



École Manachaban Middle School Grade 8 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 (\$41.60 plus cost of rental instrument)

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).

P3 Hockey Academy (\$2,781 + GST)

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

Termed Options

Environmental Art (\$20)

Students will use wood that would have gone into a scrap bin, or driftwood to create two projects for this term.

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.

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.

Breakfast Basics (\$27)

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 healthy breakfast recipes.

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.

Recycled Art (\$5)

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.



Comic Book Development (no cost)

If you enjoy comics, Marvel, DC, Animé or others, this is your chance to develop a comic/series of comics. You will follow a step-by-step process of creating a comic book/series. You will also learn basic action sketching skills to apply to your comics.

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.

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.

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.

Woodworking -Exploration (\$50)

Learn how to use a variety of power tools for wood crafting. Students will learn the basics of designing, planning, and executing woodworking projects of their choice.

Environmental Education 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” principals, and possibly an afternoon of indoor rock climbing at the U of C climbing wall. Optional Field trips up to \$50.

Snacks-to-Go (\$27)

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.

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.



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.

Capoeira (no cost)

Learn the basics of this 500-year-old Afro-Brazilian Martial Art. Through movement, music, language, and history, students gain an understanding of this popular Martial Art practiced all over the world.

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.

Mixed Media Art (\$31)

In this class, students will use a variety of materials to create different projects. One sculpture project will be done in small groups, and all other projects will be done individually.

Multicultural Art (\$31)

Students will explore the art from a variety of cultures and create projects inspired by these styles and techniques. Projects include Mexican *Day of the Dead* masks, Indonesian batik, and Ukrainian eggs

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.

Woodworking- Birdhouse (\$50)

Hone your woodworking skills with a challenging project. Students will create decorative birdhouses. This course will emphasize the importance of working towards a standard and creating an aesthetic appeal with paint.

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.

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.



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.

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

Golf and Baseball (no cost)

This option is a mix of Baseball and golf! The introduction to Baseball, Fast Pitch and Slow Pitch will teach students the basics of each "style" of game. The introduction to Golf will teach the basics of the golf etiquette as well as alternative golf games (i.e., scramble and match play). Optional Field trips up to \$100

Grade 8 Option Summary

	<u>Block A</u>	<u>Block B</u>
Term 1	<ul style="list-style-type: none"> -Environmental Art -Learning Strategies -Visual Journals -Breakfast Basics -Band 	<ul style="list-style-type: none"> -P3 hockey -Mixed Media Art -Environmental and Outdoor Ed -Multimedia Studies -Ultimate Frisbee -Woodworking- Exploration
Term 2	<ul style="list-style-type: none"> -Scroll Saw Shadowbox -Recycled Art -Baking Basics -Cross Stitch -Band 	<ul style="list-style-type: none"> -P3 hockey -Multicultural Art -Capoeira -Genius Hour -Drama -Learning Strategies
Term 3	<ul style="list-style-type: none"> -Yoga -Comic Book Development -Cross Stitch -Band -Snacks-to-Go 	<ul style="list-style-type: none"> -P3 hockey -Painting -Woodworking- Birdhouses -Color Guard -Golf Baseball -Environmental Action