept checks, assignments, projects and exams. There is a large focus on mental math, estimation and developing mathematical reasoning. Students will develop and apply new mathematical knowledge through problem solving and learn different ways to express their understanding.



# SCIENCE

### **GRADE 7**

Science 7 at Cardinal Léger begins to explore the main streams of biology, chemistry and physics through five units: Interactions and Ecosystems, Plants for Food and Fibre, Heat and Temperature, Structural Forces and Planet Earth. Students investigate concepts using the scientific method, hands on learning and collaborative work. In addition to summative quizzes, students demonstrate their learning in a variety of methods, including labs, activities and some larger projects. Notable projects include Tomatosphere (Plants for Food and Fibre) and Zombie Apocalypse (Heat and Temperature).

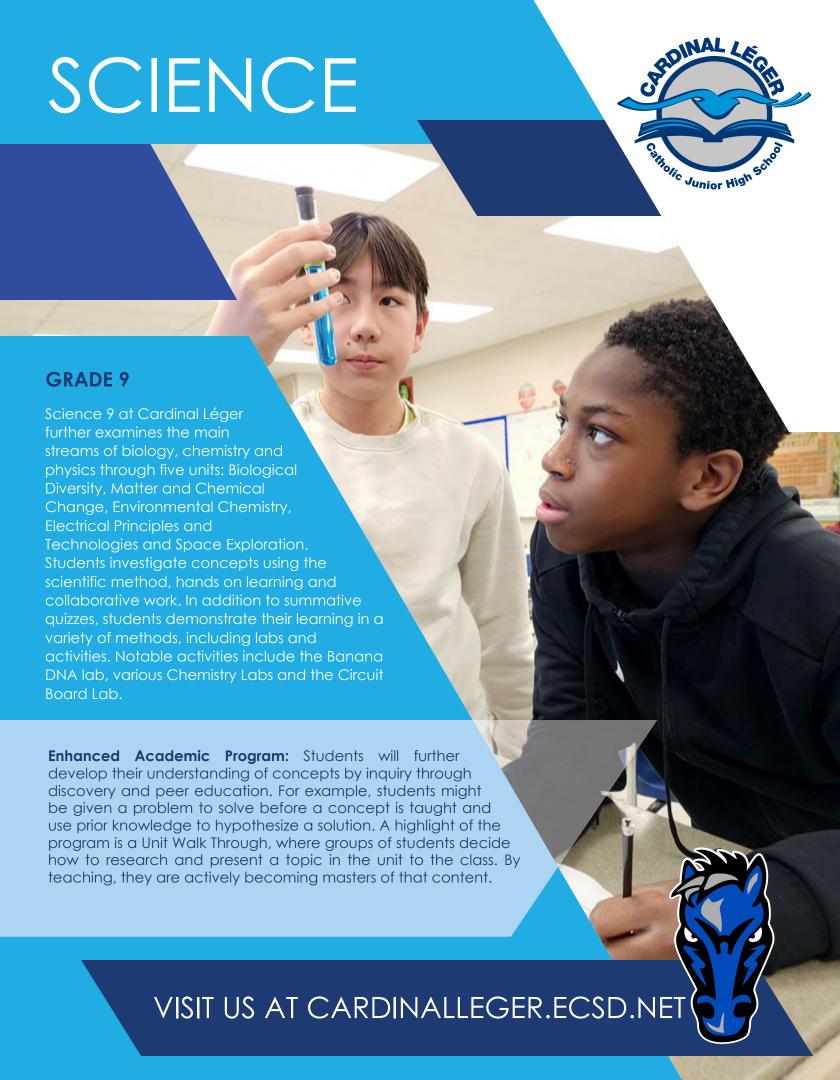
Enhanced Academic Program: Students will further develop their understanding of concepts by inquiry through discovery, more choice and peer education. Students might be given a problem to solve before a concept is taught and use prior knowledge to hypothesize a solution. For larger projects students are given more choice and independence in how they approach the problem at hand such as researching on a device to build and responsible for determining their own designs and testing formats.

## **GRADE 8**

Science 8 at Cardinal Léger continues to explore the main streams of biology, chemistry and physics through five units: Mix and Flow of Matter, Cells and Systems, Light and Optical Devices, Mechanical Systems and Fresh and Saltwater Systems. Students investigate concepts using the scientific method, hands on learning and collaborative work. In addition to summative quizzes, students demonstrate their learning in a variety of methods, including labs, activities and some larger projects. Notable projects include As Seen on Léger TV (Mechanical Systems) and Diagnosing Diseases (Cells and Systems).



Enhanced Academic Program: Students might be given a problem to solve before a concept is taught and use prior knowledge to hypothesize a solution. For larger projects students are given more choice and independence in how they approach the problem at hand. For the Diagnosing Diseases project, students take on the role of medical professionals by listening to symptoms of their patient and determining a diagnosis and health plan.



# HEALTH & PHYSICAL EDUCATION

In Physical Education, Grade Seven students will take part in various activities that will help them lead an active, healthy lifestyle. Throughout the year, students will be introduced to units that will help them grow to appreciate the importance of physical activity while discovering life skills of cooperation, leadership, fair play, and teamwork.

In Health, students will understand more about how their self-image is affected by the people they see on social media. They will compare their

In Health, students will understand more about how their self-image is affected by the people they see on social media. They will compare the own choices about physical activity, healthy eating, and sleep with recommended health standards. Grade Seven students will also learn what makes good friendships, and they will begin to build a personal portfolio or collection of items that show their strengths and interests.





# HEALTH & PHYSICAL EDUCATION

### **GRADE 8**

In Physical Education, Grade Eight students will continue to participate in similar units that will help them gain confidence in various physical skills. They appreciate the importance of physical activity while practicing life skills of cooperation, leadership, fair play, and teamwork.

In Health, Grade Eight students will learn about accepting themselves as they are. They will examine the relationship between choices and consequences and learn about the different types of communication styles. Students will also study what makes someone a good leader and example for others, and what a good group/team member looks like.





The Grade 8 Religion program focuses on the many ways in which the Holy Spirit impacts our lives, our Faith, and the world we live in. Students will focus on the many ways the Holy Spirit helps us to develop our conscience and make moral decisions for the common good of all of creation. They will also identify the presence and power of the Holy Spirit in the birth, death and resurrection of Jesus through our Advent and Lenten units. Main projects that students completed throughout the year include a visual collage of the many signs and symbols of the Holy Spirit, as well as a comprehensive social justice project which tackles a global issue impacting the common good of humanity.







At Cardinal Léger, students have a multitude of opportunities to be stewards of their Catholic faith.

Throughout the school year, religious celebrations are held in our school community and our school parish, St. Matthew. These celebrations include:

- School Opening Mass
- Thanksgiving
- Remembrance Day
- Advent Weekly Celebration and Mass
- Ash Wednesday
- Holy Week Mass
- Cardinal Léger Day
- Grade 9 Farewell
- School Closing Celebration



- Knowledge Development and prepares students for mastery in foundational, subject-specific content.
- Character Development by developing honesty, integrity, and self-reliance through the application of their knowledge and skills.
- Community Engagement by enhancing their understanding of diverse communities and identify connections that transcend difference.

Within EAP, students will develop and apply the Alberta Education Competencies, including critical thinking, problem solving, managing information, creativity and innovation, communication, collaboration, cultural and global citizenship and personal growth and well-being, which can lead towards successful learning, living, and working.

The junior high years can provide a powerful opportunity for students to acquire the skills, habits of mind and concepts they need to engage in higher levels of learning. The EAP program prepares students for Advanced Placement courses in high school.





# ENHANCED ACADEMIC PROGRAM

## IS THE ENHANCED ACADEMIC PROGRAM DIFFERENT THAN THE ALBERTA EDUCATION PROGRAM OF STUDIES?

No, EAP is an enrichment of the Alberta Education's specific learner outcomes.

Students will demonstrate mastery in foundational, subject-specific content and develop competencies in Language Arts, Mathematics, Social Studies and Science.

## WHY SHOULD I CONSIDER THE ENHANCED ACADEMIC PROGRAM FOR MY CHILD?

EAP courses are designed to integrate the knowledge base of Language Arts, Mathematics, Social Studies and Science to learn to think for themselves, solve problems creatively, collaborate and communicate effectively. EAP prepare students for high school enriched academic courses such as Advanced Placement, International Baccalaureate Diploma and Honors programs.

HOW DO I KNOW IF MY CHILD IS A GOOD CANDIDATE FOR THE ENHANCED ACADEMIC PROGRAM?

The EAP is designed for students who want:

- A more rigorous challenging program.
  - To broaden their understanding of academic topics.
    - To further develop and apply the Alberta Education Competencies in their learning
      - To continue to be socially responsible, life-long learners.

## ENHANCED ACADEMIC PROGRAM



## **SCIENCE**

## REQUIREMENTS FOR ENHANCED ACADEMIC PROGRAM CONSIDERATION

The Enhanced Academic Program runs from grades 7 to 9 and is determined through a yearly academic review and application process.

Students are able to apply to the EAP program at any grade level, however, students wishing to continue in the EAP program must maintain an academic average of 80% in all core subjects, including Religion, and must have a minimum Acceptable Standard level of achievement in all other subject areas.

Starting in 2023-2024, students in EAP 7 must take a modern language and/or music as part of the program for 3 years.

# ENHANCED ACADEMIC PROGRAM

## ARE THERE ENTRANCE CRITERIA FOR ENROLLING IN THE ENHANCED ACADEMIC PROGRAM?

Yes, the criteria for entrance into the EAP established by the Edmonton Catholic School Division are divided into three skills set areas: Academic, Attitudinal, Behavioral and Competency Based. Outlined below are the specific criteria within each of the three skill set areas. There is a yearly application process.

## **ACADEMIC SKILL SET**

## REPORTING ON ACHIEVEMENT

Student achievement as determined by the student's report card demonstrates performance that has "Proficient Standard" and / or "Standard of Excellence" level of achievement in the respective subject areas.

### **LEARNER SKILLS**

The student's social growth and work habits in the section of "Learner Skills" are reported as performing at the level of "consistently".

### STUDENT LEARNING

Teacher comments on student learning indicate a high aptitude for the respective subject areas and quality performance is demonstrated consistently.

## **ATTITUDINAL SKILL SET**

- Has a strong work ethic and is motivated to work hard.
- Is eager, self-directed, and capable of handling the accelerated pace of learning.
- Displays a positive attitude in the classroom and when interacting with peers.
- Welcomes new challenges and is inclined to be a problem solver.
- Has the ability to seek out alternate possibilities in a rational and logical manner.

## **BEHAVIORAL SKILL SET**

- Has the ability to work independently.
- Has the ability to work as part of a team, when necessary.
- Has the ability to plan, organize, and carry out a task to completion.
- Possesses strong study and research skills.
- Demonstrates an intellectual inquisitiveness over a broad range of interests.
- Is reflective and deliberate in his or her thinking.
- Enjoys involvement in the extracurricular life of the school.
- Demonstrates potential and willingness to assume leadership.

\*Information as of Jan 9, 2023

UP TO DATE EAP INFORMATION & APPLICATION FORMS ARE AVAILABLE ON OUR WEBSITE AT CARDINALLEGER. ECSD. NET

## OPTIONS AT LÉGER

Options in Junior High Schools are where it's at, at Cardinal Léger! We offer a wide variety of complementary courses at Léger with highly trained instructors and well equipped labs for students to explore their passions and get exposure to new skills!

The primary purpose of complementary courses in junior high is to give students an opportunity to expand, explore, and develop individual interests, talents, aptitudes, and skills. Students should choose complementary courses which are of aenuine interest to them.



## COMPLEME COURSES APPROACHES TO L

ART
COMMUNICATION
CONSTRUCTION A
DRAMA
ENVIRONMENTAL S
FASHION STUDIES
FILM STUDIES
FOOD STUDIES
FRENCH AS A SECONTALIAN LANGUAG
MUSIC (INSTRUME
RECREATIONAL LEA



APPROACHES TO LEARNING

Approaches to Learning (ATL) class will enable students to acquire, practice and demonstrate learning strategies with the help of a teacher and an Educational Assistant to further develop study skills. They set, evaluate, and revise these strategies on an ongoing basis by using technology. Students recognize that learning may be more effective independently or working in small groups. This in turn will increase their level of achievement in core subjects. They also participate in class activities that involve skill development, completion of assignments, and review for quizzes or exams.

Approaches to learning is a semestered option for Grades 7 - 9, with the option of taking ATL in both semesters, giving students the opportunity to learn techniques and apply them to further understand concepts from their core subjects. Techniques include organizational skills, time management skills, test preparation and test taking. Teachers will use current assessments and assignments to assist the students in reaching their full potential in exam writing and assignment completion. Students will also explore a variety of practical tips and techniques which seek to extend academic success.





# COMMUNICATION TECHNOLOGIES

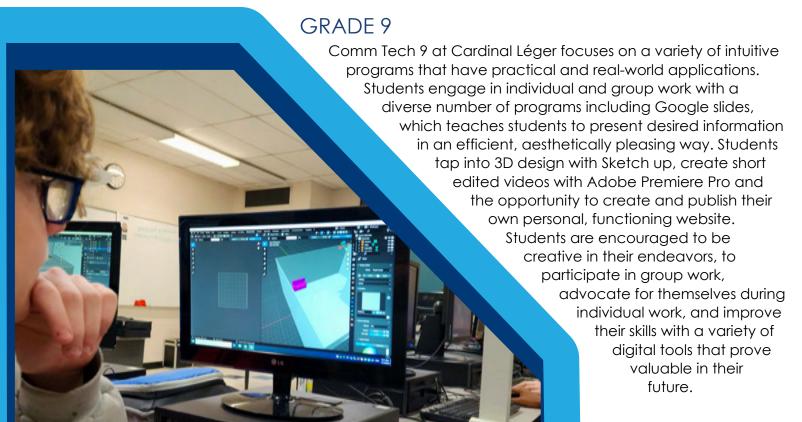
### GRADE 7

Comm Tech 7 is an introduction to a variety of technology programs and tools. Students' creativity will be encouraged as they have the opportunity to create animations in Pivot Animator and make music in Soundation. They will develop and improve their computational thinking skills by completing coding and artificial intelligence courses. Students will be introduced to Adobe Photoshop where they will overlap and edit images to create a final product. Throughout the course, students will learn essential digital literacy skills including their ability to type and produce engaging designs on different platforms including Google and Canva.



#### **GRADE 8**

Comm Tech 8 at Cardinal Léger allows students to explore the possibilities of a variety of digital tools. Using Adobe Photoshop, the students create a poster advertisement for a movie or video game. They also create short animations that incorporate their own digital drawings with sound effects and music. Using Google Sketchup the students design and create a 3D model of their dream house. With Adobe Premiere, the students are introduced to video editing, where they create a commercial or music video using a variety of camera angles.



## CONSTRUCTION

The Construction program at Cardinal Léger Junior High offers students the opportunity to learn how to use tools safely and confidently to build a variety of projects. This course is heavily hands-on lead by our skilled instructor. Students who take Construction gain essential life skills in our impressive lab.



In Construction 7, students begin by studying basic building structures. They gain knowledge of efficient engineering shapes and truss support systems to design and build a model bridge. Grade seven students also work on at least two woodworking projects, the tile trivet and coaster set. In the process, students learn to identify and become proficient with the safe usage of hand tools. They learn the skills of fastening using hammer and nails and cutting techniques such as mitre cuts, as well as tile shaping and grouting. These small scale projects allow students to learn the same skills necessary for large scale construction work that is in our everyday surroundings.

Students in Construction 8 begin by learning about and practicing safe and competent usage of power tools such as drills, saws, and sanders. There are a large variety of projects that students will go on to make in the wood shop including a key rack shelf, various birdhouse designs, and a folding stool. All that they build, they are able to keep. Different joinery techniques using nails, screws, and dowels are used in the process of building these projects. Applying finishes of paint and stain to preserve and add aesthetics to their projects is also taught. Learning to read imperial measurements, as is commonly used in the construction industry, is also introduced in this course.

Construction 9 offers the opportunity for students to learn many different construction skills during the hands-on building of their projects. After learning about safety practices when working with various materials and power tools, students will work on a number of different woodworking projects including a CO2 Dragster, which is actually raced down the track in the halls of the school. A character candy dispenser is a student favorite that requires measurement accuracy in cutting, drilling, and assembly in order to properly work. Students are also taught to solder and use this basic welding technique to assemble a model bridge display of their own unique design. Use of the sand blasting booth allows the students to create an etched glass project of a display mirror and stand or a personalized drinking glass. Students may discover their talent in the area of construction and become interested in a future career or hobby.

GRADE 9

# DRAMA ATLEGER

Drama
8 is an
intermediate drama
course. Through games,
activities, and projects, they will
expand their knowledge and skills of
speech, character, scene study and improvisation.
Students will also build an appreciation of drama
theatre through independent projects as well as
group projects and activities. These projects
include personal speeches, group scene
building and lip sync battles.

**GRADE 8** 

**GRADE 7** 

Drama 7 is an introductory drama course that focuses on building confidence. Students develop speech, character, improvisation, and scene study skills in this course. There are games, activities, and projects to help students build foundational skills for the next levels of drama. Some projects students will take part in are personal stories, quirky character creation and group scene creations. Each topic of study is assessed by projects as well as the growth seen through different games and activities.



Prama
9 is an
advanced drama
course. They will be
completing projects with more
independence and less teacher
guidance, so they are able to expand their
personal acting skills. Students in grade 9 will
have an opportunity to create their own skits
that they will oversee script, costume, prop
and set design. Other projects in grade 9
include mask creation, class leading and
technical theatre.

**GRADE 9** 

# ENVIRONMENTAL STEWARDSHIP

### **GRADE 8**

Environmental Stewardship 8 is an action-based course, where practical experiences with nature meet responsible social and environmental living. Students will demonstrate skill, judgment, confidence, and sensitivity in a wide range of activities outdoors. Students will participate and develop knowledge in the following activities: Survival games and activities, cold weather survival, warm weather survival, knot tying, compass and map reading, outdoor games and rock climbing and wildlife safety. Students will also be able to participate in several fun and exciting field trips throughout the year. Some of these field trips include mountain biking, tandem canoeing, rock climbing and snowshoeing. This is a hands-on course, which will provide students with practical outdoor skills and experience that they may take with them in all their future outdoor endeavors. The

knowledge and skills developed in this course will help them progress to more advanced outdoor skills and activities in the future.



## **GRADE 9**

Environmental Stewardship 9 is an action-based course in which practical experiences with nature shall develop responsible social and environmental living. Students will demonstrate skill, judgment, confidence, and sensitivity in a wide range of activities outdoors. This course shall be composed of, but not limited to, the following units: fire building, rock climbing, survival, shelter building, cold weather injuries, ice fishing, voyageur canoeing, geocaching and much more! Students will have the opportunity to participate in a wide variety of field trips and apply the skills and knowledge developed in class! These field trips will take place during the school day, and where students can learn about the outdoors and participate in some incredible activities. Some of the field trips include Rock climbing, fire building, voyageur canoeing and ice fishing. The final course field trip will be a 3-day and 2-night camping trip, where students can use the skills developed in class to set up camp, build fires, cook, play, and spend time with their friends in the great outdoors!



## FASHION STUDIES

Do you love fashion? Do you love creating and designing? Then this is the course for you!

### **GRADE 7**

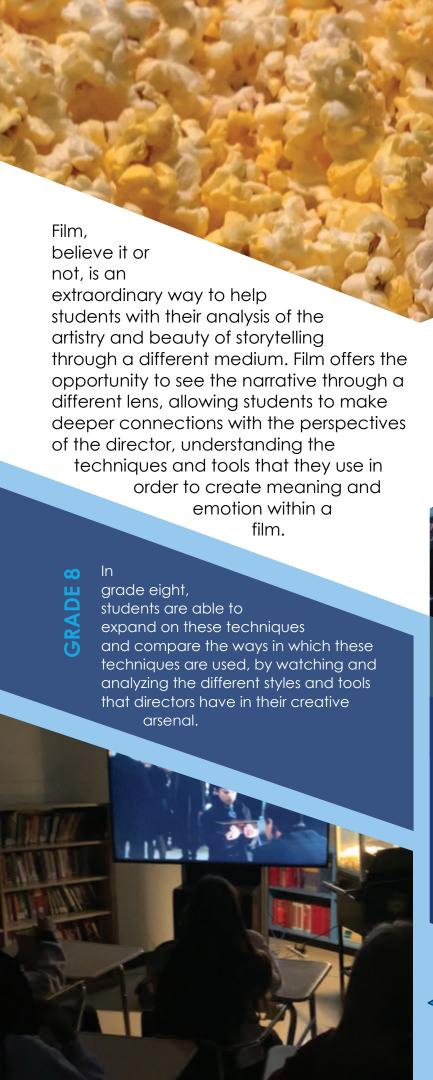
In Fashion Studies 7, we take a hands-on approach to learning about fashion and its history. You will complete a variety of projects ranging from learning elements of design, fashion illustration, crochet, and hand sewing. We will go over the basics of various skills and equipment involved in hand sewing, crocheting and weaving. An additional focus on Indigenous culture and traditions that have influenced today's era of fashion style and crafts will be explored and applied to an Indigenous hand weaving project.

## **GRADE 8**

In Fashion Studies 8, we take a hands-on approach to learning about the history of fashion and the construction of items including clothing, as well as fashion and yarn accessories, that accommodate every student's level of skill. You will use both hands and machines to sew. We will review the basics of various equipment from the sewing machines and sergers, to pressing and following patterns. You will be working with woven, non-woven and knit fabrics and practice applying decorative techniques to a variety of their projects. An additional focus on Indigenous culture and traditions that have influenced today's era of fashion style and crafts will be explored and applied to an Indigenous beading project.

## **GRADE 9**





## FILM STUDIES

In grade seven, students are introduced to film studies and the techniques that are used by directors in order to create meaning and evoke emotion in their audiences. These techniques are taught and then explored through a variety of films, genres and eras.

**GRADE 9** 

**GRADE 7** 

In grade nine, students will take a more analytical approach and begin to compare common themes within film, making meaningful connections and comparisons that will allow them to fully understand the film as a whole and it's comment on the time of the world that it was filmed in.





**GRADE 9** 

Whether you are brand new to the kitchen or an experienced junior chef, this course is for you! The Food Studies 7 option allows students of all ability levels to learn the fundamentals of cooking and baking such as recipe reading, measurement, and preparation techniques. The course also teaches lifelong skills like teamwork and time management in a fun and fast-paced environment. By completing various tasks such as a "Kitchen Safety Escape Room," "FBI: Wanted Ad" and a "Kitchen Scavenger Hunt" students will gain a thorough understanding of basic kitchen equipment, as well as food safety and sanitation. With a focus on baking basics, recipes prepared include various cookies, homemade pizza dough, cinnamon twists, churro chips, grilled cheese, French toast & more!

### **GRADE 8**

Food Studies 8 is an exciting hands-on course where you work in a group setting learning new skills, making new friends, and eating your assignments at the end of the class. We will provide you with the basic skills and abilities for planning, preparing, and presenting foods, developing your teamwork skills, managing your time, and learning safe food practices with safety and sanitation at the forefront. Food Studies 8 builds on skills learned in Foods 7 and introduces basic knife skills with a greater focus on cooking and the introduction of more complex recipes. Through various challenges like "Chopped: Recipe Version" and "Cupcake Wars", you will have a chance to practice critical thinking, planning, designing, creating and problem solving while working independently or with others as part of a team. Look forward to preparing recipes such as breakfast sandwiches, cinnamon twists, Parmesan crusted crazy bread, pico de gallo salsa and chips, air fryer wedges, handmade pretzels, Chinese fried rice and a few more favorites that our students love!

Grade 9 Foods is where you will extend your culinary skills and expand your palates. Focusing on more complex and multi-step recipes with lab safety and sanitation practice at the forefront, you will have the opportunity to execute food options that are not only healthy and affordable, but delicious! You will incorporate new techniques such as sautéing, pan searing, broiling and even air-frying. With new kitchen tools, you will be able to try your hand at numerous recipes as we delve into a breakfast, lunch and dinner series of meals that cross into various ethnicities and cultures. You will also have the chance to explore the Canadian food system and learn about the production of farm to table foods. Through various projects like "Restaurant Rescue", "Follow a Foodie" and "Food Festival Season", you will continue to demonstrate critical thinking, the ability to plan, design and create a project, do independent research, and problem solve while working independently or with others or as part of a team. Look forward to some fantastic recipes like crepes, crispy egg crunch wraps, avocado smash toast, taco rice bowls, nachos, homemade pizza, various pasta recipes, scones, soups, air fryer chicken wings, homemade hand-pressed burgers and sweet and spicy chicken! Our students have raved about how easy and delicious the meals they create are, and how they continue to practice their skills at home in their own kitchens.



**GRADE 8** 

The French seven program at Cardinal Léger offers students the opportunity to continue their French learning experience from elementary school. Students can expect to be immersed in the French language as soon as they walk in. In French seven, we focus on filling any gaps from elementary school French, reviewing speaking, reading, writing, and listening skills in a focused manner. Frequent games are played to master the skills.

The French eight program at Cardinal Léger is a complimentary course students can choose in Grade 8. Students in French 7 continue their learning in Grade 8. In Grade 8 French, students can expect to continue to be immersed in the French language building their speaking, reading, writing, and listening skills in a focused manner where French is spoken 70-80% of the time. In the Unit of Entrepreneurs en herbe (Budding/Aspiring Entrepreneurs), students learn vocabulary and grammar to create a business

plan for an original restaurant.

Through the Consommaction (Consumerism) unit, students learn vocabulary and grammar to compare items and show which one is better and why. Opportunities to explore the French language and culture are offered through a field trip to the Crêperie Restaurant. French 7 is a prerequisite to register in French 8.

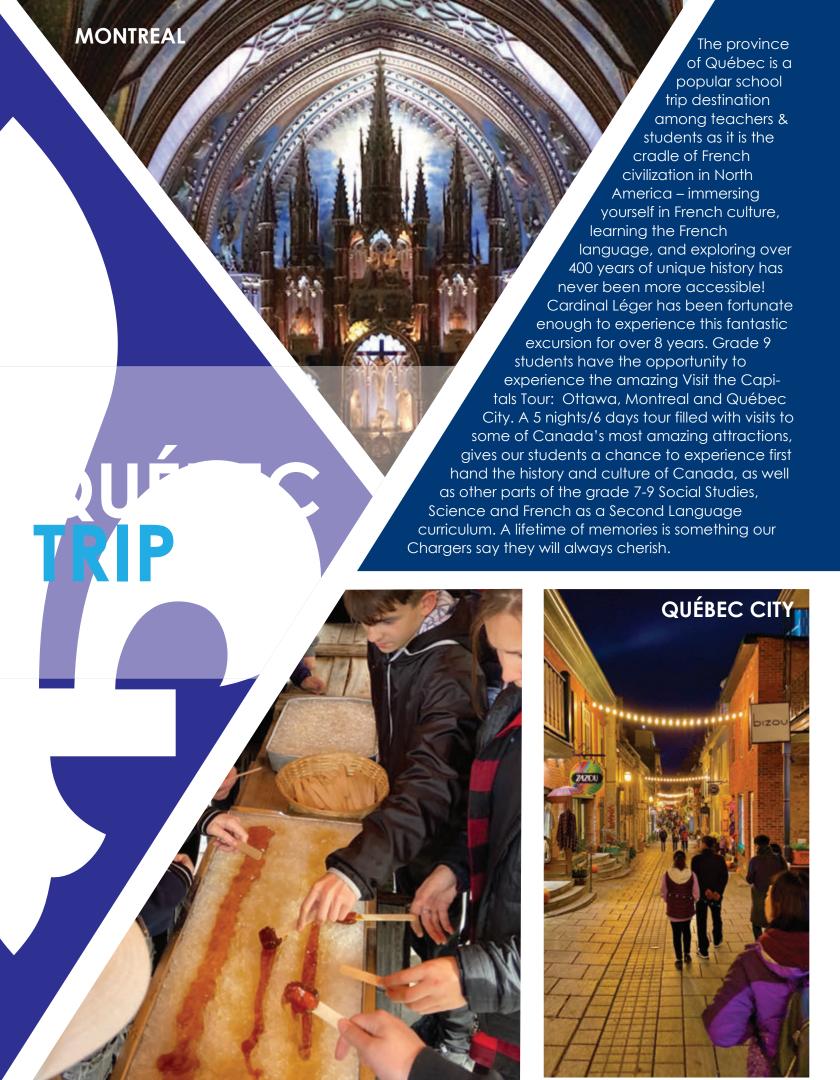
The French 9 program at Cardinal Léger is a complimentary course students can choose in Grade 9 to continue their language development from Grade 8. In Grade 9 French, students can expect to continue to be immersed in the French language building their speaking, reading, writing and listening skills in a focused manner where students will be speaking in French 90-100% of the time. The Units of Retro-Monde (The Retro-World) and A l'action (In Action) are taught where students learn vocabulary and grammar to create a presentation on a chosen decade as well as present a sport or activity and the related skills necessary to play it. Opportunities to explore the French language and culture are offered through a field trip to the Crêperie Restaurant. Students completing French 9 have the solid foundation for continuing in high school French. French 8 is a prerequisite to register in French 9.

**SECC** 

LANG

l G F

GRADE 9





#### **COMMUNICATION IS KEY**

The aim of our program consists of four components, with the communicative approach at the forefront. Application, language competence, global citizenship and strategies are key in developing the language skills of our students, as well as providing an environment where they feel a connection to the Italian culture itself. With various dynamic lessons, and a focus on oral communication, students gain confidence in using the Italian language in various situations that relate to specific themes, while meeting specific curricular outcomes. Students can expect to be conversing and practicing their language skills for the better part of each class.

A goal of

is to not only connect to our culture at school, but in our community as well. Organized activities with our sister school St. Phillip, and the students enrolled in the Italian and culture program from K-6, is something we encourage and look forward to each year. Board game days, read alouds with the little ones and Carnevale, being the biggest event, are some of the highlights we enjoy.

# ITALIANI CULTURE

Several exciting field trips are planned throughout the year for each grade. Visits to Italian markets to enjoy tours and great food, lunch at locally owned restaurants, a bocce day and lunch at our Italian Seniors Centre and potentially our first ever trip to Ottawa, for our first ever "Italian Ottawa Week". There, students will have the opportunity to explore all different facets of Italian life and Culture.

An extension of our Italian Culture and Language program is a culinary component, where students have the opportunity to not Z only learn about Italian food and its roots, but try their hand at () cooking the food themselves in our Foods lab. We bring awareness to healthy food options of the Mediterranean diet, and the students are  $oldsymbol{ol}}}}}}}}}}}}}}}}}}$ exposed to the simplicity and delicious options that are not only easy, Z but affordable. We also offer in-school field trips where students can experience even more aspects of Italian cuisine with dynamic demos of italian sausage making, delicious Italian donuts and more. Students have the opportunity to engage in exciting activities like the Italian Charcuterie Challenge and Pizzelle making. Enjoying Holiday foods and treats is another favorite as the kids get to experience some of Italy's most treasured traditions like panettone, torroncini and oven roasted chestnuts.

#### ITALIAN CULTURAL DAY

Our annual 'Italian Cultural Day" is an opportunity for all students in our program to showcase and enjoy some of Italy's most cherished activities and food in the Spring, A mini-World Cup, a Bocce tournament, gelato, an Italian food stand, a calzone food truck and our very own Italian pavilion tent are just some of the things to experience.

# Students participating in Instrumental Music may develop a strong admiration and fondness for playing an instrument that has the potential to flourish into further experiences in the fine arts through concerts, extra-curricular band and the opportunity to play in division level bands such as All-City Jazz Band and

All-City Honor Band.

INSTRUMENTAL MUSIC



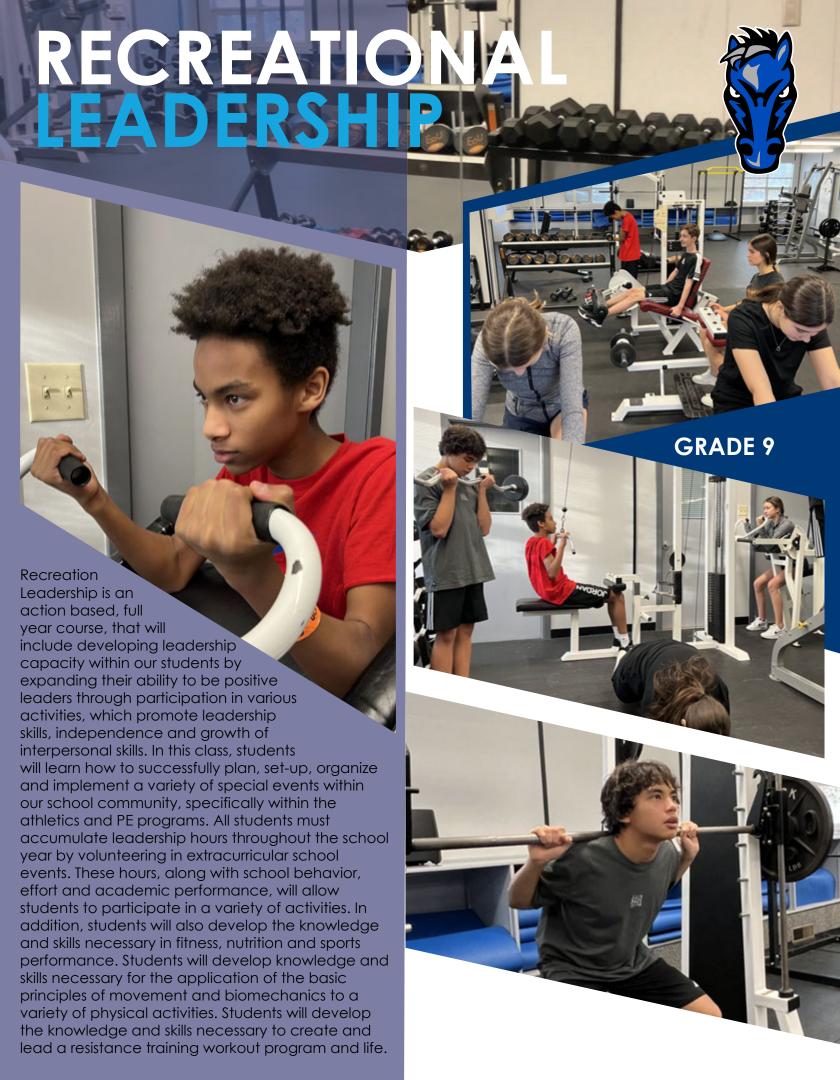
Music 7 is a beginner music course. Students will focus on the development of basic music rudiments through the study of music theory, musical vocabulary, and the playing of a wind band instrument. Instruments available include the flute, oboe, clarinet, bass clarinet, alto saxophone, tenor saxophone, French horn, trumpet, trombone, baritone, tuba, and percussion. Students will select one instrument which they will learn and play throughout the school year as they develop basic music skills. Music 7 students will perform at the school's Winter Concert and Year End Concert as demonstrations of their learning.

Music 8 continues where Music 7 left off. Students who take Music 8 as an option will continue to learn on the instrument they chose in grade 7. Students will focus on more intermediate rhythm, notation, musical vocabulary, and music selections. Students will also focus on learning and playing major scales, the chromatic scale, and concert music that is suitable to the level of the class. Music 8 students will perform at the school's Winter Concert, Year End Concert, and other school events as required as demonstrations of their learning. Students in Music 8 have the option of attending an overnight band camp at Camp Nakamun.

Music 9 is an advanced level music course designed to prepare students for high school music. Students who take Music 9 as an option will develop more advanced knowledge and understanding in all aspects of music. Students will focus on learning and playing major scales, minor scales, the chromatic scale, and concert music that will challenge them. Students will perform at the school's Winter Concert, Year End Concert, and other school events as required as demonstrations of their learning. Students in Music 9 have the option of attending an overnight band camp at Camp Nakamun.

Note: Music 9 students continue work completed in Music 8 and so it is not advised that students take Music 9 if they have not taken Music 8.

GRADE 9





#### **HOW MANY OPTIONS DO I GET TO TAKE?**

Typically, students at Cardinal Léger Junior High have three options per semester. This is based on scheduling and option selection interest, which may change year after year.

#### **ARE OPTIONS FULL YEAR?**

We run on a two semester schedule at Cardinal Léger where most options will change in the second semester. Some options at Cardinal Léger are full year, including Languages and Music which run from September to June.

#### DO I GET ALL THE OPTIONS I WANT TO TAKE?

At Cardinal Léger, options are chosen in the spring. Families will receive an option form sent electronically where students will rank their option selection preferences. Due to class sizes and scheduling, spaces in some options are limited and will be filled on a first come, first serve basis as the option forms are returned. Majority of students are registered in their top choices.

#### WHAT DO OPTIONS LOOK LIKE IN GRADE 7?

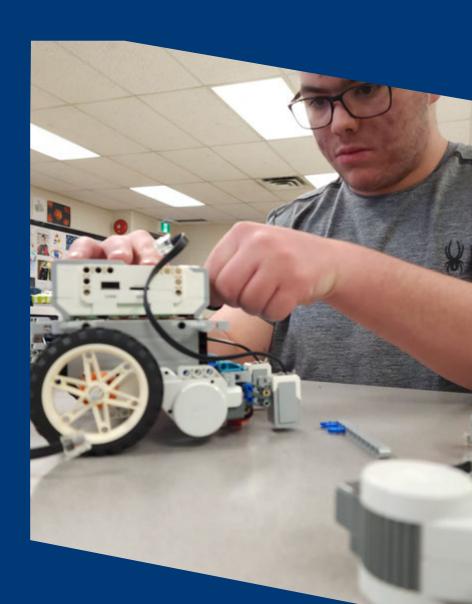
To give students exposure to all that Cardinal Léger has to offer for our complementary courses, students in Grade 7 will be required to register in either a Modern Language (French or Italian) OR Instrumental Music. Students will be able to take both Instrumental Music AND a Modern Language if they choose to do so in addition to our other complementary course offerings.



There are a number of opportunities for students to become involved in extra-curricular activities at Cardinal Léger that occur at lunch hour and after-school.

#### **LEGO ROBOTICS**

Lego Robotics is a team-oriented activity that focuses on students working together to achieve the goal of building and programming a Lego Mindstorms robot. Every year, students are presented with a challenge from the First Lego League. The challenge consists of a real-world problem that students must solve with creative solutions. Along with this problem is a robot competition which challenges students to build a robot to complete several tasks on the competition table. Lego Robotics is a STEAM-oriented activity (science, technology, engineering, arts, and mathematics) which pushes student development in those areas. Every year in January or February, students participate in the First Lego League competition which tests their teamwork, project creativity, and robot in a friendly competition environment.



#### STUDENT SOCIAL JUSTICE

The Cardinal Léger Social Justice club nicknamed "The Charitable Chargers," is open to students of all grade levels, and is an opportunity for students to focus on learning and applying the 7 elements of Catholic Social justice in our school and the greater community. Throughout the school year, the Charitable Chargers spearhead many of the school-wide social justice activities such as our Thanksgiving Food Drive, our Christmas Hamper Campaign, and clothing collection for the homeless. Students will also have the chance to participate in field trips to local charities where they can directly see the benefits of their generosity and the need for it in our world.



holic Junior High



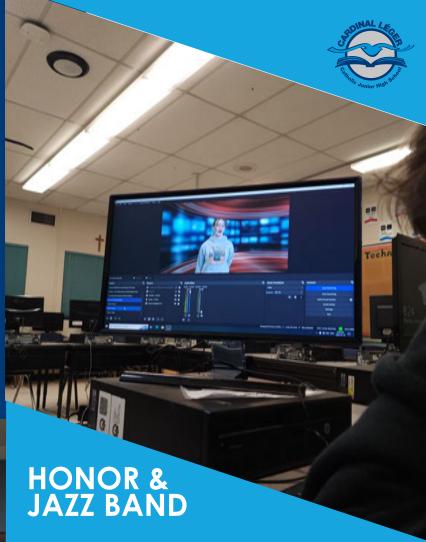
#### STUDENT LEADERSHIP

The student leadership team offers students in grades 8 & 9 the opportunity to participate in various activities that will create a sense of school spirit and community. It may require organization of special events, such as: Preparing Theme Boards, Terry Fox Day Run, Halloween Week, Feeder Volleyball Tournament, Christmas Week, Acts of Kindness Week, Easter Week and assisting with Grade Six Orientation and Open House. Another important component of this club is volunteering as a concession worker or score-keeping for extracurricular sports. Thus, members of our student leadership club represent our school in the various activities they participate in and should be able to exemplify their leadership qualities during activities and role model themselves as positive citizens of our school.

#### **BROADCAST CLUB**

Broadcast club runs almost every day of the school year. Students collaboratively write, produce, and star in Cardinal Léger's morning news broadcast. The broadcast team includes several different roles. The writers take the school's announcements and transform them into an entertaining script. The technicians operate the broadcast software and cameras. They change the music, pictures, videos, and reflect use green-screen to announcements and the season. The anchors take the stage and shine on camera sharing news and events to the students and staff at Cardinal Léger.





In addition to students participating in Music 8 and 9, students can further enrich their learning in the various extracurricular bands offered after school. At Cardinal Léger, music students can choose to play in the Honour Band and Jazz Band, each of which meet once a week for rehearsal. These groups allow students to work together across grades to perform more challenging music than what is performed in class. Students who participate in Honour and Jazz Band perform in the Winter Concert, Year End Concert, and other school activities such as Open House. Students in Honour Band and Jazz Band have field trip opportunities including performances at Band Share Day, feeder schools, Alberta International Band Festival, and other adjudicated or judged events.

### RECYCLE & GO GREEN CLUB

#### DRAMA PRODUCTION

The Cardinal Léger yearly drama production is where students have the opportunity to perform on the stage through singing, dancing or acting. Students who are not comfortable with performance based roles can participate by sharing their talents behind the scenes learning the technical aspects of stage production including lighting, sound, set design and construction, make up, costuming and stage management. This extra-curricular activity is open to all students regardless of their experience or acting ability.



#### YEARBOOK CLUB

Yearbook Club runs ten months during the school year. Students selected for this committee must have a strong interest in photography and technology. Roles of a yearbook member include taking photos of sports events, school-wide activities, and religious celebrations, uploading photos on the school drive and Josten's Yearbook Avenue site, designing layouts, selecting quality photos for specific pages, doing write-ups about sports and school events, and reviewing and editing pages.

#### **FITNESS CLUB**

Fitness Club is an after school drop-in program offered to all students from grades 7 - 9. The club is designed to provide students with the knowledge, skills and experiences necessary for pursuing a life-long fitness journey. The club is offered two days a week where students can work out in the Cardinal Léger fitness centre. Safety, technique, and workout program support is made available. The program typically runs from January to April, as students work towards achieving their goals and improving their overall fitness.

#### **WELLNESS CLUB**

"Wellness Wednesdays" are an opportunity for students in all grade levels at Cardinal Léger to be part of a team that works together to promote wellness at our school. In addition, students discuss strategies and participate in activities to enhance their own well-being.



#### **CHESS CLUB**

Need practice in becoming the next Chess Grandmaster? Grab a friend to challenge and join the weekly Chess Club that runs after school.

Mini-tournaments happen throughout the year to crown

the Cardinal Léger champion!



If you love the outdoors, the smell of freshly cut grass, friends, fun and a challenge, then this club is FORE you! Golf Club is a fantastic opportunity for students to explore and enjoy the wonderful sport of golf. This is not a golf team, it is a golf club, a club that is for all levels, so anyone who is interested can join! Our club traditionally runs out of Sandpiper golf course, where a professional golf instructor will help students with their swing, their chipping, putting and golf etiquette. Student members will have 5 group lessons and a 9 hole tournament at the end of the season. Golf club is a wonderful way to expose young people to a sport that typically isn't played until a later age, allowing our young members a head start while building a passion for golf at an early age.



There are a variety of activities that happen throughout the school year for students to participate and become involved in a leadership capacity. From door decorating at Halloween to theme week dressing at Christmas time, our Student Leadership group ensures there is never a dull moment at Cardinal Léger Junior High!





## AWARDS & STUDENT RECOGNITION

Cardinal Léger Junior High School is delighted to commemorate all student achievements, both big and small. Cardinal Léger's Salute to Excellence Awards is split into three distinct categories:

#### **Special Recognition Awards**

Most Outstanding Student (7,8,9) Citizenship Award (7,8,9) Christian Leadership Award (7,8,9) S.E.L.E.C.T. Award (7,8,9) Superintendent Award of Excellence (9)
Jeff Dartnell Scholarship Award (9)
Shining Light Award (any grade)
Fine Arts Award (any grade)

Awards such as the Jeff Dartnell Scholarship Award honor a student who demonstrates the most personal growth from Grade Seven to Nine. Therefore, awards are not solely given to students with high averages. Cardinal Léger recognizes students who are determined, with a good attitude, and willing to become the best versions of themselves.

#### **Athletic Awards**

Most Outstanding Male Athlete
MVP & Coaches Choice - Soccer
MVP & Coaches Choice - Volleyball

Most Outstanding Female Athlete

MVP & Coaches Choice - Basketball

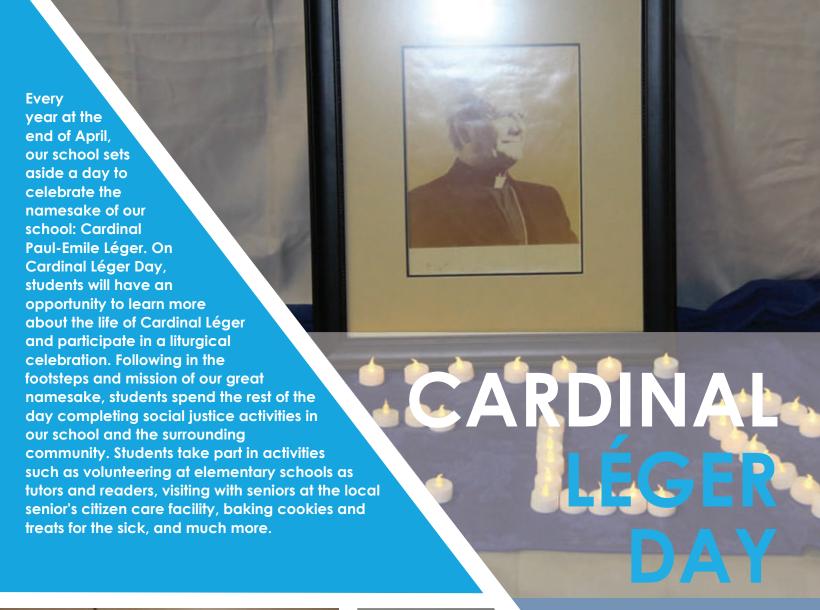
MVP & Coaches Choice - Track and Field

It is not consistently the best athlete on the team that receives the award. Students who play on a Léger sport team may win an award for developing their skills while they maintain positive attitudes throughout the season.

#### **Academic Awards**

Honor Award - Students who receive an average of 80% (320 marks) or higher in the four core subjects of English Language Arts, Social Studies, Science, and Math, as well as no other mark below 70% and a minimum of Acceptable Standard in any other course will receive this award.

Parent Advisory Council Award (7,8,9) (highest average)











Cardinal Léger is proud of our volleyball program and has had a long history of success both at the developmental level and the advanced levels. Cardinal Léger offers four teams: Junior Boys, Junior Girls, Senior Boys and Senior Girls. The Junior teams (Grades 7,8) are primarily focused on introducing the game, systems, rules and focuses on the development of fundamental skills, abilities, and overall knowledge of the game. Junior teams will compete in a series of "Junior Nights", which are exhibition games, focused on developing basic skill and love for the game. Our Senior teams (Grades 7,8,9), at Cardinal Léger compete in the Division 1 league where games, league play and tournaments are highly competitive. Senior teams focus on more advanced game play, systems, and overall progression in the sport. Senior volleyball teams have two major weekend tournaments, a regular season, and playoffs. Length of the season depends on the success of each team.





basketball in particular. There is a palpable energy

that fills the school during Basketball season. Students who are on a Basketball team at Cardinal Léger experience high quality basketball at the Junior High level. Students who have the privilege of being on either a junior or senior Basketball team at Cardinal Léger are held to a standard that places academics and respect to all staff and students before playing time. Cardinal Léger Basketball players are expected to be stewards of our school wherever they may find themselves, at tournaments, another school's gym, and of course in our school itself. Students and teachers have the pleasure of working collaboratively with each other in coaching and player capacities. Cardinal Leger Basketball coaches are dedicated, experienced and knowledgeable with a love for the game and a passion for coaching and our students.



### CHARGERS ATHLETICS

#### **CROSS COUNTRY**

The Cardinal Léger Cross Country team is open to all grade levels and fitness abilities. Students compete outdoors on natural terrain courses and runners are judged on an individual basis. Cross Country is a great way for students to be part of a team while working on their own long distance running skills.





#### **BADMINTON**

Cardinal Léger is proud of its Badminton program and the many years it has competed in the Edmonton Catholic North Division. Students in grade 7 have an opportunity to play for the development team. This team trains weekly to improve overall badminton skills and teamwork. They participate in an exhibition league with other schools. There is also a tournament to wrap up the season. Players are considered to fill in spots on the senior team if the need arises. Students in grade 8 and 9 have an opportunity to play for the senior team. This team trains weekly to enhance badminton skills and teamwork. They participate in the ECSD league composed of teams in the north and south divisions. Playoffs and finals are held at St Joe's High School. A couple of years ago, our senior team won the north zone and won the city championship qualifying players in all five categories: boys singles, girls singles, boys' doubles, girls' doubles, and mixed doubles. Many senior badminton players have played at the high school level and have contributed positively to the success of their high school teams.

### CHARGERS ATHLETICS

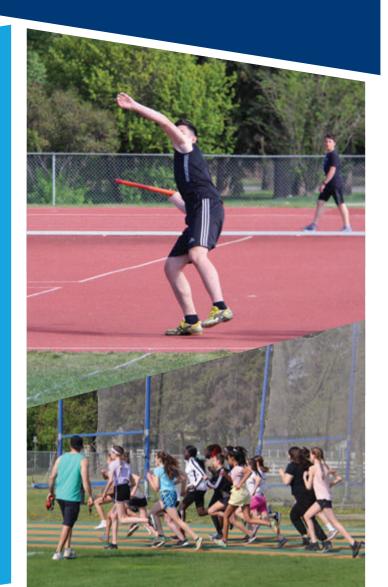


#### **SLO-PITCH**

The Cardinal Léger Chargers Slo-Pitch Softball team has been part of this junior high sporting activity from its inception and plays at the division 1 level against other ECSD junior high schools. This senior level team is co-ed, consisting of both boys and girls from any grade 7 through 9. The softball season runs through the month of May and the team plays 2 games a week along with 1 or 2 practices a week. The team also participates in a beginning of the season invitational tournament. If you wish to use your baseball skills and experience, bring your ball cap and ball glove and we'll see you out on the ball diamond!

#### **TRACK & FIELD**

The Cardinal Léger Track & Field team is composed of male and female athletes from all grades. Students have the opportunity to be introduced and participate in a variety of events in their physical education classes. These events include: 100m, 200m, 400m, 800m, 1500m, long jump, high jump, triple jump, shot put, javelin and relay. Those students who advance from their PE classes will then qualify at the school track and field day in May, which is held at Rollie Miles or Foote Field, located on the Southside of Edmonton. Those athletes that have success at the school meet will then compete in Zones against other athletes and other schools from ECSD. Athletes that qualify from Zones will then have the opportunity to compete in the City Championships depending on their placement in the Zone events. Track and field is an excellent opportunity for students to challenge themselves in a variety of athletics settings, whether it be short distance running, long distance running, jumping or throwing.



# CARDINAL



QUESTIONS OR PLACE FOR YOUR THOUGHTS

