

Dear Parents/ Guardians of Grade 7 students;

In an effort to help you prepare for the 2025–2026 school year we would like to provide you with some information regarding your student’s timetable. All core classes will take place on site at J.T. Foster.

The grade 7s will be in two sections:

7A-Semester 1

	Monday	Tuesday	Wednesday	Thursday	Friday
8:43-9:13	English Language Arts				8:43-9:34 English Language Arts
9:13-9:43					
9:43-10:13	Social Studies				9:34-10:25 Social Studies
10:13-10:18	Break				
10:18 - 10:48	Social Studies		Health	Social Studies	10:25-11:16 Science
10:48-11:18	Science				
11:18-11:48					11:16-12:07 Math
11:48-12:26	Lunch				
12:26-12:56	Math				12:07-12:29 Lunch
12:56-1:26					
1:26-1:56	Band*	Physical Education	Band*	Physical Education	12:29-1:20 Physical Education
1:56-2:00	Break				
2:00-2:30	Band*	Homeroom	Band*	Homeroom	
2:30-3:00	Physical Education	Complementary Courses	Physical Education	Complementary Courses	
3:00-3:30					

*Band will be offered off site at the Bomber Command Museum. Transportation will be provided to and from this location.



7A-Semester 2

	Monday	Tuesday	Wednesday	Thursday	Friday
8:43-9:13	English Language Arts				8:43-9:34 English Language Arts
9:13-9:43					
9:43-10:13	Social Studies				9:34-10:25 Social Studies
10:13-10:18	Break				
10:18 - 10:48	Social Studies		Health	Social Studies	10:25-11:16 Science
10:48-11:18	Science				
11:18-11:48					11:16-12:07 Math
11:48-12:26	Lunch				
12:26-12:56	Math				12:07-12:29 Lunch
12:56-1:26					
1:26-1:56	Physical Education	Physical Education	Physical Education	Physical Education	12:29-1:20 Physical Education
1:56-2:00	Break				
2:00-2:30	Physical Education	Homeroom	Physical Education	Homeroom	
2:30-3:00	Complementary Courses	Complementary Courses	Complementary Courses	Complementary Courses	
3:00-3:30					



7B-Semester 1

	Monday	Tuesday	Wednesday	Thursday	Friday
8:43-9:13	Physical Education				8:43-9:34 Physical Education
9:13-9:43	Physical Education				Physical Education
9:43-10:13	English Language Arts				9:34-10:25 English Language Arts
10:13-10:18	Break				English Language Arts
10:18 - 10:48	English Language Arts				10:25-11:16 Social Studies
10:48-11:18	Social Studies		Health	Social Studies	Social Studies
11:18-11:48	Social Studies				11:16-12:07 Science
11:48-12:26	Lunch				Science
12:26-12:56	Science				12:07-12:29 Lunch
12:56-1:26	Science				Lunch
1:26-1:56	Math				12:29-1:20 Math
1:56-2:00	Break				Math
2:00-2:30	Math	Homeroom	Math	Homeroom	
2:30-3:00	Band*	Complementary	Band*	Complementary	
3:00-3:30	Band*	Complementary	Band*	Complementary	

*Band will be offered off site at the Bomber Command Museum. Transportation will be provided to and from this location.



7B-Semester 2

	Monday	Tuesday	Wednesday	Thursday	Friday
8:43-9:13	Physical Education				8:43-9:34 Physical Education
9:13-9:43	Physical Education				
9:43-10:13	English Language Arts				9:34-10:25 English Language Arts
10:13-10:18	Break				
10:18 - 10:48	English Language Arts				10:25-11:16 Social Studies
10:48-11:18	Social Studies		Health	Social Studies	
11:18-11:48	Social Studies				11:16-12:07 Science
11:48-12:26	Lunch				
12:26-12:56	Science				12:07-12:29 Lunch
12:56-1:26	Science				
1:26-1:56	Math				12:29-1:20 Math
1:56-2:00	Break				
2:00-2:30	Math	Homeroom	Math	Homeroom	
2:30-3:00	Complementary	Complementary	Complementary	Complementary	
3:00-3:30	Complementary	Complementary	Complementary	Complementary	

Grade 7 Complementary Courses:

We run our complementary courses on a quarter system with the exception of Hockey Academy and Band which will run for Quarter 1 and Quarter 2.

Additional complementary courses include;

- Leadership
- Tourism
- Disc Golf
- Golf (Opt in)
- Woods and Leather
- Foods
- Art
- Criminal Psychology
- Agriculture
- Drivers Education



- Court sports
- Band- required for grade 7s in semester 1, optional for grade 7s in semester 2
- Hockey Academy (Registration is now closed. Due to high demand for this program, we are exploring the addition of more hockey based programming.)

Complementary Course descriptions will be published at a later date.

Student Leadership

Events and functions that happen with the school do not happen on their own. Being involved with student leadership is a great way to get involved in things students want to see happening around the school. Relay for Life, Community Kindness, and Reindeer Games all rely on Student Leadership for their continuation. We encourage junior and senior students to get involved in some capacity.

Athletics

J.T. Foster remains dedicated to offering strong athletic programming for the 2025–26 school year. We are currently accepting [coaching applications](#) to support next year's sports teams and encourage all students to get involved in volleyball, basketball, badminton, track and field, and baseball. While our gymnasium will see increased demand for after-school events next year, school-based athletics will continue to take priority over regularly scheduled community programming

