

2024-2025 – Term 1

TITLE	TEACHER(S)	Half or Full Morning	GRADES	COURSE DESCRIPTION
Archery	<i>Lonstrup</i>	Half	All Grades	Have you ever wanted to learn to shoot a bow and arrow? In the archery enrichment, you will learn the basics of archery from a certified National Archery School coach. Over the 10 weeks, we will shoot a variety of targets, and get you hitting the bullseye every time!
Volleyball	<i>Neussler</i>	Half	All Grades	Interested in learning how to play volleyball or improving your skills? Join us to develop your abilities alongside peers, and learn the rules of the game in a welcoming and inclusive environment. This enrichment course is open to all skill levels!
Needle crafting	<i>Luthin</i>	Half	All Grades	"Want to learn a textile-based craft that can be done by hand without a sewing machine? Then check out needlecrafts enrichment! There will be several needlecraft options for students to choose from: needle felting, embroidery, hand sewing, knitting, crochet and cross-stitch. Each student will be encouraged to try at least 2 of the needlecraft options, creating at least 1 small project for each. The focus will be on skill development and project completion. Fee: Starting at \$20/student (fee may increase depending on the size and quantity of projects)."
Minecraft	<i>Wiebe, McGuigan</i>	Half	All Grades	Do you believe that digital gaming can help you learn? Well so do we! Come and join the Minecraft class where you will be challenged to think creatively and work together with your peers to solve several different challenges and problems. The focus will be on play, but be careful, you just might learn a thing or two!
Beginner Dungeons and Dragons	<i>Ikari, A. Williams</i>	Full	All Grades	This is an introductory course to the world of Dungeons and Dragons, a tabletop fantasy roleplaying game. You will be creating a character, painting a tabletop roleplaying figure based on your character design, and playing simple campaigns to learn game dynamics. New and experienced players are welcome. There is a \$10 fee for this course which pays for a set of dice and a figure.

2024-2025 – Term 1

TITLE	TEACHER(S)	Half or Full Morning	GRADES	COURSE DESCRIPTION
Improv Games	<i>Sides</i>	Half	All Grades	Are you quick on your feet, like to make up stories, like to be dramatic and goofy? Come learn some drama skills by playing improvisational games. Open to those who have done drama games before or looking to try something new.
RMS Choir	<i>McDowell, E. Williams</i>	Half	All Grades	Do you like to sing? Would you like to learn how to sing? Then come join the RMS Choir! This class is an exciting, energetic class where students learn the fundamentals of group singing while participating in multiple performance opportunities to build self-confidence and connect with our community and friends! Choir is a year-long commitment as we prepare for school celebrations, concerts, festivals, inter-school collaborations, and even trips! There will be two evening concerts per year that students should be prepared to attend. All other events should happen during the school day.
Laser Engraving, Sketchup, 3D Printing	<i>Smith</i>	Full	All Grades	Learn to laser engrave using the Emblaser 2 machine. Etch images and sketches on various mediums and textiles. Learn Sketchup for schools where you can design in a 3D environment and bring it to life using a 3D printer.
Badminton	<i>Allardyce</i>	Half	All Grades	Welcome to badminton enrichment. This is a fun, engaging course where all abilities are welcome in a friendly, warm, and engaging atmosphere. Students will learn the basics of badminton, swing techniques, rules, and finish with a competitive ladder tournament.
Card Games	<i>Gagliano, Simpkins</i>	Half	All Grades	Cribbage, Euchre, UNO, Spoons and many more! This enrichment allows students to learn new card games each week and have an opportunity to play and compete with friends. We will be playing all types of games and even host tournaments throughout the term!
Online Gaming	<i>Butterworth, Graham, Parker</i>	Half	All Grades	Do you like playing multiplayer games with classmates online? This is your opportunity to connect with your friends and see who the best gamer is. This is a laid-back atmosphere where everyone can be included.

Rutland Middle School Enrichment Activities



2024-2025 – Term 1

TITLE	TEACHER(S)	Half or Full Morning	GRADES	COURSE DESCRIPTION
Beginner Soccer	<i>Laverock</i>	Half	All Grades	Beginner? No problem! You've played before? Awesome! You play on a team? Come have fun! This enrichment is for all levels of soccer or people new to the sport! We will have mini games and some skill building times for shootouts, juggling, and more! *No FIFA scouts present, games refereed by unregistered referee (Laverock)
Mindful Movement	<i>Gagliano, Prymych</i>	Half	All Grades	Do you want to get active or improve your mental well being? In this course we will move in ways that is good for your mind and body. Each week we will try new ways of moving from yoga, stretching & nature walks to relay races, survivor challenges, and team games. This is an opportunity to connect with yourself and other students in your school.
Intermediate Soccer	<i>Lewis</i>	Half	All Grades	Are you an intermediate or skilled soccer player looking for a fun and competitive game? Come out and join us! Whether you're honing your skills or just love the game, our goal is to have a great time on the field. Let's play some soccer and enjoy the sport together!
Hard Core Hiking...and Geocaching	<i>Harris, Peters, Hayhurst</i>	Full	All Grades	Sign up for this enrichment if you like hiking and exploring! You will learn about the land and nature as we explore various popular hiking spots around Kelowna. You will also learn about the amazing world of geo-caching as we look for hidden treasures on our trails. Participants need to be fit enough to hike moderately difficult trails. If you are planning on taking this course, please use the following link to sign the field studies permission form https://forms.sd23.bc.ca/Forms/Studies Permisson with the code: 132456 The fee is \$40 to cover the cost of bussing.
Cozy Time	<i>Tompkins</i>	Half	All Grades	Fall is here and it is time to get cozy! This enrichment is all about crafting, connecting, and creating. We will be making friendship bracelets, doing jigsaw puzzles, coloring,

Rutland Middle School Enrichment Activities



2024-2025 – Term 1

TITLE	TEACHER(S)	Half or Full Morning	GRADES	COURSE DESCRIPTION
				drawing, painting, and connecting with new people. All are welcome! The fee is \$5 to cover supplies.
Beauty and Self-Care	Pennell, Mills	Half	All Grades	"This course is perfect for those who enjoy doing hair, and nails, or just enjoy practicing self-care. Open to anyone. Come by and get pampered!" The fee is \$10 to cover supplies.
Creative Writing	Tompkins	Half	All Grades	"In this creative writing enrichment, you'll discover the magic of writing through engaging activities, creative prompts, and dedicated inquiry time. Whether you're an aspiring novelist, a budding poet, or simply curious about the world of writing, this course is perfect for you!"
Weightlifting	Dennis	Half	All Grades	Interested in lifting weights and learning how to get stronger? Come to the weight room! We will learn how to lift safely using the correct technique. You will learn how to use free weights and machines. You will also be taught to bench press and deadlift. Beginners or experienced lifters welcome! A gym strip is required to be in the weight room.
Touch Grass	Martin, Withers	Full	All Grades	Touch grass and join us for a fun and active Field Games and Ultimate Frisbee enrichment held at different parks around the neighborhood! In this class, you'll learn the fundamentals of ultimate frisbee and enjoy a variety of field games that build teamwork, fitness, and sportsmanship. Be ready to get outside, be active, and have a blast with friends while exploring new parks each week!
Book Club	Zimmer	Half	All Grades	Do you love reading and want to talk about it? Each week you will spend some time reading a book of your choice and then we will get together to discuss what everybody is reading. There will also be opportunities for you to bring your ideas into the library and share your love of literature by helping to create new displays and activities.

Rutland Middle School Enrichment Activities



2024-2025 – Term 1

TITLE	TEACHER(S)	Half or Full Morning	GRADES	COURSE DESCRIPTION
3 on 3 Olympic Basketball	Ball, Guarasci	Half	All Grades	Interested in playing and learning about 3on3 Olympic basketball? All levels of basketball experience are welcome. We will learn the official Olympic 3on3 basketball competition rules and have lots of opportunity to play against each other. Concepts and skills will also be part of the learning. Let's hoop it up!