



Grade 8 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.



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, some option courses may not be offered.

Art 8
Band 8 (2 terms)
Computers 8
Cosmetology -Wellness 8
Dance Fusion 8 (2 terms)
Dance Hip-Hop 8 (2 terms)
Dance: Student Creation &
Performance 8
Design Space 8

Drama 8
Drama Performance 8
Drivers Ed 8
Electronic Music 8
Foods & Nutrition 8
Hand Crafts 8
Home Improvement 8
Lights, Camera, Action! 8
Math 4 Life 8

Modern Shop & Maker Space 8
Music Guitar 8
Music Instrumental Performance 8
Numeracy 8
Outdoor Ed 8
Sewing & Fabric Arts 8
Sports Enrichment 8
Strength & Conditioning 8

Lakie's Option Program Descriptors

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.

BAND 8

Number of Terms: 2

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

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.

COSMETOLOGY – WELLNESS 8

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.

DANCE FUSION 8

Number of Terms: 2

Experience Needed: None

Fees or Costs: \$45

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 HIP-HOP 8

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.

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: \$25

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 & Knitting
- 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 \$25 course fee, students may provide their own material for some projects, if this is a problem for your family please let us know.

DRAMA 8

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

The goals of Drama 8 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 work towards a variety of ways to showcase talents which may include a public performance which will be determined throughout the term.

DRAMA PERFORMANCE 8

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.

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 : 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!!!

FOODS & NUTRITION 8

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$35

Students in Grade 8 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 \$35 course fee attached to this class.

HAND CRAFTS 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

HOME IMPROVEMENT 8

Number of Terms: 1

Experience Needed: Previous Shop 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)

LIGHTS, CAMERA, ACTION! 8

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

In this exciting new movie-making course, students will have the opportunity to learn the fundamentals of the filmmaking process from start to finish. From acting to screenwriting, filming, video editing in Adobe Premiere, and producing movies and short films, students will explore every aspect of the film industry. Throughout the course, students will gain hands-on experience in all aspects of movie production. They will work in groups to develop ideas, write scripts, cast actors, film scenes, and edit their footage to create professional-quality movies and short films. By the end of the course, students will have developed a strong understanding of the creative and technical processes involved in filmmaking. Finally, students will have the chance to showcase their work during Friday morning entertainment at the school, where their films will be screened for their peers and teachers.

With the unique name "Lights, Camera, Action", this course will inspire middle schoolers to explore their creativity and imagination while learning valuable technical skills that can be applied to any future project. Join us for a fun-filled course where you can bring your stories to life!

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: \$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 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 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 Gr 8 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.

Please note: There is a fee for this class ranging in the \$250.00 – 300.00 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.**

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: \$20

Students in Grade 8 will develop new and existing skills. They will make projects using hand sewing as well as the sewing machines. Students who have not taken sewing before will complete a drawstring bag, pillowcase, throw pillow and pj pants. Students in their 2nd or 3rd year of sewing will do projects determined by student choice with teacher approval.

Some projects that may be chosen are:

- Machine sewing - Pillowcase, pj pants, tote bags, aprons, hats, mitts, kitchen gloves, quilts etc.

Once projects for the term are determined, students will receive instruction on the sewing machine 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 \$20 course fee, students provide their own material for most projects, if this is a problem for your family, please let us know.

SPORTS ENRICHMENT 8

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$30

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!

STRENGTH & CONDITIONING 8

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$30

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.



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>