

Dear Parents/ Guardians of Grade 8 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 8s will be in two sections.

8A

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

*Phys Ed classes on Tuesday and Thursday will be outside. Students must be prepared to participate in outdoor activities through the duration of the school year



8B

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

*Phys Ed classes on Tuesday and Thursday will be outside. Students must be prepared to participate in outdoor activities through the duration of the school year.

Grade 8 Complementary Courses:

We run our complementary courses on a quarter system with the exception of Hockey Academy which will run Quarters 1 and 2, and Band, which will run the full year. Students taking band on Tuesdays and Thursdays will also have complementary courses on Monday and Wednesday.

Additional complementary courses include;

- Leadership
- Tourism
- Disc Golf
- Golf (Opt in)
- Woods and Leather
- Foods



- Art
- Criminal Psychology
- Agriculture
- Drivers Education
- Court sports
- Band (Opt in)
- 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 programmi

