



Grade 6 Option Selections 2023 - 2024

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.

General Information for Options



Information on Selecting Options

At G.S. Lakie we offer a wide variety of option courses. As a grade six student, you are **required** to take one Music option and one Art option (you may take more if you desire). Your remaining selections may be made from all options listed. In total you will be required to select **8** option choices before submitting.

The following “planning guide” is designed to help you select your choices, while assuring you have met the requirements. We suggest students and parents/guardians sit together to complete their option selections.

Reminders:

- The school year is divided into 3 terms and each term has 2 option blocks. This means students could potentially have six different options per year.
- Some options have a supplementary fee to cover material and supports. These are noted within the description area and are added on via School Cash Online in the fall.
- Some options are considered “**multi-term options**” meaning they occur for more than one term. However, you still need to fill in a total of **8** options before submitting.
- 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.
- 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 offered.

Option Planning Guide

Step 1: Grade 6 students are required to take an Art/Design option, so please make sure you select **one** of the Art based options, listed below, when you are registering in PowerSchool

Art 6

Design Space 6

Sewing & Fabric Arts 6

Step 2: Grade 6 students are required to take a music-based option, so please make sure that you select **one** of the Music based options, listed below, when registering in PowerSchool

Band 6

Music Guitar 6

Music Madness 6

Step 3: Now you will be asked to select **6** additional option choices that you would be interested in taking. Even though you will only have a total of six option periods throughout the year, we will need to have some alternatives just in case

Art 6

Babysitting 6

Band 6 (2 terms)

Board Games 6

Computers 6

Cooperative Games 6

Cosmetology-Wellness 6

Dance Fusion 6 (2 terms)

Dance Beginner Hip Hop 6

Dance Hip-Hop 6 (2 terms)

Design Space 6

Drama 6

Drama Performance 6

Film & Photography 6

Foods & Nutrition 6

Football 6

Hand Crafts 6

Math 4 Life 6

Marine Biology 6

Music Madness 6

Music Guitar 6

Modern Shop & Maker Space 6

Numeracy 6

Outdoor Ed 6

Science, eGames, & Tech 6

Sewing & Fabric Arts 6

Sports Enrichment 6

Lakie Option Program Descriptors



ART 6

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

EVERYONE can draw and create art! If you think you can only draw a stick man, take this class, and you will amaze yourself at what you can do as an artist! Art is about making people feel, see or think differently, not just about technique or skill. This Art 6 class will have a variety of art projects that ensure success and increase creativity. By the end of the term, everyone will not only feel like an artist, but be one. Some projects for Art 6 will be showcased in a variety of ways, which may include, but are not limited to: around the school, art shows, the community, and school productions. This will be a fun and creative class in which everyone can be successful and learn new techniques.

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.

BABYSITTING 6

Number of Terms: 1 **Experience Needed:** None **Fees or Costs:** \$20 (cost of manual)

In this course, we will follow the outcomes set out by the Canadian Safety Council Babysitters Course. You will learn childcare basics for children at various ages and stages, how to get and keep babysitting clients, activities to do with children of various ages, and how to keep children safe under your care. We will also spend some time discussing the business of babysitting. Students who pass the course will receive certification through the Canadian Safety Council

BAND 6

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

Learn to play an instrument! Perform! Travel! If you have a passion for music, Band is where you want to be. Band offers personalized instruction to meet each student's needs and helps them grow as musicians by learning to play an instrument, reading music, participating in group activities, and becoming a confident individual. Regular practice at home is required and attendance at performances is encouraged.

With a supportive and inclusive environment, the Lakie Band Program is a great place to explore musical interests and talents, regardless of skill level or experience! Participation in band will be the beginning of a long and rewarding journey with instrumental music! For information on instruments, rentals, and more, check out our website: www.lakiemusic.com

BOARD GAMES 6

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

In this option, we will explore and play a variety of different games. In addition, you will have the opportunity to create your own 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 6

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 6

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.

COSMETOLOGY – WELLNESS 6

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$25

Students in this class will focus on the art of **self-care** and they will learn strategies to improve their overall **physical** and **mental wellness**. Students will explore aspects of Cosmetology including nail art, theatrical makeup, skin care and hair design. Through **creativity** and **self-expression**, students' will showcase their practical work on themselves and classmates.

This course will also focus on various types of wellness including mental, physical, social, and environmental. Throughout our journey, students will learn intentions, choices, and actions leading toward an optimal state of well-being. As an added **bonus**, students will have the opportunity to enjoy the **calming benefits of nature**, on our **wellness retreat**! Please note: A basic supply list will be given out in class.

"Self-care is not selfish. You cannot serve from an empty vessel."

– Eleanor Brown

DANCE FUSION 6

Number of Terms: 2

Experience Needed: None

Fees or Costs: \$35

Ballet, Jazz, Musical Theatre, Acro, Yoga, Contemporary, Tap, Hip-Hop & Latin. As a member of the Lakie Dance Team, you will have the opportunity to master new dance skills and original choreography. This class is suitable for all levels from BEGINNER to advanced. Please note students enrolled in this class may earn the opportunity to perform in our Dance Production at the Yates Theatre in March, 2024. You will feel like a star performing with stylish costumes and amazing lighting effects.

Dance students will also have the opportunity to work with guest dance artists and choreographers. Students in this class will gain spatial awareness, self-confidence, musicality and an appreciation for the arts. Participation in dance will improve muscle strength, balance, coordination, flexibility, core stability and cardiovascular fitness. Please note there will be a performance fee for this class which will cover the cost of your very own Lakie Dance T-shirt!

Dancers will also get the opportunity to participate in our student choreography unit. During this small group activity, students will select their favorite music, choreograph a dance, design lighting and select their favorite costume! This unit challenges students to be creative, innovative and cooperative. Come join Mrs. Legge on an unforgettable journey as we explore the wonders and excitement of dance! Please check out @LeggeDance on Instagram and www.KristiLeggeDance.ca for more program information.

DANCE BEGINNER HIP HOP 6

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

This dance class is designed for those students who just want to learn some **swaggy** dance moves! And gain confidence. During the class, students will have the opportunity to try new dance skills and original choreography. This course incorporates a variety of hip-hop dance styles and music. Through participation in this class, students will improve muscle strength, balance, coordination, flexibility, core stability and cardiovascular fitness. 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. A pair of indoor runners will be needed for this class.

DANCE HIP-HOP 6

Number of Terms: 2

Experience Needed: Previous Dance Class

Fees or Costs: \$35

As a member of the Lakie Hip-Hop crew, you will have a blast dancing to some swaggy beats! This class will focus on learning the fundamentals of Hip-Hop and is suitable for all levels.

Students enrolled in this class **may earn the opportunity** to perform in our upcoming Dance Production at the **Yates Theatre on March 7th, 2024**. Students with this opportunity need to demonstrate good work ethic, dance comprehension, musicality, and respect for others throughout the course.

This course incorporates various dance styles such as hip-hop, breaking, house, animation, tutting, 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 favourite music, choreograph a dance routine, design lighting, and choose your favourite threads. 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 their individual style. 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** grooving to the beats you love, this class is for you!

Please note students' production fee will include a **customized T-shirt**. A pair of indoor runners will be needed for this class. Check out @LeggeDance on Instagram and www.KristiLeggeDance.ca for more program information.

DESIGN SPACE 6

Number of Terms: 1

Experience Needed: None

Fees and Costs: \$20

Students in Grade 6 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
- Interior Design

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 \$20 course fee, students may provide their own material for some projects, if this is a problem for your family please let us know.

DRAMA 6

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

The goals of Drama 6 are to encourage and develop a more confident student by creating a space where students work together, learn together and play! Students will experiment with dramatic techniques of movement, speech, and play. We will play cooperative games, work with improvisational skills, and workshop several small skits. This is not a performance-based option, although performances within class are to be expected.

DRAMA PERFORMANCE 6

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$35

Want to put on a dramatic production at GS Lakie? Perform for a public audience? During this class, students will work with a pre-determined script towards a final production and experience a variety of elements that prepare them for a performance for the public. We will work through the audition process, rehearsal workshops, and technical elements, which will all build towards a performance in our own convertible theatre.

Students interested in the more technical, backstage, aspects of theatre should be independently motivated and will be expected to help with other performances at our school to build their skillsets. Most rehearsals will take place during class time, but there will be dates closer to performance time where students will be expected to participate outside of class time. Performance dates will also be after school time for several nights. These dates will be given at the beginning of the term, and negotiable throughout our class time.

Costs for this option will go towards production costs as well as each student will leave this class with a piece of memorabilia to remember their performance at Lakie. Cost for this option should not discourage people from taking this opportunity as we can find ways to help supplement this throughout the class.

FILM AND PHOTOGRAPHY 6

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Do you have a favourite movie that you could watch over and over again and never be bored? What was it about that movie that grabbed your attention? In this class, you will explore how movies are taken from their storyboards and brought to life through meaningful characters, plot, lighting, sound, and editing techniques. You will watch films in a variety of different genres and analyze their theme and some of the lesser known hidden meanings behind them. Throughout this option, we will dive deeper into film production, jobs, and the behind the scenes work that goes into creating some of your favourite movies! During this course, you will also learn the basic skills and techniques needed to produce artistic photos that correlate to the elements of film you are studying. Specifically, you will have the opportunity to learn about photo composition (how to take good pictures) considering artistic elements such as subject matter being photographed, proportion, point of view, effects, action, close-ups, medium shots, long shots, landscape, portraits, light and shadow, and framing. Students will have the opportunity to use school iPads for assignments in this option.

FOODS & NUTRITION 6

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$35

Students in Grade 6 Foods will make (and eat) a variety of foods and are taught to use basic tools, small electrical appliances and the stove and oven. Students will 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 progress through the grade levels, students are encouraged to create and tackle recipes and projects that 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 \$35 course fee attached to this class.

FOOTBALL 6

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Would you like to learn all about football? From offense to defense, the rules, drills, history and behind the-scenes work that go into a complex sport. With so many different positions, football is often the sport that anyone can play. We will have CFL (former and current) players visit our classroom and share their knowledge with us. With the increase in popularity of women's football in Alberta, we hope anyone who would like to join us is welcome and have fun! There will be a mix of classroom and on-field experiences will build your knowledge and increase your chances of winning any fantasy football challenge.

HAND CRAFTS 6

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

MARINE BIOLOGY 6

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Have you ever wanted to learn more about ocean animals and creatures? Wanted to become a marine biologist as a job? In this option you will explore the truths and myths about ocean animal captivity programs, rehabilitation organizations, and learn more about organisms found within different ocean ecosystems around the world. We will explore human impacts like ocean pollution and the lasting effects on marine animals. You will also learn basic navigational skills to read and interpret nautical charts, parts of boats and marine safety as well as exploring more about marine jobs to live out your dream making a living on the ocean!

MATH 4 LIFE 6

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 board games. Learn how to take a \$20 allowance and turn it into \$20000. All this and more in Math for Life.

MUSIC MADNESS 6

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Music Madness 6 is a one term option designed to meet the Alberta curriculum requirements for grade 6 students. This class will be mandatory for all grade 6 students not enrolled in any other music options at G.S. Lakie. In this hands-on music class, students will explore the sound of various musical instruments, play a steady beat using rhythm instruments, and recognize music and some composers of other times, places and cultures. No previous musical training is required to be successful in this class. Our goal is to let everyone experience the fun of playing music together on various instruments, develop listening skills and to acquire more music aptitude.

MUSIC GUITAR 6

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 6, you may find yourself in other classes like Rock & Pop in grade 7 and 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/>

MODERN SHOP & MAKER SPACE 6

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$25

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 grade six, the construction projects are more prescribed as the students learn how the tools are used and build their foundational skills.

NUMERACY 6

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 6

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$40

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 wilderness survival, core camping skills, wildlife diversity and conservation, and orienteering level 1. What if you were stranded outdoors? Or lost? What would you do? How do you set up a proper camp site? How do you find your way? Be prepared to learn everything from using a map and compass, to starting a fire and be prepared to work 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.

SCIENCE, E-GAMES & TECH 6

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

How would you like a 3 for 1 deal? This option course has three mini options built into one time slot! Computers, Games & eGames and EyeON science. A condensed computer curriculum introduces students to basic Microsoft Productivity software such as Word, Power Point and Excel. It also includes an introduction to keyboarding and basic coding.

Games and eGames introduces students to eSports and builds a cooperative pool of school-appropriate online gaming communities. Students will learn about how eSports work as well as learn tips and tricks to start becoming an e-Athlete.

EyeON science is a fun, fast moving option that is a crash course in all thing's science. Relevant, new research exploring the most fun topics, are selected by students. We learn about various topics such as space travel and resettlement, dinosaurs, cloning, environmental sciences and other interesting topics not found in standard science curriculum. This option ends with a virtual science fair project and is taught with technology in mind.

SEWING & FABRIC ARTS 6

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$20

Students in Grade 6 Sewing learn new skills, develop existing skills and integrate them with other interests. They will make assigned projects, usually including:

- Drawstring bag
- Throw Pillow
- Pillowcase
- PJ Pants

If there is time left in the term there will be another project available for them to do.

There is no pre-requisite for this class at any grade, all levels of experience are welcome, there is an expectation that students can work somewhat independently once they have learned the skills. In addition to the \$20 course fee, students provide their own material for most projects.

SPORTS ENRICHMENT 6

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Here is a chance to enjoy physical exercise and games that you don't always have a chance to do in Phys Ed or community sports. This option is designed to build strength and endurance one week followed by a sport/game the next week. During fitness weeks you will learn proper techniques to lift weights, train agility and increase your cardio capacity. During sport weeks, you will try Ultimate Frisbee, Disk Golf, Speedminton, Spikeball and other games that will challenge you. Your grade is based on your attitude, effort and cooperation as you develop new skills. If you show up with a positive attitude every day and do your best, you will be very successful in this class and hopefully enrich your athletic ability!



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>

Check out the link to the G.S. Lakie orientation YouTube video specifically crafted for new students coming to Lakie for the first time:

<https://www.youtube.com/watch?v=QvtMsUNeY9M&feature=youtu.be>