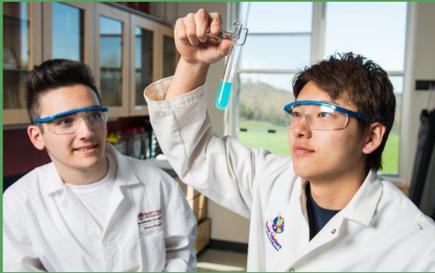




# Nova Scotia Options

*Dreams Come to Life in Nova Scotia, Canada*



## Academic Courses

The NSISP offer students the option to choose from a variety of courses including: advanced math, art, biology, calculus, chemistry, computer sciences, dance, design technology, drama, economics, English, film & video production, food sciences, French, Gaelic, geography, history, journalism, law, mathematics, multimedia arts, music, music production, oceanography, physics geology, Spanish, and yoga



## School Activities

Students are encouraged to join clubs and activities within their school community. Here are a few to choose from: Amnesty International, art, band, chess, choir, computer, dance, debating, drama, international and travel, judo, karate, model parliament, model United Nations, musical, newspaper, peer mediation, photography, prom, public speaking, robotics, school dances, student council, writing, yearbook, and yoga



## School Sports

All schools in Nova Scotia belong to School Sport Nova Scotia. With 18 sports to choose from, students have lots of opportunity to be involved in school sport.

**FALL:** baseball, Canadian football, cross-country running, golf, soccer, volleyball

**WINTER:** basketball, cheerleading, curling, ice hockey, skiing, snowboarding, table tennis

**SPRING:** badminton, rugby, softball slo-pitch, track and wrestling



## Community Sports/Activities

Outside of school, there are a lot more opportunities to get involved!

Some examples of community opportunities are:

dance (ballet, jazz, hip hop, etc), figure skating, horseback riding, indoor soccer, junior football, lacrosse, martial arts (karate, judo, taekwondo-do, etc.), mountain biking, road racing, rock climbing, sailing, Scouts and Girl Guides, skiing, snowboarding, surfing, swimming, tennis and triathlon



## Program Organized Activities

With so many activities to choose from, it is hard to find time to do more. But students do.

The NSISP also have students participate in activities like: apple picking, beach trips, dinner theatre, fishing, fossil hunting, Halloween & Christmas parties, ice skating, maple syrup making, movies, professional hockey and basketball games, school trips, sleigh rides, snowshoeing, surfing, wagon rides, whale watching, winter carnivals, and so much more.