2025-2026

PROGRAM GUIDE

ACADEMY
ÉCOLE SECONDAIRE
LAVAL JUNIOR

www.lavaljunior.com

COMMISSION SCOLAIRE SIR-WILFRID-LAURIER
SIR WILFRID LAURIER SCHOOL BOARD

COME HOME
to Laval Junior Academy

As part of the Sir Wilfrid Laurier School Board, Laval Junior Academy (LJA) is a public junior high school built on the core values of respect, perseverance and integrity. Following the "Middle School" model, LJA proudly serves the Laval community and surrounding areas. Our students, staff, and parents work closely together to promote student success and engagement. The entire LJA team recognizes that junior high school is a crucial period in the development of young people and every effort is made to give all our students the necessary tools, skills, and habits for them to succeed as lifelong learners.

Quality Education
General Plus Program

Concentration Programs

Sport-Études
with Academic Support

French Plus Program

Programs to Support Students
with Special Needs

Social and Environmental
Awareness

Extracurricular Activities

Why Choose LJA?

	Programs	Laval Junior Academy		Laval Senior Academy		
ACADEMICS	Academic Pathway	✓	✓	✓	✓	✓
	Academic Pathway Enriched English, French and Math	✓	✓	✓	✓	✓
	Science Concentration	✓	✓	✓	Science MEQ Path	
	Sport-études	✓	✓	✓	✓	✓
ARTS	Art Concentration (visual and fine arts)	✓	✓	✓	✓	✓
	Music Concentration	✓	✓	✓	✓	✓
	Theatre Concentration			✓	✓	✓
SPORTS	Hockey Concentration	✓	✓	✓	✓	✓
	Soccer Concentration	✓	✓	✓	✓	✓
	Basketball Concentration	✓	✓	✓	✓	✓
	Volleyball Concentration	✓	✓	✓	✓	✓
	Football Concentration			✓	✓	✓
	Physical Education Leadership Concentration	✓	✓			
SPECIAL EDUCATION	Diversified Pathway	✓	✓	✓	✓	✓
	CASP/Challenges	✓	✓	✓	✓	✓
	Work Oriented Training Path			✓	✓	✓

Message from the School Administration

Education in all its forms is a shared commitment between the dedicated school team, curious students and enthusiastic parents, each with high expectations. It is our belief that if education is approached from the perspective of kindness and meaningful action, great things are possible.

Laval Junior Academy (LJA) is built on the core values represented in our motto, We **T.H.R.I.V.E.**. As such, we prioritize the development of core values such as **T**rust, **H**eart, **R**espect, **I**ntegrity, **V**isibility and **E**mpathy. The role of our school is to lead our students in the pursuit of academic excellence and to motivate and empower our students to be lifelong learners, critical thinkers, and productive members of an ever-changing global society.

At LJA we provide an atmosphere where students are encouraged to channel their potential in the pursuit of excellence. This can only be possible in a holistic, student-centred environment. The talents, skills, and abilities of each student must be identified, nurtured, and encouraged so that they are able to reach greater heights. Students are provided with a safe yet challenging platform to think, express, and exhibit their skills. In all instances, LJA staff members work together and act as facilitators, coaches, and mentors to help students reach beyond their grasp, to ask challenging questions, and to seek the next level of achievement in all they do.

LJA offers an extensive extracurricular program designed to supplement the regular curriculum. Numerous sports teams, clubs, field trips, activities, and projects take place throughout the entire school year giving students the opportunity to become involved in “their” school. Parent involvement is also welcomed and encouraged, as parents are the primary educators of their children. LJA has an active and involved Home and School Association and Governing Board; parents are welcome to explore how they can contribute to student life.

LJA is the stepping stone towards eventual graduation from Laval Senior Academy (LSA). Working hand in hand with LSA, we strive to prepare our students for a smooth transition from junior to senior high school. Rest assured that the programs and initiatives from LJA continue and expand at LSA.

It is our sincere hope that we can work together to help nurture and challenge your child. As experienced educators and administrators, we can attest to the high quality of education that our school can provide to your child. Your child has a home at Laval Junior Academy.

Sincerely,

Eric Ruggi
Principal

Lesley Aggrey-Fynn
Vice-Principal

Gloria Cuccarolo
Vice-Principal

Understanding Secondary Cycle One

Laval Junior Academy provides educational services to all young people, takes into account the diversity of their situations and provides them with the necessary tools to achieve their social and intellectual potential in both their personal and working lives. As such, LJA plays a multidimensional role in the lives of its students.

Composed of the first two years of secondary school, Secondary Cycle One reflects a notion of "common basic training" for students in Secondary I (Grade 7) and Secondary II (Grade 8). This cycle must be completed prior to a formal assessment of student learning.

The Québec Education Program (QEP) is designed as a system with three integrating elements: broad areas of learning, cross-curricular competencies, and subject areas. Its structure is intended to facilitate the establishment of connections among the different educational components.

Broad areas of learning

The QEP presents a number of broad areas of learning, which deal with major contemporary issues young people will have to confront, both individually and collectively, in different areas of their lives. These issues also represent challenges to their talent and creativity. Five areas were chosen on the basis of their importance for society and their relevance for the students' education:

- Citizenship and Community Life
- Environmental Awareness and Consumer Rights and Responsibilities
- Health and Well-Being
- Media Literacy
- Personal and Career Planning

Cross-curricular competencies

Cross-curricular competencies represent goals that are common to the whole curriculum. They apply to all the broad areas of learning and are also closely linked to the subject areas. The QEP contains nine cross-curricular competencies grouped into four categories:

- Intellectual: uses information, solves problems, exercises critical judgment, uses creativity
- Methodological: adopts effective work methods, uses information and communications technologies
- Personal and Social: achieves their potential; cooperates with others
- Communication: communicates appropriately

Subject areas

Traditional high school courses (English, French, Math, etc.) are grouped into subject areas that are related or have a common focus. The General Studies Curriculum is split into six subject areas:

- Languages
- Social Studies
- Mathematics, Science and Technology
- Arts Education
- Personal Development
- Career Development

In additional to offering the General Studies Curriculum, LJA is proud to offer a number of specialized, enriched, and accelerated programs.

Programs and Courses

The educational programs offered at LJA directly reflect our vision to offer diversified programs that meet all students' needs and allow every student to reach their potential. We pride ourselves in challenging our students to develop the skills they need to continue to succeed.

All students are offered:

- English Language Arts (regular or enriched)
- Mathematics (regular or enriched)
- Français (régulier ou enrichi)
- Science (regular)
- Social Studies I Geography and History (offered in French for students in the French Plus program)
- Ethics and Religious Culture
- Physical Education
- Arts Option (Art, Drama or Music)

English Language Arts I Regular or Enriched Program

- Annual presentation from Shakespeare Canada
- Multi-genre content with rich skill-building support material and thrilling multi-media texts
- Enriched Program includes enhanced academic workload, critical reflection, independent work ethic, movie/film-making, writing contests and talk shows
- Culture in the schools (author visits)
- Personal portfolios
- Literature circles
- Native Canadian literary content
- Google Classroom
- Autobiography scrapbook
- Gratitude project
- Literacy centre
- Book fair
- Interactive learning platforms such as Newsela, Storybird, Google Read and Write, ReadWorks and Quizlet
- Projects with Blue Metropolis, Literary Foundations, Geordie Productions, CIVIX and The Canadian Bar Association (Moot Court Activities)

Mathematics I Regular or Enriched Program

- High functioning interactive technology: Google Classroom. Smart Board
- Algebra, number theory, statistics, geometry
- Classroom Resource Support
- Interactive Resource Math Help Services
- Connecting math to real life
- Organizational Skills and Study Skills
- Daily lunch hour, individualized tutorials, help, practice, enrichment

Français I Régulier ou enrichi

Le programme de français de base a notamment pour objectif de développer l'habileté à communiquer en français dans des situations langagières authentiques. De plus, ce cours vise à entraîner l'élève à l'utilisation du français requis lors d'échanges d'informations portant sur des thèmes variés afin qu'il puisse acquérir le vocabulaire et la syntaxe nécessaires, par exemple. Finalement, puisqu'il est difficile de séparer langue et culture, l'élève prendra contact avec la culture québécoise
et francophone grâce à divers médias.

- Dernière édition papier et virtuelle d'un matériel pédagogique de qualité
- Orateur: Les mots s'animent
- Programme culture à l'école, Auteurs, Artistes, Bédéistes
- Foire littéraire
- Débats
- Kahoot, Duolingo, Smash, Quizizz, Google Classroom
- Sorties éducatives, Radio-Canada, Musée de l'Holocauste, Théâtre de la Dame de Cœur
- Programme enrichi, 2e matière en français (Histoire et Géographie)
- Cercles littéraires
- Semaine de la francophonie

Programs and Courses

Science I Regular

- Online Labs, computer labs, Smart Technologies in the classroom, Video Conferencing
- Labs (separation techniques, acid/bases, simple machines and many others)
- Science club, Aeronautics club, Green club
- Edmodo, online digital workbook components, Google Classroom, Phet simulations
- Outdoor lab experiments, access to the Community Garden
- Reptizoo guest presentation with live animals for the students to see and interact with
- Science Fair (In-School), Science Fair (Regionals)
- Interactive learning supplements such as Kahoot and Plickers

Social Studies I Geography and History

Geography and History are offered in both English and French (these courses are offered as part of the French Plus program; they are exactly the same Geography and History courses as those in the regular program, except that they are taught in French).

- Interactive learning opportunities include global virtual tours, use of eBooks and interactive mapping
- Inquiry-based learning
- Environmental awareness and global citizenship
- Communication and interpersonal skills
- Teamwork and collaboration
- Educational platforms and resources include Edmodo, Google Slides, Google Earth, Kahoot, Crash Course and Allo-Prof
- Field trips
- Cross-curricular projects in collaboration with Historica Canada, the National Centre for Truth and Reconciliation, Veterans Affairs, Canada's History, Discovery Education, National Geographic, and UNESCO

Arts Options

All students must take a compulsory option course from the following three choices:

Art

Students are introduced to the elements and principles of art through a variety of art materials such as paint, ink, graphite, oil pastel, plaster, or clay.

Drama

Using collaborative skills, students will gain self-esteem by using their voice, movement through improvisation, script writing and group scene work.

Music

The music program encourages students to create, perform and appreciate music in a group setting. Through the use of a music lab, students learn to play the keyboard as their main instrument. Students receive training in the acquisition of computer literacy in a state-of-the-art Apple lab under the guidance of a highly trained music teacher.

Specialty Programs

General Plus

General Plus

The LJA General Plus Program directly reflects our vision of offering a high-quality educational pathway that meets the needs of all students while at the same time encouraging students to reach their highest potential. We pride ourselves on offering students challenging experiences that will help them develop the skills and competencies needed for them to succeed as lifelong learners.

While our General Plus Program is both challenging and well-balanced, LJA students have the opportunity to select enriched English Language Arts, Français Langue Seconde and/or Mathematics classes. These courses require a teacher's recommendation.

FR•EN
French

French Plus

In addition to taking French *(français enrichi or français langue seconde),* students in this pathway may add histoire et géographie. This is an excellent way to provide increased exposure to the French language as it represents one-third of the student's course load.

Français enrichi

Le programme de français enrichi expose l'élève à la richesse de la langue française. En classe, nous voulons que les élèves communiquent en français d'une manière plus fluide et efficace, et ce, dans des situations orales ou écrites (débats, cercles de lecture, etc.). On encouragera aussi les élèves à approfondir leurs connaissances grammaticales de la langue et à les transférer en utilisant diverses stratégies. Finalement, puisqu'il est difficile de séparer langue et culture, l'élève prendra contact avec la culture québécoise et francophone grâce à divers médias.

Special Education

Academic Consolidation (AC) Program

The goal of the Academic Consolidation Program is to give students a stronger academic foundation as they move into the high school environment. Year one of Academic Consolidation addresses aspects of the elementary curriculum that students have not yet mastered. In order to provide this support, there is a 3-year allowance to build a stronger academic foundation so that students can complete Cycle One of the Secondary program. Ultimately, students in this program receive more individual attention due to a smaller class size and they benefit from mentoring in English Language Arts during this consolidation period.

Special Education

LJA is proud to offer a diversified environment that serves the special needs of many differently abled learners in our community. All our Special Needs programs provide a positive environment with learning objectives tailored to each student's learning style, academic level, and individual needs according to their Individual Education Plan (IEP).

The Diversified Path Program offers low-ratio classes that allow students to work on a modified curriculum that matches their individual needs.

The CASP Program focuses on socially based competencies, designed for students aged 6-15 with moderate to severe intellectual disabilities.

The Low-Ratio (LR) Program offers low ratio classes for students who are academically at grade level. These students receive ongoing support with a core teacher, adapted methods of instruction and supports based on their IEPs.

Our students in these programs are serviced within a brand-new state-of-the-art facility. Classrooms in the special education wing can be separated or combined with the use of a sliding wall. Students benefit from a sensory room and a calming room in close proximity to their classroom. The facility is equipped with a small apartment to assist students with life skills such as cooking, laundry and housekeeping. Students have access to an adapted washroom for their personal hygiene needs. The apartment also has its own school yard with restricted access.

Concentration Programs

Concentration

These programs may also be taken with French Plus

Laval Junior Academy is proud to offer a wide range of concentration programs* geared towards skills acquisition and development. These programs are also a very important way of promoting student engagement. In addition to providing access to our general and enriched course options, students in concentration programs have additional periods allocated to courses that will help nurture their passions:

Athletic Concentration

Laval Junior Academy offers a vast and diversified physical education program. Parallel to this, LJA also offers sports concentration programs that allow students to benefit from specific content focused on the skill set of their choice. A specific sports concentration being offered is dependent upon a sufficient number of registrations. These are the concentrations that are currently being offered.

Soccer • Ice Hockey • Basketball • Leadership • Volleyball

These concentration programs offer students the opportunity to pursue their passion for 2 extra periods per cycle, which is equivalent to 5 periods of 75 minutes in a 9-day cycle. These programs provide students with the opportunity to complete the regular or enriched academic program while benefitting from more time during the school day to focus on skill development in their chosen sport.

These sports concentrations programs require additional fees. These fees are used for outings related to their concentration or additional coaching. Concentration programs have the same marking system as regular Physical Education classes.

Arts Concentration

Visual Art

- Creating identity art
- Learning artistic techniques through the elements of art
- Appreciating different art styles from around the world
- Using art as a form of expression
- understanding and using the principles of design
- Learning about different artists from around the world
- Set design for school musicals
- Creation of murals (painted and ceramic mosaic) in school
- Virtual art gallery tours

Physical Education Leadership Concentration

Leadership is a unique sport concentration program that fosters autonomy, creativity, and organizational skills in order for students to become proficient leaders. Like the other concentrations, leadership is also 5 periods per cycle, however, this program does not concentrate on ONE sport but on ALL sports, each of them promoting different aspects of leadership skills. Students will learn how to create and teach games, will organize and coordinate a grade 5/6 basketball tournament and will be trained in first aid.

Leadership also develops the aspects of team building which are reinforced with remarkable field trips such as our Arundel Leadership trip which is held at the Sir Wilfrid Laurier Nature and Science Center in Arundel (near Mont-Tremblant). There may also be other team building field trips during the year such as ziplining, dragon boat racing, ski trips, etc. If you think you have what it takes to make positive change, tap into your fullest potential, all while playing a variety of sports and games, this concentration may be for you.

Concentration Programs

Concentration

Science Concentration

(Math Enriched and two extra periods of Science)

An engaging program which allows students to explore the scientific, technological and mathematical worlds. Students benefit from an in-depth approach to the curriculum designed to foster scientific and mathematical curiosity. An inquiry-based approach allows students to develop logic, critical thinking and empirical skills which will serve them well in future studies and the wider world.

- Use of Technology such as iPads, laptops, Raspberry Pi, programming and digital microscopes;
- Interactive learning supplements such as Kahoot, Edmodo, Google Classroom and Plickers;
- Science experiments such as separation techniques, acid/bases, mixture solutions and simple machines;
- Special presentations from Reptizoo and Birds of Prey presentation;
- Explore learning (Virtual labs, Phet simulations);
- Field trips such as the Armand Frappier Museum, Parc Omega, Granby Zoo, Planetarium, Montreal Science Centre, Imax and virtual tours.

BLUE JR & SR GOLD

Blue & Gold | Elite Hockey Program

The local Blue & Gold Hockey Program is an elite program that offers high-performing hockey players the opportunity to focus on developing their hockey skills and potential while maintaining a high academic standard. Under the direction of Mr. Elio Di Meo (Escadron Hockey), students train, practice and compete 5 days per week during on-ice and off-ice sessions. Student athletes will play between 27 and 32 games during the school year. Students follow the same schedule as Sport-études students and thus benefit from the same academic support as Sport-études students. These student athletes must maintain the same academic and behaviour standards and expectations as Sport-études students, and are subject to the same standards and procedures for evaluation as all other students. As they are expected to complete the regular curriculum in an accelerated mode, our Blue & Gold students enjoy similar privileges as the Sport-études students but compete for their school rather than their federation.

At present, both teams play in the RSEQ's M15 (Division 2) and M18 (Division 1) provincial league. Our aim is to develop an M13 division 2 team next year, in order to progress with all categories into the 1st division.

The Escadron group has a distinguished reputation among student athletes. Escadron oversees numerous sports programs in several regions of Québec. They display a strong passion for hockey and prioritize achievable goals for individual progression. The coaches in the program are certified physical education teachers. The head of Hockey Operation, Mr. Elio Di Meo, has been coaching student athletes at the highest levels (AAA) for several years. Elio is a dynamic and dedicated hockey educator that will elevate your child's performance in order to create a positive learning environment both on and off the ice. This extensive experience not only demonstrates his deep knowledge of the game but also his ability to inspire players to reach their full potential.

Our coaching team's transparent and supportive communication style fosters trust and collaboration, ensuring a cohesive team atmosphere where everyone is aligned towards success. Our coaches' background in physical education is a unique qualification that empowers them to not only excel as hockey coaches but also to support students in the classroom. They understand the importance of balancing sports and academics and are committed to helping students thrive both on and off the ice.

Sport-Études

Sport-Études

- A Sport-études program is the best choice for high school-aged student athletes who are recognized by a federation and who strive for excellence in a particular sport.
- Only secondary school students, recognized by their sports federation may enroll in a Sport-études program, subject to the admission requirements set out by the Sir Wilfrid Laurier School Board (SWLSB)
- The student athlete is able to combine their education and sport within an 8-hour day so as to enjoy a better quality of life.
- By enrolling in the Sport-études program, students are considered to be in an enriched program due to the accelerated pace of learning. The program allows student-athletes to balance their academic and athletic goals, provided that they prioritize their academic success first.
- Students can follow two paths within the program. The first path includes regular courses at an accelerated pace. The second path is an honours path that allows teachers to enrich the curriculum to meet the needs of the honour roll student athletes. Both regular and honour path student athletes complete the same QEP program as the rest of the school but at an accelerated pace.
- The student athlete will have to work independently and seriously if they want to succeed.
- Pedagogical support periods are offered daily to assist students academically.
- This high-level program is recognized by the Ministère de l'Éducation du Québec (MEQ) and is administered in conjunction with the provincial sports federations.
- The sport federations involved have signed protocols with the Sir Wilfrid Laurier School Board and Laval Junior Academy, local clubs and associations and the MEQ. Entrance criteria and practice requirements are set by the individual federations.
- To be eligible for the LJA Sport-études program, athletes must be registered with one of the recognized sports federations. Further information on the Provincial Sport-études program can be found on the MEQ website: **http://www.education.gouv.qc.ca/organismes-de-loisir-et-de-sport/programmes-sport-etudes-au-quebec**

Requirements for admission and retention in the LJA Sport-études program

- The student must be recognized by a sports federation as an espoir, relève, excellence or elite athlete.
- The student must be eligible to attend a public English school in the province of Québec.
- The student athletes are subject to the same evaluation processes as all other students (i.e.: LJA Standards and Procedures, School Board examiniations, etc.).
- The student athletes must demonstrate and maintain the program's academic and behaviour standards and expectations.

For more information about Laval Junior Academy's Sport-études program, please contact the coordinator,
Mr. Chris Lemay at clemay@swlauriersb.qc.ca or 450 680-3044, ext. 8833.

For more information and our application form, please visit our website at:
https://lavaljunior.com/en/specialized/sportetude/

Extracurricular Activities

Academics
- Aeronautics Club
- Arundel Leadership Trip
- Green Club
- History Movies
- Math Club

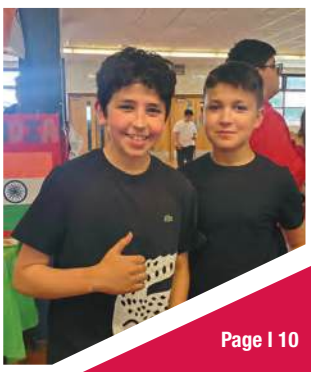
Culture
- Art
- Photography
- Music
- Movie
- Community Outings
- Hip-Hop
- Murals and Mosaic Projects
- Annual School Plays and Musical
- Singing and stage performance

Outings • Trips • Events
- Art Arundel Trip
- Arundel Leadership Trip
- Boston Trip
- Cabane à sucre
- ISaute
- Community Outings
- New Jersey Sports Trip
- New York
- Ottawa
- Toronto
- Winter Arundel Trip

Social
- Classic TV @ Lunch
- Anime Club
- Table-Top RPG Club
- Fun Zone
- Fundraising (DP)
- Snack and lunch program
- Maze and Games
- School Dances
- Escape room Club
- Social Board Games
- Student Council
- Zootherapy
- Asista Service Dogs (Enzo)

Sports and Teams
- Ball Hockey
- Ice Hockey
- Indoor Soccer (Futsal)
- Cheerleading
- Ski and Snowboard
- Football
- Girls and Boys Basketball
- Boys and Girls Soccer Teams
- Track and Field
- Volleyball
- Weight training
- Handball
- Tennis
- Flag football

Come join our family!



REGISTRATION

New registrations: Please contact the school to make an appointment with our school secretary during the month of February.

Re-registration forms for Sir Wilfrid Laurier elementary students should be completed online by January 31, 2025.

450 680-3044

lavaljunior.com

Principal
Eric Ruggi, ext. 8810

Vice-Principals
Leslie Aggrey-Fynn, ext. 8811
Gloria Cuccarolo, ext. 8812

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LAVAL JUNIOR ACADEMY

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