



Grade 8 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 Option



Selecting Your Options

Log into PowerSchool and click on the “**Class Registration**” tab. You will then see all available options for your grade level. 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.
- We ask you over-select classes, as courses are filled based on interest and capacity limits.

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 your **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 8
Cardboard Boat Races 8
Computers 8
Dance Groove 8
Dance Hip-Hop 8 (2 terms)
Dance: Student Creation &
Performance 8
Design Space 8
Digital Media 8
Drama 8

Drivers Ed 8
Electronic Music 8
Film Studies 8
Foods & Nutrition 8
Home Improvement 8
Math 4 Life 8
Modern Shop & Maker Space 8
Music Band 8
Music Guitar 8
Music Instrumental Performance 8

Needle Crafts 8
Numeracy 8
Outdoor Ed 8
Sewing & Fabric Arts 8
Sports Enrichment 8
Strength & Conditioning 8
Spanish 8
Wicked World of OZ –
Performance 8

Lakie's Option Program Menu

ART 8

Number of Terms: 1

Experience Needed: None

Fees or Costs: Your Own Supplies

Why not try something new?! Art 8 is for both students who that have never taken art, as well as for those that have previous artistic experience. Art 8 is for everyone! Art 8 will challenge those artists with previous experience as well as those who have none. It is an individualized course that focuses on creation, expression and thought through the exploration of a variety of mediums and skills. Students in Art 8 will create thoughtful pieces that allow them to explore their creativity and learn new skill sets.

CARDBOARD BOAT RACES 8

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$5

Cardboard and Water don't usually mix to well!?! But not any more... armed with only 2 sheets of cardboard, a set amount of duct tape, and a few other odds and ends, students will be challenged to use their skills to transform these materials into a boat for the water. When designing their boat, it must be capable of carrying passengers, being maneuverable in the water, and capable of speeding across the pool. This option provides a challenge which is open ended, problem solving in nature and involves design research, drafting presentation, and collaborative group work. This course is also specifically meant to enrich and enhance the grade 8 science learning outcomes around buoyancy vs. displacement. It will also employ other knowledge from the grade 7 science unit on Structures & Forces which include principles of structure, strength, and rigidity. Student will be required to work together in groups of 4 to design, draft and construct a cardboard boat. The group(s) of students that best proves their ability in Lakie's mini cardboard boat races will then have the opportunity to participate in the Southern Albert Boat Races, at the University of Lethbridge.

COMPUTERS 8

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.

DANCE GROOVES 8

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 8

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 8

Number of Terms: 1

Experience Needed: Previous Gr 8 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 8

Number of Terms: 1

Experience Needed: None

Fees and Costs: \$20

Students in Grade 8 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:

- Printmaking
- Dyeing
- Felting
- Weaving
- Rug hooking
- Macramé
- Surface embellishment

Once projects for the term are determined, students will receive instruction on various machines and techniques.

There is no pre-requisite for this class at any grade, all levels of experience are welcome.

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 8

Number of Terms: 2

Experience Needed: None

Fees or Costs: None

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 use 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!

DRAMA 8

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Drama 8 is for Everyone! Whether a student took drama in grade 6/7 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 8, 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.

DRIVERS ED 8

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Will you be turning 14 in Grade 8? If so, you're probably excited about getting your learner's license so that you can begin driving. However, you may also be nervous about the written test you have to pass first in order to get that license. In this option, we will prepare you as much as possible for your written learner's license test, as well as give you good practical knowledge that will help you when you hit the road. We will be using the "Alberta Drivers Guide" which contains all of the information that your written drivers' exam will be based on. This course will include quizzes, but those quizzes will mimic the test questions that you will see when you write your drivers exam. The goal of this course is to help you feel more confident and be more prepared for writing the actual test when you turn 14, as well as becoming a well-rounded and knowledgeable driver. **Please Note** – Unfortunately, there is no actual driving in this option.

ELECTRONIC MUSIC 8

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 in the class will work on developing skills using a computer as their instrument to make awesome music. We use SOUNDTRAP for this innovative music option. Assignments include making rap and hip-hop beats, songs and composing radio jingles, pod casts, and tv audio. This is ideal for students who love computers and music!! Your instrument is your computer!!!

FILM STUDIES 8

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Lights... Camera.... Action! Do you have a passion for movies and filmmaking? This option explores various genres of films that students will get the opportunity to watch and analyze. Students will explore the elements of cinematography in our very own movie theatre. That is right; our classroom is equipped with a state of the art sound system and thirty-foot movie screen! Together we will work on activities to reflect, critique and enrich the stories told in each film. Near the end of the term, we will roll out the red carpet to celebrate our journey with a "Night at the Oscars!"

Parents Please Note - Although all of the movies are deemed appropriate, some of them carry the rating of PG or PG-13.

FOODS & NUTRITION 8

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.

HOME IMPROVEMENT 8

Number of Terms: 1 **Experience Needed:** Previous Shop 7 or 8 class **Fees or Costs:** None

The focus of this course is to become proficient in basic home repair techniques. At the end of this course, students will be well versed, have hands on experience and hopefully become more actively involved with basic tasks and activities required to successfully maintain their family's home /apartment or vehicle in the years ahead of them.

Knowledge in with these skills may inspire some to become entrepreneurs, consider a trade as a career or, at the very least, be more independent in their home/vehicle repair and maintenance skills and abilities.

Topics include but are not limited to:

- Basic First Aid and Working Safety
- Ladder Safety and reaching.
- Cordless Drill Do's & Don'ts
- Repairing holes in drywall
- Repair/replace garden hose ends
- Painting 101 (rollers vs brushes)
- Lawncare 101 (spring/summer/fall care)
- Plumbing 101 (faucet repair/replacement)
- Baseboard and Trim Repair/Installation

MATH 4 LIFE 8

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

With dice, cards, paper, markers and whatever else you might need, students will learn how math is related to real life through games, puzzles and other means. They will play assorted games or do puzzles to improve their problem-solving skills. Students will learn how to struggle and work together in teams to solve problems, complete activities or play games. Students will learn the strategies behind different games. They will apply their math skills to life skills activities like banking, making scale drawings, budgeting, determining stats for sports.

MODERN SHOP & MAKER SPACE 8

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. 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 8

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

If a student has taken band in Grade 6 & 7, then they are already a pivotal member within the Lakie performing arts community. Students who started in band last year 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.

Please 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 8

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

This class is an “intro” to playing the guitar. Students will start by learning the parts of the instrument and the different types of guitars. Reading music notation on the guitar will be covered leading into basic chords, songs, and proper playing technique. Students will learn to play many styles including rock, blues, and classical. The class will also perform for assemblies and special events. These performances will be in a guitar ensemble and rock band setting. Beginner players will leave playing well, and intermediate players will acquire advanced techniques. If you love rocking out in Guitar 8, you may also enjoy Rock & Pop 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 PERFORMANCE 8

Number of Terms: 1 **Experience Needed:** Previous Guitar Class **Fees or Costs:** 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 range 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 8 in term one or two.**

NEEDLE CRAFT 8

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Armed with knitting needles, crochet hooks and yarn, students in this class will learn the basics of knitting and crocheting.

During this option students will learn:

- How to cast on and off
- Knit, pearl
- Different basic knitting and crocheting stitches
- Learning the basic knitting stitches and crocheting stitches, to complete a knitting or crocheting project
- Use the basics to make a knitted square, which will be donated to Blankets for Canada Society and crochet a dish cloth
- Complete at least one major knitting or crocheting project

Students will be supplied with the basic materials need to learn how to knit and crochet but will be required to purchase materials for their knitting or crocheting project, and dish clothes

NUMERACY 8

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 ED 8

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 & FABRIC MANIPULATION 8

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$15

Students in Grade 8 Sewing 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
- 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 8

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 8

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 mark 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 8

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 8

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
 - Guitar = 1 term



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>