

# Deer Meadow Academy

## Programs of Excellence

**Philosophy:** When students are engaged in learning something they are passionate about, they achieve their full potential and love learning.

**Academy Foundation Principles:** Programs of Excellence require that students achieve and maintain high standards to remain in the academies. Academies offered will be based on student choice; only viable programs will be offered. Students unable or unwilling to put forth the effort required to remain in an academy may be enrolled in an alternate academy after consultation with parents at the discretion of school administration.

**Academy Streams / Programs of Excellence:** Academies will fall under 4 major categories: Student Leadership Academy, Fine Arts and Languages Academy, Career and Technology Academy, and Sports and Recreation Academy.

**Student Leadership Academy:** Focus will include: fundamental study skills, student leadership projects (community legacy opportunities), community involvement (adopt a street, seniors web surfing, food bank drives), resiliency, school climate initiatives (organizing assemblies, spirit days, intramurals, composting, recycling), school communications media (newspaper/newsletter, video arts, morning announcements), student council, global citizenship (organizing charity initiatives, awareness of issues). Partnership opportunities with Olds High School Student Leadership and Olds College will be explored.

**Fine Arts and Languages Academy:** Offerings may include: Band (traditional woodwind and brass), Jazz Band, Guitar, Choir, STOMP (percussion performance art), Theatre Arts, Visual Arts (painting, sketching, sculpture), French, and Spanish (when staffing allows).

**Career and Technology Academy:** Students will have the opportunity to explore their interests, passions, and skills while making personal connections to career possibilities. Offerings may include Foods, Sewing, Woodworking, Quilting, and Computer Coding.

**Sports and Recreation Academy:** All students will receive instruction and training in the foundations of athletics. Core strength training, agility training, and training principles will be taught and continuously addressed. Sports psychology, ethics and nutrition will also be part of the general sports academy program. While primary instruction will come from Deer Meadow professional staff, partnerships will be explored with various community athletic organizations (Olds Grizzlies, Olds College, Red Deer College) to take advantage of their expertise. Academies may be offered in the following areas: Hockey, Volleyball, Basketball, Soccer, Softball/Baseball. Other offerings may be explored should there be student interest or qualified staff.

**Costs:** There is a General Academy Fee of \$40 for the year. In addition, tuition will be charged on the principle of cost recovery, with some programs costing more than others.

**Transportation:** Students will walk or be bussed to facilities off-site (Arena, CLC)

# **Deer Meadow Career and Technology Academy; Programs of Excellence**

Students interested in the science, technology, resources, business, and human services Academies.

## **Advanced Foods**

**Challenge:** How can we understand and create healthy, nutritious snacks and meals for students?

This class is designed to be an advanced class for students who have already taken their kitchen and food safety in Beginner Foods. More advanced meal prep and recipes will be tackled in this course. Students will be given more responsibilities in the kitchen, and face more difficult cooking tasks.

**\*This class is open to anyone who has completed Kitchen and Food Safety the modules in Beginner Foods.**

**The cost for this Academy is \$30 per term**

## **Beginner Foods**

**Challenge:** How can we understand and create healthy, nutritious snacks and meals for students?

This class will be a combination of a more traditional Foods Class, a study into specific food choices and how we are able to feed ourselves a diet that is healthy, and nutritious. Kitchen and food safety will be the starting point of this class. Students will then be challenged to use a select amount of ingredients to make nutritious and delicious meals.

**\*This class is open to anyone who has not taken a foods class at Deer Meadow before.**

**The cost for this Academy is \$30 per term**

## **Beginner Strategic Games**

**Challenge:** How can I improve my problem-solving skills, strategic thinking, and learn to work cooperatively in a team setting?

In this hands-on, beginner-friendly class, you'll explore strategy games that build critical thinking, decision-making, and teamwork skills. You'll play a variety of games that challenge you to plan ahead and think creatively—sometimes on your own, with a partner, or in a small group. Then, you'll design your own board game from scratch, including the rules, board, and pieces. Along the way, you'll test ideas, give and receive feedback, and learn how to improve your game while having fun and working together.

## **Botanical Builders 101**

**Challenge:** How can we use plants to create simple, beautiful, and useful projects that bring nature into our everyday lives?

In this hands-on course, students will explore the world of indoor gardening through creative plant projects like terrariums, seed bombs, and teacup planters. Alongside these garden crafts, students will also learn how to grow fresh herbs and vegetables using classroom hydroponic towers and school garden beds. The course emphasizes creativity, sustainability, and plant care, giving students both living projects to take home and practical skills for future gardening.

**The cost for this Academy is \$25 per term**

## **Botanical Builders 102**

**Challenge:** How can we design, test, and care for gardens and plant systems that are both creative and sustainable?

This intermediate horticulture course challenges students to design, test, and care for more complex indoor and container garden projects. Students will experiment with propagation, hydroponic systems, and pollinator-friendly planters while learning about plant growth, design, and sustainability. Through hands-on projects and small-scale experiments, students will gain practical experience in both traditional and modern growing methods.

**The cost for this Academy is \$25 per term**

## **Computer Coding**

**Challenge:** How can we use computer science to create usable apps and program-specific tasks?

Computer Science First is a programming course that involves block-based and theme-based coding using Scratch. The skills students learn will then be applied to making their own digital products with code.

## **Cosmetology**

**Challenge:** How can I explore topics related to esthetics and beauty for personal use as well as for a future career option?

This course will focus on developing the basic knowledge and skills in the cosmetology industry. Some topics of instruction will include basic nail care, hair braiding, skin care, and makeup application.

**Course Cost: Students will be charged a \$10 fee to cover the cost of consumables. In order to keep costs as minimal as possible, students will be asked to provide their own cosmetics that cannot be sanitized for class use.**

## **Digital Design**

**Challenge:** How can I improve my digital design skills to create multimedia projects that use digital tools to deliver a clear and creative message to my audience?

Digital Design is an engaging and hands-on course that introduces students to the world of creative media, visual communication, and design thinking. Students will explore how digital tools and software can be used to design graphics, create multimedia projects, and communicate ideas in powerful ways. This course blends creativity and technology, giving students the opportunity to build practical skills while expressing their own artistic vision.

## **Electrical Engineering and Electronics**

**Challenge:** How can we use an understanding of electrical circuits and electricity to perform real-world tasks?

The study of electricity incorporates all four pillars of STEM. In this course, we will be creating series circuits, parallel circuits and connecting them to various functions, providing the opportunity for students to become electrical engineers. In this course, students will not only build circuits but will also learn to use meters and to develop real world applications/challenges.

**The cost for this Academy is \$25 per term**

## **Intermediate Strategic Games**

**Challenge:** How can I strengthen my analytical thinking, refine my strategies, and collaborate effectively to solve more complex problems?

In this intermediate class, you'll dive deeper into strategy games to sharpen problem-solving and teamwork skills. You'll sometimes work in pairs, small groups, or individually to take on challenges that require planning, adaptation, and cooperation. Together, you'll design a more advanced board game with layered strategies, balanced rules, and interactive play. Through testing, feedback, and revision, you'll strengthen your critical thinking and collaboration while creating a polished game.

## **Woodworking**

**Challenge:** How can I learn to build using tools?

In this class students will learn tool safety and about possible future careers. In addition, students will use a variety of tools to complete small building projects.

**Cost: There will be a \$40 fee to cover the cost of materials and tool replacement/maintenance**

## **Deer Meadow Leadership Academy; Programs of Excellence**

Students interested in the Leadership Academy must demonstrate skills in organization, communication, public speaking, problem solving and taking initiative.

### **Home Alone**

**Challenge:** How can you become more responsible and more reliable in your home? You will receive the Babysitter's course certification.

Attendance is mandatory since you receive the Red Cross Babysitting Certification, as well as some helpful advice about staying home while your parents grab groceries or head to a meeting. This course allows you to complete the babysitting course during school hours and is a great addition to your resume!

**There is an additional \$20 fee which covers the cost of the Red Cross book.**

### **Interact**

**Challenge:** How can I have a positive impact on our world?

Students will work together to exchange ideas, build relationships, and TAKE ACTION on school-wide, local, and global social issues. Students will research areas of greatest need, develop project plans, and carry out these plans to see the impact they can have. We will develop leadership skills, such as listening, cooperating, collaborating, and public speaking. This is a self-motivated option that requires students to take responsibility and initiative for their learning. There are lots of opportunities to develop life long skills.

### **Leadership**

**Challenge:** How to promote to all students that they can find the courage to be a school leader. To promote discipline and self-confidence.

Cheers and chants, building relationships, organizing sock hops and pep rallies, building connections in the community, activities with the grade 5's and OES, talent show, spirit days, and helping people in our school, the community, and the province. You are required to demonstrate how to be the best person that you can be and to do things that are helpful to others. If this seems to be something that you are interested in then come on out and be a leader at DMS. You need to be ready to step out of your comfort zone and participate in planned activities.

## **Deer Meadow Fine Arts Academy; Programs of Excellence**

Students interested in the Fine Arts Academy must demonstrate skills in music, art, French, theatre, technology, and/or writing.

### **Arts & Crafts**

**Challenge:** How can I demonstrate my creative side using a variety of materials?

In this academy, students will create sketch book designs and craft projects using a variety of materials. They will be working with popsicle sticks, paper rolls, yarn, straws, paint, paper, and much more.

### **Art - Painting**

**Challenge:** How can I explore my creativity through painting on canvas?

Come and explore a fun and relaxing Painting Academy! Perfect for beginners and seasoned artists alike, this academy invites you to unleash your creativity while following a guided design. Choose from a variety of images, and let the colors and numbered sections lead you to a finished masterpiece. Each student will get to take home all their projects, but the main focus is their 8" x 12" canvas painting that they will paint by number to create.

**Cost:** There will be a \$20 fee to cover the cost of materials.

### **Art - Sketching**

**Challenge:** How am I able to explore my artistic side through sketching techniques?

This course is designed to introduce students to the foundational principles of art through the practice of sketching and drawing. Students will focus on one or more of the Seven Elements of Art: line, shape, form, value, texture, space, and color.

**Students will need their own sketchbook for this class.** If a student does not have their own sketchbook, one will be provided for them.

### **Art - Drawing**

**Challenge:** How can I explore my artistic creativity through drawing projects?

Unlock your creativity in this hands-on drawing class designed for beginners and art enthusiasts alike! In this course, you'll explore the Elements of Art—line, shape, form, space, texture, value, and color—as the essential building blocks of art. Through creative projects, you'll learn how to apply these elements to bring your drawings to life!

## **Band**

**Challenge:** How can I begin to develop my band skills to improve myself as an individual and as a group?

This program is designed to be the 2nd and 3rd year of the middle school band program (building on our Grade 6 program). Grade 7 and 8 students will be combined for both classes of Band A and B. Grade 7 students will be introduced to more advanced music, which will require improved skill and technique on their instrument. Grade 8 students will continue to build on skills and technique learned last year. Requirements: a commitment to practice, to take part in the winter and spring concert, and perform in the concert band. *Students will also have the opportunity to participate in the band trip at Camp Caroline for two nights (in February) for a cost.*

**Band is a full year commitment.**

**The cost for this Academy is \$20 for the whole year - this includes supply costs and music purchasing.**

## **French for Beginners**

**Challenge:** How can I explore spoken French?

Students will explore French as a modern language that incorporates a communicative approach using a variety of multimedia techniques to speak French in a variety of situations, such as: school, people around me, weather, holidays and celebrations, animals, clothing, food and nutrition. Students will have opportunities to expand their bilingual skills as that might help them for their future career growth and job skills. Students will also investigate various aspects of French and Canadian culture.

## **Deer Meadow Sports Academy; Programs of Excellence**

All Sports Academy students will receive instruction in the area of fitness and nutrition and how they apply to individual needs, while examining the importance of nutrition for optimal health and sport performance.

### **Basketball**

**Challenge:** How can I explore my interest in Basketball while taking my skills and knowledge to a new level?

Students will develop fundamental skills to build the foundation for future success as a basketball player. Classes will be run like an actual basketball practice; fundamental skills (shooting, passing, ball handling, defending, rebounding) will be developed through dynamic active drills that focus on proper technique. Team tactics and strategies will also be introduced.

### **Curling**

**Challenge:** How can I explore the sport of curling while deepening my knowledge and understanding of the game?

This course will introduce the students to the rules, skills, strategies and etiquette of curling. The course will begin with the basic fundamentals of curling; the sheet marking, hack, stones, delivery, sweeping, strategies and scoring. No previous experience is necessary.

**\*\* Students will curl for 3 periods (6, 7, 8), and will take part in a Fun Fit class for period 5 as part of this option \*\***

**The fee for this Academy will be \$25.00**

### **Volleyball**

**Challenge:** How can I improve my athleticism and gain a deeper understanding of the game of volleyball through participation in a variety of drills, activities and game situations?

The goal of this class is to introduce students to the fundamental skills and knowledge of the game of volleyball. Emphasis will be placed on learning the forearm pass, serving, setting, hitting and team play. As well, participants will acquire knowledge about volleyball rules, terminology, strategy and officiating.

### **Fun Fit**

**Challenge:** How can I find enjoyment from a variety of physically active endeavors?

Students that do not have an interest in any of the sport specific Sports Academy choices will enroll in this course. All students must fulfill the Alberta Education requirement that states that students at these grade levels must have instruction in Physical Education. This class will operate like a traditional Physical Education class with a variety of units of study that introduce students to many sports and fitness activities.



## **Intro to Personal Training**

**Challenge:** How can I improve my personal fitness while also learning the basics of personal training in a fitness facility.

The goal of this class is to introduce students to the basics of fitness so they can confidently perform and assist others in the foundational movements necessary for everyday life. Students will gain an understanding of how to plan a structured workout routine to ensure they are strengthening all aspects of their body. We will also discuss the positive impact fitness can have on both physical and mental strength.

## **Soccer**

**Challenge:** How can I improve and develop my soccer skills and performance?

**Join the ultimate soccer adventure!** Students will have the chance to fall in love with soccer while boosting their fitness, mastering new skills, and—most importantly—having a blast! Sessions are outdoors, so be sure to dress for the weather and bring a water bottle. No experience? No problem! Players of all abilities and skill levels are welcome.

## **Grizzlys Hockey Academy**

Grizzlys Hockey Academy will be offered again this year in terms 1, 2, & 3. Participants will commit to all Academy periods 5-8 on Tuesdays and Thursdays for the term.

Please see the following page for pricing and information.

**\*Participants will need to complete the registration at the website listed on the flyer:**

**<https://go.teamsnap.com/forms/497087>\***



## **OLDS GRIZZLYS Jr. ACADEMY**

### **GRADE 7 & 8**

The Olds Grizzlys Academy program will help grow a young player's game by exposing them to the most effective techniques and tactics to take their game to the next level. Our Skills program is an all-encompassing execution plan for success in today's aggressive, attacking, and fast-paced game of hockey.

**Focus: Hockey Skill, Athletic-Motor Skill Development.**  
**Off Ice and On Ice Training**

**Term 1 - Oct 2 to Nov 13, 2025**

Tuesday and Thursday - \$300 12 sessions

**Term 2 - Nov 25 to Jan 15, 2026**

Tuesday and Thursday - \$300 12 sessions

**Term 3 - Feb 3 to Mar 19, 2026**

Tuesday and Thursday - \$300 12 sessions

(No Academy on Non School Days)

\*Facilitated By: Olds Grizzlys Coaches and Players

**Register at:**

[www.oldsgrizzlys.ca](http://www.oldsgrizzlys.ca)

For more information: 403-507-9167 or  
email [admin@oldsgrizzlys.com](mailto:admin@oldsgrizzlys.com)

