



École Manachaban Middle School Grade 7 Option Courses 2022-2023

Discuss these options carefully with your parent(s) before finalizing your preferred choices. Choose something that interests you, and don't be afraid to try something different!

You will be filling out an online google form that will be emailed to your RVS email (FirstnameMiddleinitialLastname@rvschools.ab.ca) account. You can only fill out the form once, so please make sure you fill it out correctly. There are 2 options blocks per term (block A and block B) and you will be choosing your top 3 choices for each block, in each term.

Important to note: Band and P3 Hockey Academy are full year courses; students are expected to complete all 3 terms in these courses if they are selected.

***** All option courses are dependent on adequate student enrollment and can change throughout the year *****



Full Year

Band-Concert Band (Full Year Option)

Learn to play an [instrument](#), read music, and play within a group setting! Band 7 is a performance-based program, where students will have the chance to learn the concepts and skills to develop as a musician, team-member, and performer.

NOTE: Band students will participate in a band camp, clinics, 1-2 festivals and 2 evening concerts at Manachaban (dates TBD).

Fee: \$41.60 plus cost of rental instrument

P3 Hockey Academy (Full Year Option) Fee: \$2,781 + GST

This option requires approval from P3 sports. For a full program description, please visit <http://www.p3training.ca/cha/>.

Termed Options

Metal key chains (\$35)

Students will learn how to cut, file, sand, polish and engrave a metal key chain. This class uses multiple hand tools and small power tools to complete these assignments. Students will be required to take safety tests as well as learn about different careers in the CTF field. Please note that participation is mandatory in this class.

Art – Drawing (\$15)

Students will work on developing their drawing skills, creating 2D art using a variety of drawing materials such as pencils, pencil crayons, markers, and pastels. Students will also work on different techniques, such as perspective.

Outdoor Low-organized/Co-operative Games (no cost) – Do you like Physical Education? Teamwork? Being active? This is an option that teaches students new game(s) every day, and then we have a chance to play them. With no gym space, students will need to be prepared to go outside almost every day.

Drama (\$15)

Explorations in personal creativity and based on creative drama activities including games, movement, improvisation, tableaux and short skits. Students will be required to present multiple skits and participate in games dealing with improvisational skills. Please note that performance is a mandatory component of this course.

Easy Meals (\$27)

Time is precious! Learn how to prepare easy, nutritious meals that can be assembled quickly. This is the perfect class for students who are looking to improve their skills in the kitchen and develop a set of go-to meals and snacks that they will want to make again and again!



Baking Basics (\$27)

Students will develop an understanding of baking ingredients by combining them in a variety of ways to make cookies, cakes, quick breads, and pastries.

Scroll Saw Shadowbox (\$45)

Students will use hand tools and the scroll saw to create a shadow box. Students will learn to design using 3D thinking and apply that to this project. Safe handling, care and maintenance of tools will be taught. Woodworking is an Options course designed to give all students, at any skill level, the opportunity to build something to be proud of.

Cross Stitch (\$35)

Students will have the opportunity to learn how to do cross-stitch. All students will start with one common project, and once completing that, will have the chance to do a project of their choice.

Outdoor snowshoeing/cross-country skiing/winter hiking (no cost) – This is an outdoor option that will teach students how to snowshoe/cross-country ski or – weather dependent – go for an outdoor winter hike. You do not need to bring your ski/snowshoe equipment to school, you just need to be prepared with the appropriate clothing to go outside! Optional Field trips up to \$75

Strategic Board Games (no cost)

Do you like a challenge? Do you like spending time with your friends? Do you like to strategize? Do you like friendly competition? If you do, Strategic Boardgames might be the elective for you. In this option, you will get to play a variety of different board games, and learn about the design elements of games, the strategies employed in interactive games as well as positive social interaction skills when participating in board games. We will also examine human motivation and how this is manipulated in gaming. As a final project, you will get to create your very own interactive board game and teach the class how to play it.

Beginner Breakfasts (\$27)

Is breakfast the most important meal of the day? It can be, if you take this course! We will bake, boil and blend the best breakfasts around town! Be ready to impress your family with your new skills!

Rocketry (\$35)

Using basic skills and balsa wood materials, students will construct a one-stage Rocket. Near the end of the course, students will be able to show off and “fire” their projects! This class is largely based around aerodynamics and the laws of physics.

Outdoor sports performance (no cost)

Do you like physical education? Challenging yourself? Being active? This is a sports performance option offered to students who want to compete against THEMSELVES to get better. Running/jumping/throwing/Push-ups/Planks/Wall-sits/Working with agility ladders/Building obstacle courses, etc. To some people that sounds like torture...but to you...this sounds amazing!

Recycled Art (\$10)

Using recycled materials students will make the “ugly” new again by creating different art projects. Some examples of art projects are painted rocks with Mendelas, paint chips still art, etc.



Travel the World through Foods (\$27)

If you love trying new things and experiencing food from around the world- this is the course for you! We will explore some of the history and traditions of different countries while cooking the dishes that put them on the culinary map. Be ready to Travel the World through Food!

Sketching skills (\$15)

If you enjoy drawing- This is the course for you. Learn different sketching skills to add to your toolkit. You will have the opportunity to develop your strengths as an artist as well as explore skills you may be less familiar with.

Sculpture (\$31)

Students will use a variety of materials to create 3D sculptures. Some assignments will be done in groups and others will be done individually.

Art Basics (\$15)

In this course, you will learn basic to advanced techniques in drawing, painting, and other art forms. We will explore the history of art by learning about famous artists and their work. This course is for everyone, from those who already have a strong art practice to those who only draw stick figures.

Multimedia Studies (\$15)

Multimedia is an exciting, technology-rich option that exposes students to a variety of media applications. Students are taught concepts related to animation, photography, video production, editing, and podcasting. Multimedia takes advantage of a wide array of equipment in order to reinforce concepts through hands-on group projects. Multimedia students often create short video productions for various events in the school. Creativity, experimentation, and cooperation are strongly encouraged.

Film Studies (no cost)

If you love different types of movies and would like to explore the elements used by film makers to capture our imaginations, then FILM STUDIES 7 may be an option for you! Students will watch and analyze several films chosen by the teacher. They will have the opportunity to explore elements of film used by film makers to capture the audience and delve deeper into the movie review process.

Painting (\$31)

Students will develop their painting skills using both watercolour and acrylic paints. We will begin with guided instruction to allow students to begin to develop their skills, after which they will move on to more independent projects.

Coding (no cost)

Students will learn the basics of coding, how to use loops, variables, and algorithms to create their own interactive games, applets, and animations. In the advancing world of technology, this option will help equip students with future proofed skills.

Visual Journals (\$15)

Students will each be given a visual journal, in which they will create a variety of projects using different tools and techniques. We will be moving through assignments at a fast pace, so students should be prepared to get caught up if they're missing classes.



Learning Strategies (no cost)

Struggling with organization? Worried about how you'll keep up with the workload in junior high school? If so, Learning Strategies is the option for you! In this course, students will learn about organization, study strategies, coping with deadlines, and how to best ensure that they will be successful in their school subjects. Through fun activities and regular organization/study blocks, this course helps students to take control of their learning in junior high. This is an opportunity for students to complete outstanding work, if a student doesn't have work to complete, they will be given tasks related to literacy/numeracy/organization.

Yoga (No Cost)

Students will learn the basics of yoga and how to apply mindfulness to their everyday lives. This class will focus on learning the poses correctly and safely. Students will have a chance to create their own flow routine by the end of the term. This class will focus on relaxation and gentle stretching

Recreation Leadership (\$15)

The recreation class is a program that is designed for students who love sports and recreation. Students in the recreation homeroom will have the opportunity to participate in weekly recreational activities that are planned by the teacher with some student input. They will also have the opportunity to develop their leadership and sportsmanship skills as they help plan and coordinate activities for their class. This is a great course for students who have always enjoyed physical education in school as well as enjoy participating in physical recreational activities outside of school. Optional Field trips up to \$50

Grade 7 Option Summary

	<u>Block A</u>	<u>Block B</u>
Term 1	Metal Key Chains Art-Drawing Outdoor Cooperative Games Drama Foods-Easy Meals P3 Hockey	Film Studies Art-Sculpture Foods- Beginner Breakfasts Band Art-Art Basics Multimedia Studies
Term 2	Scroll Saw Shadowbox Art-Cross Stitch Snowshoe/ x-country Skiing/Hiking Strategic Board Games Foods-Baking Basics P3 Hockey	Art-Painting Art-Sketching Foods- Easy Meals Band Drama Learning Strategies
Term 3	Rocketry Art- Cross Stitch Outdoor Sports Performance Recycled Art Foods-Travel the world P3 Hockey	Coding Art-Visual Journals Yoga Band Art-Art Basics Recreational Leadership