



## École Manachaban Middle School Grade 8 Option Courses 2023-2024

**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](mailto: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 option 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 (\$45 plus cost of rental instrument)**

Learn to play an [instrument](#), read music, and play within a group setting! Band 8 is a participation and performance-based program, which is a continuation of Band 7. Students should expect to be playing their instruments every class and to complete at-home practice during the week.

If you join Band, you will have the chance to learn the concepts and skills to develop as a musician, team member, and performer. We take special trips throughout the year to see different performances and bond as a group. This past year, throughout the different band ensembles, students took part in an overnight camp to Camp Evergreen with clinicians and a guest conductor; they participated in a band festival; watched a Cochrane High musical together; and even attended a Calgary Philharmonic Orchestra rehearsal!

**If you did not join the Band in grade 7 but are interested in giving it a shot – talk to Ms. Hazelwanter so you can discuss an instrument.**

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

#### **P3 Hockey Academy (\$2,920 + GST)**

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

### Termed Options

#### **Yoga and Mindfulness 8 (\$15)**

Learn a basic yoga sequence and helpful mindfulness practices to add to your everyday life. Fee: \$15 covers 2 visits to Alchemy Yoga

#### **Art – Mixed Media (\$20)**

In this option, students will make a variety of 2D and 3D projects using a variety of materials. Projects from previous years have included monsters made with packing tape, an “Opposites” project in which students will develop two opposing themes on two different canvas boards, and plaster masks. For this option, students will need to provide a pencil and scissors. All other materials will be provided.

#### **Craftworks (\$20)**

Welcome to DIY projects! Do you love creating? Crafting? This is the class for you! We will work on a variety of projects involving textiles, art, and designs to create gifts and décor. You can't go wrong with this option!

#### **Food and Nutrition Basics (\$32)**



Students learn which foods are crucial to wellness, how such foods affect current performance and future health, and discover how to choose and prepare nutritious, tasty food.

Interested in a job in Human Services? Ever consider becoming a Baker, Chef, Caterer, or Dietician? Or, do you just want to know more about how food affects you? Through Foods classes, students will examine food, looking beyond consumption to production, nutrition and health, meal planning, economics, and preparation.

### **Fitness 8 (\$10)**

Discover how to properly execute body weight movements, design your own workout, and learn basic nutrition for fueling your body to optimally perform during workouts.

Fee: \$10 – covers 1 visit to yoga studio and 1 visit to fitness studio

### **Multicultural Art (\$20)**

In this option, students will create a variety of art projects from different cultures. To begin, they will use plaster gauze and acrylic paint to make a mask in the style of Mexico's Day of the Dead celebrations. Next, we will do batik, using melted beeswax as a resist on fabric before dipping it in dyes in the style of fabric art that can be found in Indonesia. Finally, we will do Ukrainian eggs as we enter the Spring season. Students will need to provide a pencil, an eraser, and scissors. All other materials will be provided.

### **Beginners Crochet (\$20)**

Want to learn how to crochet? This is a great option for you! We will learn basic stitches, how to read patterns, and work on some awesome projects. Come learn something new!

### **Baking Basics (\$32)**

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

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### **Painting (\$20)**

Students will do both watercolour and acrylic paintings in this option. To begin, students will all start with the same image and step-by-step instructions to learn some basic painting techniques. Following that, they will have the choice of what to paint for their remaining projects. Students should come to the class with a pencil, an eraser, and a ruler. All other supplies will be provided.

### **Information Processing (No Cost)**

Come explore the world of computers with a deep dive into MS Suite, Google Suite, Digital Presentations, and keyboarding. We will also look at Digital Citizenship and Online Safety. If you are into computers, this class is for you!

### **Snacks to Go (\$32)**



Our lives are busy, and the reality is that we often don't have time to eat except when we are on the go. During this class, students will learn how to make healthier food decisions when out and about and how to plan and prepare healthy to-go snacks and recipes.

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### **Learning Strategies (no cost)**

Struggling with organization? Worried about how you'll keep up with the workload in middle 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 middle school. 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.

### **Woodworking Basics (\$50)**

This term, students are introduced to the safe and responsible use of a variety of power tools in our school's woodworking shop. They are free to conceptualize, plan, and produce a project of their own choosing with guidance from their teacher. If you are creative, self-motivated, and able to plan around a timeline, this option is for you. The skills you will gain in this option will help you to create beautiful and functional objects for a lifetime.

### **Environmental and Outdoor Pursuits (No Cost)**

This class will involve both indoor and outdoor learning as we explore various environmental issues and strategies around how we can aim to live more sustainably. In this class, not only will we be learning about how we can better protect, respect, and nurture nature, the "Outdoor pursuits" portion of this class will involve some mountain biking, nature hikes, and "Leave No Trace" principles, and possibly an afternoon of indoor rock climbing at the U of C climbing wall. Optional field trips up to 50\$.

### **Visual Journals (\$20)**

In this option, students will each be given their own visual journal, in which they will complete a variety of different projects. Different assignments will involve drawing, writing, painting, collage, and other techniques. For this class, students should have a pencil, an eraser, a ruler, scissors, a glue stick, pencil crayons, markers, and a fine-tip Sharpie. The visual journal and any other materials needed will be provided.

### **Photography (\$10)**

In this option, students will learn concepts related to photography, photo-editing, and stop-motion.

Students will learn about the progression of film and photography through a series of activities such as creating sun prints and making pin-hole cameras.

Photography will require students to explore and apply the principles of art and design to their photos, editing, and stop-motion projects.

Creativity, experimentation, and cooperation are strongly encouraged.

### **General Psychology (no cost)**



Students will learn about basic psychology theories and how psychology has grown over the past 100 years. Students will look at the first psychologists and current psychologists and compare how far we have come. This is a general overview of psychology as a science.

### **Woodworking- Birdhouse (\$50)**

This term, students learn to work to a standard to create decorative birdhouses. They will learn how to use a variety of power tools safely and responsibly. They will also learn precision measuring (in inches) and cutting skills that are typical of worksites in North America. Understanding of fractions is fostered as well. If you enjoy working with your hands, are attentive to details, and like challenges, this option is for you.

### **Genius Hour (no cost)**

Have you ever felt the desire to learn more about something cool but you don't have the time? Genius hour is a project-based course where you explore your own passions and wonders. In this class you will pick a topic of your choice and channel your creative mindset to learn more about this topic.

### **Cross Stitch (\$40)**

In this option, students will learn how to do cross-stitch projects. All students will start the term with a simple project in order to learn the basics. Once that's done, they can choose what they'd like to do from the 100+ patterns that we already own, or from a new pattern of their choice. Students must provide their own scissors. All other supplies (patterns, Aida cloth, needles, thread, embroidery hoops) will be provided.

### **Drama (\$10)**

In this option, we will explore our personal creativity through drama activities including games, movement, improvisation, tableaux, and short skits. Students will present multiple skits and participate in games dealing with improvisational skills. **Please note that performance and participation are mandatory components of this course.**

### **Environmental Art (\$35)**

Students will be using multiple mediums for this class. We will be using nature-inspired themes to create a few different projects. Students will incorporate painting on canvas with acrylics and adding in 3D plants to add depth to the project.

### **Cross-country skiing/Snowshoeing/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 trip fees up to \$75 if we go)

### **Capoeira (\$20)**

Explore movement, music, and language through Capoeira, a 500-year-old martial art from Brazil with roots in Africa. In this option, you will learn basic to intermediate movements and how to play instruments and sing traditional songs in Portuguese. Work on your strength and flexibility and flex your language skills along with your rhythm. If you enjoy being active, learning about other cultures, and the excitement of some friendly competition in the *roda* (circle), then come join us for something completely different! Salve!

### **Environmental Action (No Cost)**



“What we do to the earth, we do to ourselves.” In this option you will be researching ways to respect and protect the earth. We will learn some fun nature games and you will choose an “Action” that will help the environment. Throughout the term, you will follow through with this ‘action’ and, by the end of the year, you will present your Environmental Action at the Manachaban Environment Fair. This class will be both indoors (working on Environmental Education) and outdoors (playing games).

### **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.

### **Color Guard (\$5)**

If you’re interested in dance and performing, challenge yourself further through incorporating the manipulation of flags into your skillset!

If you’ve ever seen a marching band, color guard are the flag spinners and visual dancers.

In this course, we will learn fundamental techniques for spinning and tossing flags to learn and create routines to music. Students will have the opportunity to perform their routine at the end-of-year concert.

### **Outdoor Low Organized Games (No Cost)**

Do you like Physical Education? Learning new games? 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 every day.

	<b><u>Block A</u></b>	<b><u>Block B</u></b>
<b>Term 1</b>	<ul style="list-style-type: none"> <li>-P3 Hockey</li> <li>-Yoga and Mindfulness 8</li> <li>-Mixed Media</li> <li>-Craftworks</li> <li>-Food and Nutrition Basics</li> <li>-Band</li> </ul>	<ul style="list-style-type: none"> <li>-Woodworking- basics</li> <li>-Visual Journals</li> <li>-Environmental and Outdoor Pursuits</li> <li>-Photography</li> <li>-Outdoor Sports Performance</li> <li>-General Psychology</li> </ul>
<b>Term 2</b>	<ul style="list-style-type: none"> <li>-P3 Hockey</li> <li>-Fitness 8</li> <li>-Multicultural Art</li> <li>-Beginners’ crochet</li> <li>-Baking Basics</li> <li>-Band</li> </ul>	<ul style="list-style-type: none"> <li>-Woodworking- Birdhouses</li> <li>-Genius Hour</li> <li>-Cross-Stitch</li> <li>-Drama</li> <li>-X-Country skiing, snowshoeing &amp; hiking</li> <li>-Environmental Art</li> </ul>
<b>Term 3</b>	<ul style="list-style-type: none"> <li>-P3 Hockey</li> <li>-Yoga and Mindfulness 8</li> <li>-Painting</li> <li>-Information Processing</li> <li>-Snacks to go</li> <li>-Band</li> </ul>	<ul style="list-style-type: none"> <li>-Capoeira</li> <li>- Cross-Stitch</li> <li>-Outdoor Low-Organized Games</li> <li>-Color Guard</li> <li>-Rockets</li> <li>-Environmental Action</li> </ul>