



Grade 8 Option Selections 2025 - 2026

**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 8
Board Games 8
Cosmetology -Wellness 8
Creative Craft & Design 8
Dance Fusion 8 (2 terms)
Dance Hip-Hop 8 (2 terms)
Dance: Student Creation &
Performance 8

Digital Literacy 8
Drama 8
Drivers Ed 8
Electronic Music 8
Foods & Nutrition 8
Hand Crafts 8
Home Improvement 8
Introductory Japanese 8
Modern Shop & Maker Space 8

Music Guitar 8
Music: Modern Music Academy 8
Music: Recording and Production 8
Outdoor Ed 8
Rock’n Roses Singers 8
Sewing & Fabric Arts 8
Sports Enrichment 8
Strength & Conditioning 8
Zoology 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 students who 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: 3

Experience Needed: None

Fees or Costs: Instrumental Rental Fee

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. If you are interested in learning jazz, join the Gator Jazz club that meets once per week after school for an hour. Gator Jazz is made up primarily of grade 7 and 8 band students wanting a challenge. We perform in all of our concerts and festival as well.

Lakie bands perform in concerts, music festivals, and go out of town once per year in grades 7 and 8. We learn different genres of music including traditional band music to jazz, popular, and movie scores. If you excel early in band, you may be invited to join the after school Gator Jazz program even in grade 6.

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! Regular practice at home and attendance at performances is required.

BOARD GAMES 8

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Board Games In this option, we will explore and play a variety of different games. Along the way, you will also: · increase brain function · learn how to set goals and develop patience · develop and strengthen relationships with new people · increase happiness and decrease stress enhance creativity and self-confidence.

COSMETOLOGY – WELLNESS 8

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$25

This class is all about good vibes and empowerment! Students will dive into self-care, creativity, and mindfulness projects while building confidence and community. Through fun activities and group challenges, students will explore what it means to feel empowered, stay balanced, and support one another. Students will get hands on Cosmetology experience exploring nail art, theatrical makeup, skin care and hair design. Students will also participate in various mindful activities such as Yoga, Pilates, clay jewelry design, card making and canvas crafts.

We will get outside, breathe fresh air, play fun games, and finish it all off with a relaxing spa day celebration. Get ready for a feel-good journey that blends creativity, confidence, and connection!

CREATIVE CRAFT & DESIGN 8

Number of Terms: 1

Experience Needed: None

Fees and Costs: \$30

Get ready to bring your creative visions to life! In this hands-on, dynamic class, students will dive into the exciting world of design, exploring both digital and tactile art forms. Using the elements and principles of design, students will craft projects that showcase their unique style.

From digital magic with Canva and Cricut to traditional artistry like embroidery, crochet, and macramé—this class is all about learning new skills while having fun. Whether you're sketching fashion designs, experimenting with printmaking, beading dazzling accessories, or designing costumes, you'll discover how creativity connects to real-world craftsmanship.

DIGITAL LITERACY 8

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.

DANCE FUSION 8

Number of Terms: 2

Experience Needed: Previous Fusion Class

Fees or Costs: \$55

Step into the spotlight and take your dance journey to the next level! As a member of the Lakie Dance Academy, you will develop new skills and learn original choreography in a fun and supportive environment. Throughout the term, you will also have the chance to collaborate with professional choreographers from all over Canada. Dance styles you may explore include Ballet, Jazz, Acro, Yoga, Contemporary, Modern, Broadway, Tap, Hip-Hop, Swing and Latin. Students in this program may earn the exciting opportunity to perform in our culminating Dance Production at the Yates Memorial Theatre in term two. Students with this opportunity need to demonstrate good work ethic, attendance, dance comprehension and respect for others throughout the course.

This dynamic class is open to students who have taken Dance Fusion in previous years.

For more information, please see our website www.kristileggedance.ca, social media platform www.instagram.com/leggedance/ or please contact Kristi Legge at Kristi.Legge@lethsd.ab.ca for more information.

DANCE HIP-HOP 8

Number of Terms: 2

Experience Needed: Previous Dance Class

Fees or Costs: \$55

As a member of the Lakie Hip-Hop Dance Academy, you will have a blast dancing to some swaggy beats! This class will focus on learning the fundamentals of Hip-Hop dance and students will develop an appreciation for Hip-Hop Culture. Students enrolled in this class may earn the opportunity to perform in our upcoming Dance Production at the Yates Theatre in term two. If you want to make new friends and have a blast grooving to the beats you love, this class is for you!

For more information, please see our website www.kristileggedance.ca, social media platform www.instagram.com/leggedance/ or please contact Kristi Legge at Kristi.Legge@lethsd.ab.ca for more 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 edit music for their final projects.

Students may have the opportunity to go on a field trip to perform and or view other live dance shows! Please note students must have previously taken Dance Performance Hip-Hop or Fusion in grade 8.

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.

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.

FOODS & NUTRITION 8

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$37

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)*

INTRODUCTORY JAPANESE 8

Number of Terms: 1

Experience Needed: None

Fees or Costs: None

Konnichiwa! Oh genki desu ka. Interested in trying out a new language? Introductory Japanese will take you with no experience in Japanese language learning and provide you with some solid foundations in the language. This option will require you to be willing to speak a different language in front of the class even when it doesn't sound natural or comfortable. We will use games for learning vocabulary, common phrases, and correct pronunciation. We will also use a variety of assessment methods, just to mix things up. We will learn some aspects of the Japanese culture, and hopefully end the option with some Japanese treats!

MODERN SHOP & MAKER SPACE 8

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. 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 the third year class for the GS Lakie Guitar program. Students will learn advanced technique like pentatonic scales, barre chords, finger-board tapping and cool guitar licks and riffs. 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. Guitar 8 is a pre-requisite for the Modern Music Academy that runs in term 3.

If you loved rocking out in Guitar 7, you will enjoy Guitar 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: MODERN MUSIC ACADEMY 8

Number of Terms: 1 **Experience Needed:** Previous Gr 8 Guitar Class **Fees or Costs:** \$50

Take your musical talent to new heights in the Modern Music Academy. This auditioned program is designed for dedicated Grade 8 students who are ready to refine their skills in guitar, vocals, and pop music instrumentation. Prerequisite: Completion of Guitar 8 or Rock n Roses Singers equivalent experience is required. You'll work alongside professional guest artists, gain advanced performance experience, and participate in a multi-day music trip (a fee applies for the trip, but don't worry—fundraising opportunities are available to help cover costs!)

Likewise, there is an academy fee of \$50.00 to help pay for your MMA t-shirt and all the awesome music events we will be doing. This program is for students who are serious about growth, collaboration, and achieving excellence in music. If you're ready to challenge yourself, perform at a high level, and be part of an inspiring musical community, this is your opportunity to shine.

MUSIC: MODERN MUSIC ACADEMY - RECORDING AND PRODUCT DEVELOPMENT 8

Number of Terms: 1 **Experience Needed:** Guitar or Rock'n Roses 8 **Fees or Costs:** None

Ready to take your music to the world? In this hands-on class, students will create, record, and produce their own songs, turning them into professional-quality products. You'll learn the ins and outs of recording, producing, and even creating and editing music videos to promote your work on platforms like YouTube and social media. Choose your own songs, collaborate with peers, and develop a product that reflects your unique style.

Prerequisite: Completion of Guitar 8 or Rock N' Roses Singers is required. Whether you're a songwriter, performer, or producer, this class will give you the tools to share your music with the world and build your creative brand. Let's make something unforgettable!

OUTDOOR ED 8

Number of Terms: 1 **Experience Needed:** None **Fees or Costs:** \$55

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 an introduction to canoeing. 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 to the University of Lethbridge's Climbing Wall, and Aquatic Centre. The climbing wall 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 are encouraged to give it a try.

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 \$55 fee attached to this course that covers hiking trip (area TBD), archery equipment maintenance, and University of Lethbridge Climbing Wall and Aquatic Centre field trip. This does not include potential field trips over and above the ones mentioned here.

ROCK'N ROSES SINGERS 8

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 7 class to perform in Lethbridge venues and perform our own term end concert. Let your inner Rock Star shine thru!!!!!!

SEWING & FABRIC ARTS 8

Number of Terms: 1

Experience Needed: None

Fees or Costs: \$25

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: \$10

This is an option that will allow you to experience LOTS of different sports activities, but not need any expertise. You can be competitive or non-competitive, as long as you are willing to engage. We will play many of the common sports like soccer, touch football, and baseball. We will also play some uncommon sports activities such as ultimate frisbee, 'sock-wrestling', mini-stix, and hallway dodgeball. 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: \$10

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>