



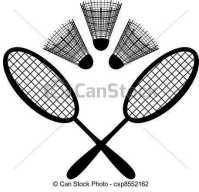


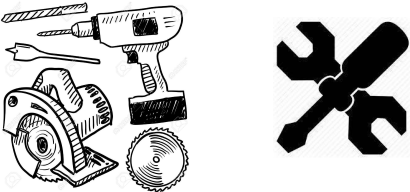









Richmond Regional Regional High School Passion Options (2024-2025)

Student: _____

Passion	Description
 MULTI-SPORT   	<p>Prerequisite: Like Sports! This Passion will have students taking part in various team sports, such as Cosom Hockey, Basketball, Soccer, Badminton, and Dodgeball.</p>
BADMINTON 	<p>Whether you have the skill or the will, grab a racket and join BADMINTON. You will learn the different techniques such as serving, smashing, drop shots and much, much more. Come play and have fun with different tournament styles and free plays.</p>
BASKETBALL 	<p>If you LOVE basketball and you have been talking about nothing else. This is the place to be. We will be playing "games" and A LOT of scrimmages. Come to class changed and ready to go</p>
MUSIC PASSION 	<p>You will explore different projects in music (individual choice). You may practice an instrument, prepare a musical arrangement or learn to appreciate music. To take part in this course you must be prepared to study your passion of music seriously, independently and passionately!</p>
FUN FABRICATION - CYCLE 1 	<p>You will get to use power tools, hand tools and imagination to fabricate real working mechanisms that are real and used today or in the past. You may use: metal (steel or aluminum), wood (soft or hard), plastics, electric motors, wires, batteries, switches, fuses etc...</p>







Richmond Regional Regional High School Passion Options (2024-2025)

Passion	Description
<p data-bbox="164 459 532 489">SOCIAL BOARD GAMES</p> 	<p data-bbox="630 464 1487 674">Get off the screen! Let's get together with board games including chess, cards, Monopoly, checkers, battleship, or Connect-4, among others. Come to play, to learn, to have fun! We will strategize, play games and even organize competitions!</p>
<p data-bbox="110 688 586 718">KITCHEN BRIGADES - Sec 1-2-3</p> 	<p data-bbox="630 690 1474 989">Cook, compete, eat! Each workshop is a mini-competition between teams where you develop your food knowledge, experiment with recipes and of course taste the creations. Compete in an "Iron Chef" type quarter-finals against other schools to qualify for the Grand Finale hosted by Ricardo! *This passion also requires time at lunch*</p>
<p data-bbox="94 1008 586 1037">ROBOTICS - Offered to Sec 1, 2 & 3</p> 	<p data-bbox="630 1010 1466 1262">Love techno stuff? Join the robotics passion and learn how to build and program mindstorm robots. Every year we participate in a world wide tournament (google FLL) involving teams from around the world. Join in the fun, make new friends and learn engineering and coding skills at the same time.</p>
<p data-bbox="139 1281 586 1310">CROSS-TRAINING – CYCLE 2</p> 	<p data-bbox="630 1283 1490 1451">This passion would encompass Cross-Fit-inspired training for boys and girls. It would include both cardio and muscular training to help you get into shape or to help you excel in your sport.</p>
<p data-bbox="191 1596 505 1625">DRAWING PASSION</p> 	<p data-bbox="630 1598 1479 1766">Drawing passion will include learning different drawing techniques which can be very beneficial to your art class. It includes chalk, pastels, oil, charcoal and more.....Come and have fun.</p>



Richmond Regional Regional High School

Passion Options (2024-2025)

Passion	Description
CLUB DE FILMS QUÉBÉCOIS 	Découvrez les talents de chez nous, en regardant des films en français qui ont été produit au Québec ou même en France. Ce club a pour but de vous ouvrir l'horizon et de vous présenter des œuvres principalement québécoises qui valent la peine d'être vues. Si vous aimez le cinéma, cette passion est pour vous!
ROLLER SKATING 	Let's learn how to roller skate together! We will learn and practice different rollerskating techniques, starting with different ways to stop. Please note that in order to sign up for this passion you need a pair of roller skates with indoor wheels, knee pads, wrist guards, and a helmet. Let's get rolling!
Get Published! 	Want to learn all the secrets to getting your writing published in magazines, newspapers, or books? If you're curious about how writers get their work accepted by editors, this is the place for you! You will learn: How to find markets for your work How to write a pitch How to prepare your stories and articles for submission How to build relationships with editors How writers make money from writing And more!
1980 POP CULTURE 	Let's dive into the 1980's pop culture by watching iconic movies, music videos, television series and documentaries all showcasing what the 80's culture had to offer and how it has shaped our world today.

Passion	Description
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Richmond Regional Regional High School

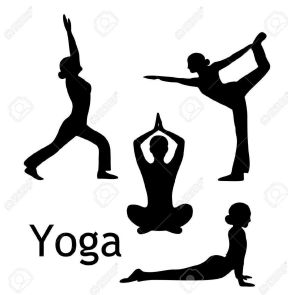
Passion Options (2024-2025)

First Aid in Sports - Sec 3-4-5



First Aid in sports and everyday situations
 Prepare students to act properly in emergency situations. Students would learn to do bandages, take proper care of wounds and a few sports taping. They will practice taping skills during some of our Knights sport games (soccer, basketball, etc.) to put into action their new skills. Students will be part of a First Aid brigade available at lunch time to help if other students are injured at school.

YOGA & RELAXATION TECHNIQUES



Do you want to feel calm and centered?

Yoga is for You!

Some of the benefits include:

- improved posture
- increased flexibility
- Building muscle strength
- Boosts metabolism

You will learn to deal with stressful situations and to appreciate life! We will loosen the mind and the body. Even devoting a small chunk of your time to yoga can be beneficial (after all, even one deep breath has physical and energetic benefits).

The class begins with breathing exercises and gentle stretches, followed by a series of individual poses and final relaxation.

READING



This passion is for all students who enjoy reading. You will have time to choose and read your own books and from time to time, discuss certain aspects of reading.



Extra Study Hall period: Cycle 2 (Only)



Need more time to get your work done? This may be for you.



Richmond Regional Regional High School Passion Options (2024-2025)

Passion	Description
<p>NEW</p> <p>Motors (Small Motors) - Cycle 1</p> 	<p>Introduction to small engines including all the science behind it. Assemble and disassemble a small engine. Learn the mechanics behind how it works. Knowledge that will last you a lifetime.</p>
<p>Line Dancing</p>  <p>If every time you take one step forward you take two steps backwards don't be discouraged. You just learned how to country line dance.</p> <p>luzcreativegroup.com facebook.com/luzcreativegroup</p>	<p><u>Line Dancing - Fun for Everyone !!!</u></p> <p>Students will learn numerous line dances and will get to practice them on a regular basis.</p>
<p>NEW</p> <p>Theatre Design</p>	<p>In this passion, students would learn about the design and creation of costumes, props, and sets for live theatre. They would use that learning to design and realize costumes, props, and sets for the Roundtable Players plays.</p>



Richmond Regional Regional High School Passion Options (2024-2025)



NEW

School Spirit



Get students involved in promoting school spirit and becoming involved in the school community. Examples of activities include; decorating school for holidays, helping make care packages during the holidays, making signs to encourage sports teams, organizing new school activities etc.

NEW

Tech Team



Grow Your Tech Team

Students will learn how to use a soundboard, how to install sound equipment for an event, how to produce a video, how to record, and how to set up a stage for a performance.