



**École Manachaban Middle School  
Grade 8 Option Courses  
2025-2026**

**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 full-year course; 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! 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**

### **Photography and Digital Editing (\$5)**

(Repeat offering) Students will build on foundational photo and design skills, learning how to take strong photos and edit creatively using open-source software like Photopea.

### **Coding 2-D Games (No Cost)**

Using free tools like Godot, students will dive into the world of game development. They'll learn about game logic, animation, and basic programming concepts while building their own 2D games.

### **World Cultures (\$20)**

Explore the people, places, and traditions that make up our diverse world. Students will learn about different countries and continents, languages and geography, music, foods, visual arts, and cultural celebrations from around the world.

### **Hockey (\$110 per term)**

This hockey class is a great opportunity for students to build foundational skills in skating, passing, and shooting. With around 25 on-ice sessions over two terms—once per week—it offers consistent practice and development in a fun, active environment. Parents will be responsible for getting equipment to the arena.

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

In this option, students will each be given a sketchbook in which they will explore a variety of art techniques. They will combine writing and visuals to create lasting memories of their year.

### **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.

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



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.

### **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.

### **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.

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

Students will learn the basics of cross-stitch and then be able to express their interests by stitching a pattern (or patterns!) of their choice.

### **Flag Football (no cost)**

This class focuses on the basics of flag football, including throwing, catching, route running, and defensive positioning. Students will learn the rules of the game, develop fundamental skills, and practice offensive and defensive plays. The focus is on teamwork, strategy, and game play in a safe, non-contact environment.

### **Fly Fishing (\$60)**

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.

### **Recycled Art (\$10)**

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.

### **Fly Tying (\$60)**

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.

### **Ultimate Frisbee (\$20)**

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

### **Street Hockey (No Cost)**

Whether you're a beginner or a seasoned hockey player, this option is for you. This outdoor class offers skill development, competition, and exercise through organizing and playing games and tournaments.

### **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.

### **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.

### **Environmental and Outdoor Ed (\$50)**

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 optional afternoon of indoor rock climbing at the U of C climbing wall (an additional cost would apply).

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

Students learn to work to a standard to create decorative birdhouses. They will learn how to safely and responsibly use a variety of power tools. They will also learn precision measuring (in inches) and cutting skills that are typical of worksites in North America.

### **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.

### **Golf (\$10)**

Students will develop fundamental skills like grip, stance, and swing technique while exploring different clubs and shot types. We'll cover the rules of the game, basic golf etiquette, and strategies for playing on a course.

\*There will be a field trip fee associated with an optional field trip.

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



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.

### **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.

### **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.

Grade 8	<u>Block A</u>	<u>Block B</u>
<b>Term 1</b>	Band Fly Fishing Hockey Breakfast Basics Woodworking Environmental/Outdoor Ed.	Flag Football Film Studies Visual Journals Photography and Digital Editing Sketching
<b>Term 2</b>	Band Fly Tying Hockey Baking Basics Comic Books Genius Hour	Fitness Learning Strategies Cross-Stitch Environmental Art Coding 2-D Games
<b>Term 3</b>	Band Street Hockey Ultimate Frisbee Snacks to Go Capoeira Learning Strategies	Golf Recycled Art Cross-Stitch World Cultures Rocketry