



Grade 7 Option Selections 2022 - 2023

G.S. Lakie Middle School takes great pride in the diverse programs and various options that we provide our students. The option classes that you can take at Lakie will definitely be one of the highlights you will experience at our school.

There are numerous courses you can choose from as outlined in this guide. Remember, Middle School is about trying new things so don't be afraid to sign up for something you have never done before. You can look forward to learning something new, making new friends, and facing new challenges in life.

Info You Will Want to Know When Selecting Options



Selecting Your Options

Log into PowerSchool and click on the “Class Registration” tab. You will then see all available options for your grade level. Then select 8 options that you would be interested in taking.

Please Note:

- When you are done selecting your choices, you will need to hit “OKAY” on the bottom right of your screen. Only then will your selections be processed in the system.

Mapping Out Your Option Selections

In the space below, we have provided you with a planning map to help you identify your selections. Descriptions of the individual options can be found on the following pages, as well as within PowerSchool.

Choosing Your Options: You will be asked to select **8 option choices**. You may want to print, highlight, circle, or write down your choices so you can transfer them into PowerSchool.

Reminders:

- This process does not prioritize preferred options, nor do we track who selects options when. Once all selections are entered for all students, our software will populate as many students with their requested options as possible.
- We ask you over-select classes, as courses are filled based on interest and capacity limits.
- You will learn what options you will be taking in the fall.

PLEASE NOTE: Depending on student numbers, students’ option selections, and teacher schedules, option courses may be cancelled.

Art 7
Board Games 7
Computers 7
Cooperative Games 7
CTF - Innovative Design 7
Dance Grooves 7
Dance Hip-Hop 7 (2 terms)
Design Space 7
Digital Media 7
Drama 7

Electronic Music 7
Escape Room and Cryptography 7
Foods and Nutrition 7
Math 4 Life 7
Modern Shop & Maker Space 7
Music Band 7 (2 terms)
Music Guitar 7
Music Instrumental Perform 7
Music Rock & Pop 7
Numeracy 7

Outdoor Ed 7
Sewing & Fabric Arts 7
Spanish 7
Sports Enrichment 7
Strength & Conditioning 7
Wicked World of OZ –
Performance 7
Yearbook 7



ART 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: Your Own Supplies

Art is for everyone! If students took Art in grade 6, this course will provide them with different projects, different mediums, and different challenges than previously experienced in Art 6. In addition, students will be growing the skills learned and acquired previously. However, if a student missed out on the opportunity to take Art in grade 6, it won't matter... they will be great in this class too. Each Art project in Art 7 is designed to challenge the student and teach them at an individual level. Come and learn! Come and have fun! Come and Create! This class is for everyone and anyone and there is no experience or prerequisite required.

Note: There are additional supplies that you will need to purchase for this class. This list of supplies will be given out on the first day of the term.

BOARD GAMES 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

In this option, we will explore and play a variety of different games. Along the way, you will also:

- increase brain function
- learn how to set goals and develop patience
- develop and strengthen relationships with new people
- increase happiness and decrease stress
- enhance creativity and self-confidence

COMPUTERS 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Computers 6 offers students a chance to develop their computer skills. The aim of the course is to equip students with the basic computer skills needed to enhance classroom assignments and projects during their middle school experience and beyond. This course will focus on areas such as email use, file organization, keyboarding, word processing and web design. Students will learn how to utilize their One Drive, MS TEAMS and MS Office 365 which they have access to at home through the web. This is great course to take if you are less familiar with how to use a computer for practical applications. Students will be taught proper touch-typing techniques with the goal of achieving a minimum of 10 wpm with 90% accuracy.

COOPERATIVE GAMES 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Do you want to improve your strategic skills while playing games you love? If so, then this is the option for you! Students in this class will have fun playing a variety of games developing their abstract critical thinking and cooperation skills.

Some of the brain boosting benefits of strategic games include enhanced memory, concentration, strategy function and problem-solving skills.

Through cooperative games students will also develop their level of teamwork, conflict resolution, self awareness, communication and leadership.

CTF - INNOVATIVE DESIGN 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$20

Innovative Design 7 emphasizes skill building; students will develop skills in collaboration, project management, design, and communication. This course is for individuals who can work in groups as well as alone while they embrace their curiosity and wonder for how things work and how we can make them better. Students will have access to computers, the sewing lab, a portable workshop as well as building kits. Projects they complete may include using machines and tools from the computer lab, sewing room, and shop.

Students will also have a Skills Day where they have a hands-on opportunity to learn about technology and skills that are used by community members in their careers. They will get their inspiration from each other, through challenges, researching, playing, and using found objects to create something awesome

This integrated CTF program is taught by 2 teachers who provide expertise in a variety of areas to help students complete challenges. The challenges help them learn the design process and put it into practice. Students are expected to be able to work well with others, be able to voice their ideas and collaborate with classmates. There is a \$15 course fee attached to this class, if this is a problem for your family please let us know.

Links: Grade 7 Skills Day – <https://www.youtube.com/watch?v=V5DjGHZvw3w>

DANCE GROOVES 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

This dance class is designed for those students who just want to come out and have fun grooving! During the Dance Grooves class, students will have the opportunity to try new dance skills and original choreography. This course incorporates a variety of dance styles and music. Through Participation in this class, students will improve muscle strength, balance, coordination, flexibility, core stability and cardiovascular fitness. Dance students will gain spatial awareness, self-awareness, self-confidence, musicality and develop a greater appreciation for the arts. **Please Note** - This is **NOT** a performance-based class and is meant to be a fun and relaxing way for students to try something new that they might not otherwise have the opportunity to try. Students will focus on learning new skills as oppose to mastering choreography for a live performance. A pair of indoor runners will be needed for this class.

DANCE HIP-HOP 7

Number of Terms: 2

Experience Needed: None

Fees or Costs: \$25

As a member of the Lakie Hip-Hop **crew**, you will have the opportunity to master new dance skills and original choreography. This class is suitable for all levels from **BEGINNER** to advanced and it runs for **two terms**. Please note students enrolled in this class will have the opportunity to perform in our traveling **Hip-Hop tour!** You will feel like a star performing with stylish costumes and cool lighting effects. This course incorporates various dance styles such as hip-hop, break dancing, house, animation, tutting, waving, gliding, crumping, popping, locking and stomp.

In this class you will also get to participate in our **student choreography** unit. During this unit you will select your favorite music, choreograph a dance routine, design lighting, and choose your favorite performance outfit! Our student choreography unit challenges students to be creative, innovative and cooperative!

Through dance, students will gain spatial awareness, self-awareness, self-confidence, musicality and develop a greater appreciation for the arts. Participation in dance will improve muscle strength, balance, coordination, flexibility, core stability and cardiovascular fitness.

If you want to make new friends and have a blast moving to the music you love, this class is for you! Please note this option runs for two terms. A pair of indoor runners will be needed for this class. There is a **\$25 production fee** for this course.

DANCE: STUDENT CREATIONS AND PERFORMANCE 7

Number of Terms: 1

Experience Needed: Previous Gr 7 Dance Class

Fees or Costs: \$25

In this option students will have the opportunity to choreograph their own dances set to the music they love! This class will focus on improving technique and exposing students to a variety of dance styles. Students will also get to design lighting, choose costumes and create music videos for their final projects.

Students will also have the opportunity to go on a field trip to perform and view other live dance shows!

DESIGN SPACE 7

Number of Terms: 1

Experience Needed: None

Fees and Costs: \$20

Students in Grade 7 learn new skills, develop existing skills and integrate them with other interests. They will investigate many techniques and then choose their favorites to make their projects.

Techniques that they may be exposed to are:

- Felting
- Macramé
- Beading
- Cross Stitch/Embroidery
- Surface embellishment
- Quilting – you design or use a pattern

Once projects for the term are determined, students will receive instruction on techniques and various machines including sewing and embroidery machines, Cricut and Go cutting systems, and the computer technology to help them complete their projects. There is no pre-requisite for this class at any grade, all levels of experience are welcome, with the expectation that students can work somewhat independently once they have learned the skills.

In addition to the \$15 course fee, students may provide their own material for some projects, if this is a problem for your family please let us know.

DIGITAL MEDIA 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Digital Media 7 students will be introduced to a variety of media tools and production techniques. Students will learn the basics of video editing (not filming) and will have the opportunity to explore different video editing programs. As part of the Career and Technology Foundations mandate, students will also be encouraged to investigate various technologies and link them to their own interests and passions. Students will be taught proper touch-typing techniques with a goal of achieving a minimum of 15 wpm with 90%+ accuracy.

DRAMA 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Drama 7 is for Everyone! Whether a student took drama in grade 6 or not, we will improve and challenge their dramatic skills. We want to present everyone with the opportunity to come out and explore their creative side, while letting students have a blast at the same time! In Drama 7, students will work on improvisation skills, movement, speech, and much more. Each day will be new, and each day students will grow in confidence as we experiment with a variety of skills and performances. This is a fun class for anyone interested in the world of theatre.

ELECTRONIC MUSIC 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

This course is geared up for all students with or without music skills!!!! The students will learn how to operate and run a recording studio and record their own hip hop beats and loop/songs. This is ideal for students who love computers and music!! Your instrument is your computer!!! We use Sound trap and Nuendo music programs for this innovative class. Sign up and let's creative some musical fusion!!!!

ESCAPE ROOMS & CRYPTOGRAPHY 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Do you love puzzles, codes, and ciphers? Then this is the option for you! We will play escape rooms, learn about cryptography, and even get to work in groups to create puzzles and clues to design your own break-out room. Students who take this option need to be willing to develop their teamwork skills, as most projects will involve groupwork.

FOODS AND NUTRITION 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$25

Students in Grade 7 Foods will make (and eat) a variety of foods, they are taught to use basic tools, small electrical appliances and the stove and oven. Students are encouraged to make decisions about which foods they cook in class based on their nutritional needs, as well as food restrictions that may be present within their group. As they move up through the grade levels, students are encouraged to create and tackle recipes and projects that are more challenging, and to share their new skills and recipes with their families. There is no pre-requisite for this class at any grade, all levels of experience are welcome. There is a \$20 course fee attached to this class.

MATH 4 LIFE 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Have you ever asked the question, "When am I ever going to use this?" Come and see how math is more than just what you learn in the classroom. Become a better chess player. Increase your odds of winning card games. Amaze your friends and family with magic card tricks. Use a ruler to become an amazing artist. Play, design and build boardgames. Learn how to take a \$20 allowance and turn it into \$20000. All this and more in Math for Life.

MODERN SHOP & MAKER SPACE 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$15

Lakie has an amazing construction shop and maker space that allows students to get some literal "hands on" experience working with tools and other construction materials. Our facility features not only woodworking, but metal fabrication and technology as well. The shop has all of the tools and machines that one would find in an industrial setting, as well as including some exciting technology such as a 3D printer, CNC computerized caving machine, and computers/video equipment for designing projects and documenting learning. All students who take shop start the term by passing a series of safety courses and quizzes before they are allowed to use the different power tools. However, in this shop course, students will have some flexibility in the projects that want to tackle. The ultimate goal is to reach a skill level where students can custom create projects that they want to build. Students are encouraged to share any and all construction project ideas with the teacher.

MUSIC BAND 7

Number of Terms: 2 **Experience Needed:** None **Fees or Costs:** *Instrument Rental*

If a student has taken band in Grade 6, then they are already a pivotal member within the Lakie performing arts community. Students who started in band last year will already have insight into the program and how it operates. They likely have an instrument (or two) that they are already playing and will continue to build upon in the coming school year. As a band member in grade 7 & 8, you will have earned the opportunity to be part of some amazing off-campus excursions.

Note: Students are required to provide their own instrument for band, with the exception of the French horn, baritone and tuba which are rented from the school. Instrument choices will be made in June. **Do not make arrangements for a rental instrument until a recommendation has been obtained from the band teacher.** If the family already owns an instrument, the student may use it; otherwise, an instrument may be obtained from one of the local suppliers of rental instruments.

MUSIC GUITAR 7

Number of Terms: 1 **Experience Needed:** None **Fees or Costs:** None

The grade 7 class picks up where the grade 6 class ended. More advanced techniques will be taught for the second-year player. Students will learn improvising techniques for guitar soloing. Students will learn to play the pentatonic scale in several keys. An importance will be placed on more advanced rhythm and sight-reading. More advanced songs will be introduced in pop, rock, and classical/Spanish guitar styles.

If you love rocking out in Guitar 7, you may find yourself in other classes like Rock & Pop in grade 8 where the inner Rock Star in you will be given the stage and spotlight to shine bright!!!!

Check out Mr. Arvay's Guitar webpage for more info: <https://www.gslakieguitar.com/>

MUSIC - INSTRUMENTAL TOUR 7

Number of Terms: 1 **Experience Needed:** None **Fees or Costs:** Yes (see below)

This is a term 3 music performance tour class for the serious Lakie music student. Students will gain new experience on their instruments (guitar, drums, keys, vocal) and learn "popular music" to be performed on a travelling music tour. Trips in the past several years have included Edmonton and Calgary. Performances have included Lethbridge elementary schools, West Edmonton Mall and venues in southern Alberta. There is a fee for this class ranging in the \$100.00 to \$200.00 to cover expenses and fundraising opportunities are available for students to pay off their trip! To sign up for this class you must have been in Guitar 7 in term one or two!!

MUSIC ROCK & POP 7

Number of Terms: 1 **Experience Needed:** Guitar 6 **Fees or Costs:** None

The grade 7 Rock & Pop option is an introduction to playing in a popular music group. Students will learn the basics of guitar, bass, drums and singing. Once skills are developed, the students will be put together to form their own "pop bands" and start working on songs. The groups will come up with a name and perform for various events. Students are **required** to have taken **either guitar, band or choral** to qualify for the class. New students to G.S. Lakie should talk to Mr. Arvay regarding the class.

NUMERACY 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

This option is for students that struggle with math and would like a little more one to one help. We will look at strategies that will help them be more successful in math, how to prepare for exams, help with assignments, etc. We will also use this time to review material already covered. We will accomplish this through different means, such as games, whiteboard work, lessons, or whatever works for the individual.

OUTDOOR EDUCATION 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$90

If you like the outdoors, and you love a challenge, then this is the option for YOU! The focus of this course will be on practical knowledge ranging from basic archery, wilderness survival, core camping skills, wildlife diversity and conservation, orienteering level 1-2, rock-climbing, and scuba-diving. Also, in this option you will learn about safe range set-up and procedures, determine your dominant eye, make a string bow, learn and use the 11 basic steps to archery success, and of course practice, in order to become proficient at shooting arrows at a target. Be prepared to learn everything from using a map and compass, to starting a fire all while working with others. This option will be action packed with many hands-on activities and will also involve many little challenge tasks along the way. This option does involve writing reports/assignments and small quizzes to determine knowledge retention.

PARENTS - Please be aware that this course will include an opportunity to go Scuba-Diving at the University of Lethbridge aquatic center. Scuba-Diving is listed as an AMBER activity and therefore you will be required to fill out waiver forms and pay the course fees in order to participate in this experience. Students are not required to partake in this activity, but those do have always left with a smile on their face.

NOTE: This option will be taught by a nationally certified archery instructor (sponsored by AHEIA and NASP) and all equipment will be provided for the course. There is a **\$90 fee** attached to this course. Fee covers a one-week rock-climbing fieldtrip, archery equipment maintenance, and scuba-diving fieldtrip. This does not include potential fieldtrips over and above the ones mentioned here.

SEWING AND FABRIC ARTS 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$15

Students in Grade 7 will learn new skills, develop existing skills and integrate them with other interests. They will make projects using their hands and the sewing machines. Projects will be determined by student choice. Some projects that may be available are:

- Machine sewing- drawstring bag, pillowcase, throw pillow
- Cross Stitch/Embroidery- wall hangings, visible mending, stitch people designs
- Macrame'- paracord bracelets, key chains
- Weaving- wall hangings, placemats
- Beading- bracelets, designs
- Knitting/Crocheting- wash cloths, hats, scarves
- Applique and Machine Embroidery

Once projects for the term are determined, students will receive instruction on sewing and embroidery machines, Cricut and Go cutting systems, and the computer technology to help them complete their projects. There is no pre-requisite for this class, all levels of experience are welcome. In addition to the \$10 course fee, students provide their own material for some projects.

SPANISH 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Did you know that Spanish is a more common native language than English? In this class, students will learn to speak, read and write in Spanish as they learn about the culture, food and music of various Spanish speaking countries. Although no previous experience with Spanish is required, it is recommended that students have taken Spanish 6. In the end, we want kids who just want to come and be immersed in a new language!

SPORTS ENRICHMENT 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Here is a chance to enjoy physical games that you don't always have a chance to do in Phys Ed or community sports. Try Ultimate Frisbee, Disk Golf, Bocce, Speedminton, Spikeball, Tennis, underwater hockey, and other games that will have you moving, learning and laughing. Your marks is based on your attitude and effort as you learn new games and develop new skills. Gain marks each day for putting in your best effort, following the rules of the game, and showing a great attitude. If you show up with a positive attitude every day and do your best, you will be very successful in this class and hopefully have a lot of fun at the same time!

STRENGTH & CONDITIONING 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Do you want to be stronger? Do you want to jump higher? Do you want to run faster? Farther? This option will have you moving non-stop with some traditional and non-traditional training techniques to build full body strength and endurance. We will use the most of our time to work out every day and show you that you don't need a ton of space or special equipment to get in shape. You will get out of it whatever you are willing to put in, so come ready to sweat, push yourself and others and to grow and develop a faster, stronger you.

WICKED WIZARD OF OZ - PERFORMANCE CLASS 7

Number of Terms: 2

Experience Needed: None

Fees or Costs: \$40

Escape to a Wicked World full of imagination and adventure! Students in this class will have the opportunity to shine on and/or off stage through the elements of music, drama, dance and design. This ground-breaking collaboration will take place at the Yates Memorial Theatre, March 6-10, 2023. This is a new and exciting take on the Performing Arts at Lakie. The Oz production company will be taught by Sheldon Arvay, Courtney Wehlage, Kristi Legge, and Lori Adamson. Together these teachers will be creating a customized performing arts experience. Students will have the opportunity to specialize in specific areas and be exposed to a variety of other performing arts disciplines.

Please note, there will be a \$40.00 production fee for this class and all students will receive a customized T-shirt. This option will take place during terms one and two.

Come join us for an unforgettable journey into Oz!

Please note:

- You will be sign up by selecting a specific discipline (dance, drama or design), but will have exposure to all of them.
- Duration lengths differ:
 - Drama and Dance = 2 terms
 - Design = 1 term

YEARBOOK 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$10

Are you interested in the way professionals create stunning print designs in magazines, newspapers, advertisements and yearbooks? In this course, you will learn all about print design and will practice producing stunning visual compositions. You will learn how to use Adobe InDesign and Photoshop software—the same software professionals using in the print media industry! You will even have the opportunity to create page layouts that will be used in the school's yearbook. If you're a creative, hard-working individual and a good team player, then this is the option for you!



For more information on the registration timelines and the complete online registration and option selection process, please visit the G.S. Lakie Website at:

<https://gsl.lethsd.ab.ca>