



## Introduction

*I'm in junior high!* Grade 7 is exciting and challenging. In Grade 7, all students take the following required subjects: English language arts, health and life skills, mathematics, physical education, science, and social studies. Students in Francophone schools or French immersion programs take a mandatory French language course. Additional optional subjects are also offered.

## English Language Arts

*I can use different text forms to help me express my ideas.* Grade 7 students extend their understanding by finding different ways to express ideas, such as through magazine ads or brochures. They analyze how storylines progress, considering settings and characters, and make notes using headings, subheadings, or symbols.

### What Your Child Is Learning

In Grade 7, your child will extend their understanding by finding different sources of information that help them develop their ideas. They will explore different ways that people express ideas, such as through magazine ads and brochures, and they'll discover how ideas are directed at specific audiences to capture interest. Your child will analyze how storylines progress, considering settings and characters, and they'll take notes using headings, subheadings, or symbols. For more about Grade 7 English Language Arts, refer to the [program of studies](#).

## Health and Life Skills

*My friends like me for who I am. I have a lot to offer!* Grade 7 students become aware that they need to show more responsibility in their grooming, organization, study habits, and relationships with others.

### What Your Child Is Learning

Your child will understand more about how their self-image is affected by the people they see on TV, in movies, and in magazines. They will compare their own choices about physical activity, healthy eating, and sleep with

recommended health standards. Your child will know what makes good friendships, and they'll begin to build a personal portfolio or collection of items that show their strengths and interests. For more about Grade 7 Health and Life Skills, refer to the [program of studies](#).

## Mathematics

*I'm learning about statistics.* Your child will learn and explain the divisibility rules, solve problems involving percent, and add and subtract integers. They will add and subtract fractions and mixed numbers. Your child will model and solve one-step equations and two-step equations, and solve problems involving area. They will understand the mean, median, and mode for a set of data and create and interpret circle graphs.

### What Your Child Is Learning

Grade 7 students

- compare and order positive fractions, decimals, and whole numbers
- add, subtract, multiply, and divide decimals and use percent to solve problems
- understand the relationship between fractions and decimals, including repeating decimals
- add and subtract fractions and integers
- use tables, graphs, equations, and words to describe number patterns
- work with expressions and equations to solve problems
- understand the relationship between radius, diameter, and circumference in a circle
- develop and apply formulas for the area of triangles,



- parallelograms, and circles
- perform geometric constructions for lines and angles
- plot points in all four quadrants of a grid
- perform reflections, rotations, and translations of 2-D shapes in all four quadrants
- express probabilities as ratios, fractions, and percents

For more information about Grade 7 Mathematics, refer to the [program of studies](#).

## Physical Education

*What are the benefits of an active lifestyle?* Your child will take part in various activities that will help them to lead a healthy, active lifestyle. They will grow to appreciate the importance of physical activity while discovering essential life skills, such as cooperation, leadership, fair play, and teamwork.

## What Your Child Is Learning

Your child will participate in dance, games, gymnastics, individual physical activities, and activities outside of school, such as aquatics and outdoor pursuits. Through active and safe participation, they will understand what an active lifestyle involves and how their physical and emotional health will benefit from physical activity. Your child will also discover how positive interactions, through fair play, leadership, and teamwork, make physical activity more fun and productive. For more information, refer to the [program of studies](#).

## Exemptions from Physical Education

Exemption from physical education may be given

- for medical conditions, when a certification from a medical practitioner is sent to the principal with a statement of activities the student can't participate in
- for religious beliefs, when a statement in writing

- from a parent is presented to the principal
- when appropriate facilities can't be accessed

When a student is exempted, they will participate in other activities consistent with the aim and outcomes of the program, where appropriate.

## Science

*How are heat and temperature different?* Your child will begin the study of energy, matter, and forces and analyze and communicate understandings of Earth and its ecosystems. Grade 7 Science focuses on the science- and technology-related knowledge and skills your child needs in order to solve problems and make decisions about social and environmental issues.

## What Your Child Is Learning

Grade 7 Science students are introduced to geology—the kinds of materials and changes that occur on Earth's crust and in the interior of Earth. They apply physical science concepts like heat, temperature, and forces to analyze, design, and build safe and stable structures and devices that reduce heat loss. Students investigate how organisms interact within ecosystems and how these systems are affected by human activities. They also consider decisions and actions for sustainability of the environment and agricultural industries. For more information about Grade 7 Science, refer to the [program of studies](#).

## Social Studies

*How has Canada changed over time? What kinds of changes have there been and why?* Your child will explore the people and events that led to Canadian Confederation, and the major changes in Canadian life since then that have shaped citizenship and identity in our diverse society.

## What Your Child Is Learning

Canada has undergone some major changes during its history, and your Grade 7 child will uncover the stories behind these changes. They will become familiar with the



people and events that led to Canadian Confederation and with the political, economic, and social changes that took place afterward. Your child will gain an understanding of Canada's development into the multicultural, bilingual, pluralistic, and diverse society we know today. For more information about Grade 7 Social Studies, refer to the [program of studies](#).

## Common Questions

### How can I help my child with homework?

You, as a parent, play a key role in supporting and reinforcing your child's learning. It is important for you to talk with your child's teachers about their expectations for the work they assign. Keep in touch with the teachers about your child's progress, including successes and achievements, not just concerns. Knowing what the teachers expect and how they organize the classroom learning experience will help you to help your child. Don't be afraid to ask the teachers questions when you are unsure of the tasks and work assigned. Communication with teachers will help you and your child prioritize and organize the homework and studying they must do. Visit the school website or talk to the school office staff to find out the best way to communicate with your child's teachers.

Once you have determined what school work or skills your child must work on at home, set aside a time and place where there are few distractions and spend time with your child. Be positive and encouraging about learning to help your child feel confident and enthusiastic about success. Remember that success can look different for each child. Talk to your child about school work, help your child set realistic goals, and discuss progress in an encouraging way. Connect your child's school work with everyday life, and use these opportunities to problem solve in everyday situations. As you support your child through encouragement and guidance, homework and studying can become a positive experience with lifelong rewards. Developing strong homework and study habits early in life will build a strong foundation for your child's future

learning.

### How can I support my child's transition from Elementary to Junior High?

Transitioning from elementary to junior high school can involve many emotions, ranging from excitement to uncertainty to fear. Shifting emotions are normal; you can support your child by helping identify the emotions and by working together on strategies to address them. Be patient as you keep in mind that the junior high school years involve a degree of physical, mental, social, and emotional growth similar to the early years of life.

Grades 7–9 students are required to take six subjects: English language arts, mathematics, science, social studies, physical education, and health and life skills. To complement this learning, they can also choose options such as career and technology foundations, career and technology studies, fine arts, languages, environmental and outdoor education, ethics, and locally developed courses.

In contrast to their experience in elementary school, Grade 7 students will discover that they have more than one teacher—each with their own expectations—and that they are expected to move from room to room throughout the day. Their workloads and homework expectations will increase, they will be expected to show more independence and self-motivation, and they'll be encouraged to explore and develop individual interests and skills and to participate in extracurricular and cocurricular activities.

While change can be difficult, remember that students benefit from having parents who show interest in and support for their school experiences.

Most importantly, any stress related to your child's move from elementary to junior high school need not fall squarely on you. Staff from your child's elementary school and junior high school can provide assistance and support during this important transition.



## I want to know more about English as an Additional Language

Many children born in Canada speak a language other than English at home, and many students move here from countries where English is not the main language. Children/students who are learning English at the same time they are learning the content of their school subjects are called English as an additional language (EAL) learners. Schools provide supports and programs to help EAL learners develop English so they can do well in all of their school subjects.

EAL learners receive supports in the classroom, such as

- pictures, diagrams, and charts to help them understand what they read or hear
- books and other written materials that match their reading abilities and interests
- direct teaching about English grammar and vocabulary

Some EAL programs or courses in junior high school and senior high school help students learn English while they learn about Canadian culture, values, customs, and social expectations.

Every year, schools measure the English language proficiency of children/students who are EAL learners. Schools use this information to decide what sort of supports each child/student needs. Many schools use the *Alberta K–12 English as an Additional Language Proficiency Benchmarks*, available through the [Supporting English as an Additional Language Learners](#) web page, to find out an EAL learner's English level in listening, speaking, reading, and writing. The school will tell you about your child's progress in developing English proficiency. You are encouraged to

- contact the school to ask questions
- provide useful information about your child
- volunteer at the school

## How Can I Support My Child in Learning English?

It may take several years for your child to become fluent in English. The English used for talking with family and friends usually develops more quickly, while the English used for reading, writing, explaining, and discussing topics in school subjects usually takes longer. Every child learns English at their own speed.

Helping your child maintain their home language(s) will support them to learn English and all languages better. You can help your child continue building their home language(s) through family games, stories, and songs.

If you are new to Alberta and want to learn more about the school system here, you might wish to visit [Choosing a School in Alberta](#).

For more information about EAL supports that could help your child learn English, contact your child's school.

## Where can I get more information?

Learn more about your child's education by visiting <https://new.learnalberta.ca/parents/>.