



Grade 7

***Option Selections
2024 - 2025***

**G.S. Lakie Middle School ignites your potential!
Explore a variety of exciting option classes, make
friends, and conquer new challenges.**

**Don't be afraid to step outside your comfort zone -
middle school is all about discovery!**

Info You Will Want to Know When Selecting Options



Process:

1. Log into PowerSchool
2. Click on the “Class Registration” tab
3. Click on the ‘EDIT PENCIL’ on the right hand side of the screen
4. Select **8 options** that you would be interested in taking
5. Once you’ve selected your options hit “OKAY” on the bottom of the selection screen.
6. Then click ‘SUBMIT’ at the bottom of the ‘Class Registration’ main page.
7. Only then will your selections be processed in the system.

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.
- This process does not prioritize preferred options, nor do we track who selects options when.
- We ask you over-select classes, as courses are filled based on interest and capacity limits.
- You will be given your successful options selections upon return in the fall.

PLEASE NOTE: Depending on student numbers, students’ option selections, and teacher schedules, some option courses may not be offered.

Art 7

Band 7 (3 terms)

Chess 7

Cooperative Games 7

Cosmetology -Wellness 7

Dance Fusion Performance 7 (2 terms)

Dance Beginner Hip-Hop 7

Dance Hip-Hop 7 (2 terms)

Design Space 7

Digital Literacy 7

Drama 7

Electronic Music 7

Foods and Nutrition 7

Modern Shop & Maker Space 7

Music Guitar 7

Music Instrumental Perform 7

Numeracy 7

Outdoor Ed 7

Rockn’ Roses 7

Sewing & Fabric Arts 7

Sports Enrichment 7

Strength & Conditioning 7

Yearbook 7

Lakie’s Option Program Descriptors

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.

BAND 7

Number of Terms: 3

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

CHESS 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Chess training and practice support the development of higher-order thinking skills—like problem-solving, decision-making, critical thinking, planning, and even creative thinking. Chess training and practice also help to improve general cognitive ability and scholastic achievement—especially in mathematics. This option is for everyone interested in chess, no matter your skill level. We will look at some of the histories behind chess, strategies for beginners, chess puzzles, and more.

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.

COSMETOLOGY – WELLNESS 7

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 7

Number of Terms: 2

Experience Needed: None

Fees or Costs: \$50

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 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: Previous Dance Class

Fees or Costs: \$50

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 7

Number of Terms: 1

Experience Needed: None

Fees and Costs: \$30

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
- Knitting

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

DIGITAL LITERACY 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Digital Literacy offers students a chance to develop their computer skills and be given the confidence to keep up with changes in technology. 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 and Office 365 which they have access to at home through the web. Office 365 offers a wide range of applications and is useful anywhere you go. The latter half of the course students are able to explore their passions which can involve, but not limited: coding, hardware management, video editing, image editing, etc. This is a great course to take if you are less familiar with how to use a computer for practical applications.

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. This is a fun class for anyone interested in the world of theatre, but not wanting to perform outside of the classroom.

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!!!!

FOODS AND NUTRITION 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$37

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.

MODERN SHOP & MAKER SPACE 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$27

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 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!!!!

MUSIC - INSTRUMENTAL PERFORMANCE 7

Number of Terms: 1

Experience Needed: Previous Gr 7 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 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: \$100

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, 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.

ROCK'N ROSES SINGERS 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

If you like to sing and make music The Rock n Roses Singers class is for you! We will be putting songs together from pop music artists! We will incorporate our singers with guitarists, piano players and even drums. So, if you like to play these instruments and want to try some singing as well this class is also for you. We will be teaming up with the Rock n Roses grade 8 class to perform in Lethbridge venues and perform our own term end concert. Let your inner Rock Star shine thru!!!!!!!

SEWING AND FABRIC ARTS 7

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$25

Students in Grade 7 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 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, hats, mitts, tote bags, aprons, baby blankets 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 predicament please let us know.

SPORTS ENRICHMENT 7

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 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.

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>