



**École Manachaban Middle School
Grade 7 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 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)

Band: Learn to play an [instrument](#), read music, and play within a group setting! Band 7 is a participation and performance-based program, which is a continuation of Band 6. 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.**

P3 Hockey Academy (See P3 for Cost)

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

Termed Options

Sculpture (\$20)

Students will work both individually and in groups to do three or four sculptures using a variety of materials over the course of the term.

Heritage Foods (\$37)

With this Heritage Foods class, step back in time to explore recipes from as early as 1850! Celebrating Canadian heritage foods, you'll learn how to make homemade bread, jams, pies, cookies, muffins, milkshakes and comfort foods such as poutine, hearty soup, mac and cheese, and chicken pot pie. Emphasizing the joy of cooking paired with modern technology, we will recreate these delicious dishes with ease. Join us for a nostalgic culinary adventure!

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 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.

Fly Fishing (\$50)

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



Painting (\$20)

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

Baking Basics (\$37)

Embark on a sweet and savory adventure with Baking Basics, where you'll discover the joy of creating treats from scratch. You'll learn how to make breakfast items, cut out cookies, crepes, loaves and breads, bars, cupcakes, candy and confections, pastries and much more. This course will teach you the essential techniques needed to become a confident baker. Unleash your inner pastry chef and discover the fun of baking delicious treats!

Recycled Art (No Fee)

Students will use different recycled materials (wood, cardboard, tin, etc.) to create interesting artifacts. They will also research ways in which some real-life artists make it their environmental goal to create art while minimizing the footprint on the environment.

Fitness (No Fee)

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.

Cross Stitch (\$40)

Students will be introduced to the needlecraft of cross-stitch, using thread and patterns to create fun projects.

Easy Meals (\$37)

Easy meals is a hands-on exploration of basic cooking techniques, kitchen safety, and healthy meal preparation. Students will gain confidence in the kitchen while creating simple, delicious dishes, including tacos, stir-fry, spaghetti and meatballs, grilled cheese sandwiches, pancakes, salad wraps, and smoothie bowls. Join us for an exciting culinary adventure where you'll learn essential skills to whip up tasty meals in no time!

Shop-Hand Tools Woodworking (\$50)

In this class you will be creating projects using hand tools. We will study the lost art of creating wood projects using hand tools such as coping saws, hand saws, hand sanders, hammers, nails etc. This course will encourage patience and a passion for detail while creating projects.

Fly Tying (\$50)

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.

Scroll Saw (\$47)

Students will learn woodworking techniques that will give them a chance to create a scroll saw shadow box. Students are free to choose a plan that they like that has multiple layers they will be cutting out or they can choose from 5 assorted designs I have already created. We will be finishing the project with either staining, wood burning, or painting to add some color. Student fees include saw blades, wood costs, sandpaper, paint or stain costs, glue, and paper.

Machines students will be using and taking safety tests on are scroll saw, general safety, drill press, band saw, and belt sander.



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.

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.

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

Photography (\$15)

Welcome to our beginner photography class, where you'll embark on an exciting journey to capture the world through your lens. This course is designed for those who are new to photography, offering simple, step-by-step instructions to help you master a camera and develop your creative eye. You'll learn the basics of composition, lighting, and camera settings, enabling you to take stunning photos. Join us as we explore the art of photography and unlock your potential to create beautiful images.

Money Sense (No Cost)

Students will look at the importance of budgeting, an introduction to credit cards, what is debt, what is an interest rate, along with the basics of a mortgage and the difference between leasing and owning.

Quick Appetizers (\$37)

In this Quick Appetizers class, discover a variety of easy-to-make recipes suitable for any occasion. From mini bites and skewer delights to garlic bread and a variety of dips. You'll learn to create crowd-pleasing snacks that are sure to impress. Whether you're planning a party or just want a yummy after-school snack, join us to discover the world of quick and delicious appetizers!

Environmental Art (\$36)

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.

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

Sketching (\$20)

If you enjoy drawing- This is the course for you. Learn different sketching skills to add to your toolkit. You will have the chance to develop your strengths as an artist and explore skills you may be less familiar with through the creation of sketching projects of your choice.

Easy Treats (\$37)

In this Easy Treats class, you will learn the art of speedy baking with delicious recipes such as chocolate chip cookies, pancakes, chocolate dipped treats, muffins, and tarts. This hands-on experience will teach you the skills to whip up yummy delights in no time. Join us and unlock your inner baker!

Rocketry (\$36)

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!

Coding (no cost)

In this course students will study the employment opportunities which may arise through coding capabilities. They will then engage in a self-paced course (Introduction to Game Lab) in which they will work their way to creating a simple game. Students will also have time to explore Coding of their own through different sources, and work on any project they are working on using code. This course is a fun way to improve your coding skills whether you are a beginner, or an advanced coder.

Baseball (no cost)

This option will focus on the fundamentals of baseball. The introduction to Baseball, Fast Pitch and Slow Pitch will teach students the basics of each “style” of game. Students will go over defensive positioning.

Potential field trips up to \$75

Snack Attack (\$37)

Get ready to become a snack master in our Snack Attack class! You'll learn how to make quick and easy snacks that are perfect for after school or on the go. We'll whip up tasty treats like cheesy quesadillas, fruit smoothies, energy bites, snack mixes, wraps and much more. Join us and discover how fun and simple snack-making can be!



Music appreciation (No Fee)

Welcome to our Music Appreciation course, where you'll embark on a journey through the diverse world of music. This class will introduce you to various genres, and explore the basics of music theory and history. You'll have the opportunity to listen to and analyze different styles, as well as create your own music, specifically using string instruments. Join us to discover the power and beauty of music, and how it can inspire and connect us all.

French as a Second Language (\$10)

Students will develop their understanding and proficiency in French, by exploring a variety of themes, including school, people around me, weather, and holidays and celebrations.

Grade 7	<u>Block A</u>	<u>Block B</u>
Term 1	Hockey P3 Band Fly Fishing Film Studies Sculpture Heritage Foods	Outdoor Low-Organized Games Scroll Saw Learning Strategies Ultimate Frisbee Photography Quick Appetizers French as a Second Language
Term 2	Hockey P3 Band Recycled Art Fitness Painting Baking Basics	Snowshoeing/Cross-Country Skiing/Winter Hiking Environmental Art Sketching Money Sense Learning Strategies Easy Treats French as a Second Language
Term 3	Hockey P3 Band Fly Tying Shop- Hand Tools Projects	Sports Performance Rocketry Coding Baseball



	<p>Cross Stitch Easy Meals</p>	<p>Music Appreciation Snack attack French as a Second Language</p>
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