



**École Manachaban Middle School  
Grade 8 Option Courses  
2024-2025**

**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. 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** is a ull-year course; students are expected to complete all 3 terms in Band 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!

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.**

## Termed Options

### **Mixed Media (\$20)**

Students will work individually and in partners to make a variety of both 2D and 3D projects using different materials. Examples of projects from previous years include packing tape monsters, “Opposites” boards showing different themes using 2D and 3D materials, paintings, and masks.

### **Fly Fishing 8 (\$50)**

This class will explore the many facets of fly-fishing. We will learn about fly casting, gear, knots, reading water, understanding trout habits, fish handling, regulations, conservation, and many more exciting topics. Included in the course fee: all tackle and equipment, flies, and a field trip to Mitford Pond. There will be an extra cost for a field trip to Kananaskis.

### **Breakfast Basics (\$37)**

Is breakfast the most important meal of the day? During this class, students will examine the health benefits a healthy breakfast can provide and will prepare several quick and healthy breakfast recipes. 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.

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



Do you enjoy working with your hands and building beautiful or useful objects? This introduction to woodworking will get you acquainted with machines and power tools involved in the crafting of wood. Students will have the chance to build a given project or craft something unique of their own design.

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

Students will learn about the art of different cultural groups and try to make some of their own. Projects from previous years include plaster masks painted in the style of sugar skulls from Mexico's "Day of the Dead" celebrations, batik work on fabric inspired by the textile art of Indonesia, and Ukrainian pysanky, or eggs.

### **Fitness (No Cost)**

Are you interested in being active? Have you wondered how to build a proper workout plan? This class will dive into basics of cardiovascular and strength training as well as flexibility. Be prepared to exercise as we set fitness goals and crush them in this class.

### **Baking Basics (\$37)**

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

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.

### **Comic Books (\$20)**

Do you like Batman? Spiderman? Do you enjoy watching superhero movies by Marvel or DC? In this option, we will explore topics like the history and development of comic books, and how they have become a major industry in the world. We will then look at art techniques and presentation to create a unique comic book.

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

Students will be given direct instruction to develop their painting technique, including both watercolour and acrylic paints.

### **Fly Tying (\$20)**

This class will be all about how to tie flies used for fly fishing. We will learn about different insects and other food that trout consume, and tie patterns that replicate them. Included in the course fee will be all fly tying tools and materials.

### **French as a Second Language (\$10)**

Students will continue to develop their understanding and proficiency in French, by exploring a variety of themes, including animals, clothing, food, and holidays and celebrations.

### **Snacks to Go (\$37)**

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.

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.

### **Capoeira (\$10)**

Do you enjoy movement and being physically active? Do you enjoy music and language? Join this option for an introduction to Capoeira, a 500-year-old art form that came out of Brazil and is now practiced around the world. You will learn a bit about history, Portuguese, and some basic movements that allow you to enter the circle and play.

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

Students will each be given a visual journal in which they will create a variety of projects using pencils, markers, paints, and other materials with inspiration drawn from different historical periods, artists, and styles.

### **Game Strategies (\$15)**

Have you ever wondered how your favorite games are designed in order for you to win? In this option, you will learn how to play a variety of card games and board games, then analyze the strategies behind them and can create your own.

### **Learning Strategies (No Fee)**

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.

### **Ultimate Frisbee (\$15)**

An Introduction to an exciting, non-contact team sport played by thousands all over the world. Ultimate is a fast-paced game, demanding its players to develop razor sharp throwing skills and immense stamina and agility. Additional fees for a field trip may apply.

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

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" principals, and possibly an afternoon of indoor rock climbing at the U of C climbing wall.

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

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.

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

Students will each learn the basics of cross-stitch and will then have the opportunity to select patterns of interest to them to work on throughout the term.

### **Film Studies (No Fee)**

Students will critique movies of all types and genres. In addition to watching movies, students are expected to complete questions and projects pertaining to the films, as well as review



professional movie reviews, and discuss key elements of the film. Other projects could include recreation of a trailer of a movie that has been watched in class.

**Snowshoeing-Cross Country Skiing-Winter Hiking (No Fee)**

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.

**Genius Hour (No Fee)**

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.

**Money Sense (No Fee)**

Students will look at the importance of saving, an introduction to saving accounts, the difference between a TFSA and an RRSP. We will also look at stocks and what they mean and get some mock investments that students will follow. We will go over how interest can be beneficial when investing.

**Crafting-Recycled Art (\$15)**

Students in this course will be given the opportunity and freedom to choose their own themes to match their own style! Projects could include making greeting cards, painting stools, decorating mirrors and mason jars, creating string art, along with many other wooden crafts. Students will be asked to bring in some old items to restore.

**Sports Performance (No Fee)**

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/Sit-ups, and an introduction to working out. To some people that sounds like torture...but to you...this sounds amazing!

**Environmental Action (No Fee)**

“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.

**Golf (No Fee)**

The introduction to Golf will teach the golf etiquette basics and alternative golf games (i.e., scramble and match play). We will focus mostly on our short game (putting and chipping) at schools. We will have clubs for the students to use but safety will be extremely important. Optional Field trips up to \$75

Grade 8	<b><u>Block A</u></b>	<b><u>Block B</u></b>
------------	-----------------------	-----------------------



<b>Term 1</b>	Band Fly Fishing Mixed Media Breakfast Basics Woodworking	Outdoor Low-Organized Games Environmental and Outdoor Pursuits Ultimate Frisbee Visual Journals Game Strategies Learning Strategies French as a Second Language
<b>Term 2</b>	Band Multicultural Art Fitness Baking Basics Comic Books	Snowshoeing/Cross-Country Skiing/Winter Hiking Genius Hour Film Studies Money Sense Learning Strategies Cross Stitch French as a Second Language
<b>Term 3</b>	Band Fly Tying Painting Snacks to go Capoeira	Sports Performance Environmental Action Crafting/Recycled Art Golf Learning Strategies Cross Stitch French as a Second Language