

Rutland Middle School
2015-2016 TERM 1 & 2 ENRICHMENT ACTIVITIES
BAND-FRIENDLY COURSES

BADMINTON: Do you want to play and learn about badminton? Students will get the opportunity to learn and play the three major categories of badminton: singles, doubles, and mixed doubles. (McIlmoyle)

BALL HOCKEY: Channel your inner Crosby and Ovechkin. Improve your fitness and skill in this course. (Flinsky)

BASKETBALL PERFORMANCE: Improve all aspects of your game in this course. Basketball Performance offers training sessions in weights, explosion training, agility, basketball, and basketball theory. (Demarinis)

CHESS: Here is your opportunity to play the original war game. Learn to play chess and refine skills specific to chess. You will improve your problem solving, interpersonal, and creative thinking skills through game play. There also is an opportunity to participate in a chess tournament. (Fenton)

DRAMA/IMPROV: Do you like to perform or gain confidence as you present in front of others? Students will participate in a variety of drama activities including improvisation, role-playing, reader's theatre, and video production. You will learn the basics of performing. By the end of the term, you will be able to perform a short act for the class. (Parker)

GAME STRATEGY: Learn to play classic games like cribbage, checkers, backgammon, and chess. (Demarinis)

GENIUS HOUR: Genius Hour: What are you passionate about? In this class you will be able to follow your passions and explore topics that interest you. Once you have decided on a topic, you will create a project that displays your passion. For example, create a blog/website, explore the History of Fashion, design and build a Lego Rocket, write songs and start making videos. The possibilities are endless. You are in charge and you decide what you are going to learn. (Zimmerman)

GIRL'S GROUP: A variety of topics will be explored such as friendship, body image, and positive decision-making. The course will focus on the strengths and interests of the participating girls. (Parker)

MEDIA ARTS: Bring your creative ideas to life in this course. You will be provided with opportunities to improve your computer skills as well as explore your artistic side using computer programs such as Photoshop. You will be guided through processes that improves photography, digital art, and problem-based learning skills. (Siegmann)

MINDUP: MindUP is a series of fun and interesting activities aimed at developing an understanding of how the brain works. We will look at ways our brains react to stress and how to cope better and create a more positive, happy approach to living. (Fenton)

NAIL & STRING ART: Nail & String Art is a cool craft opportunity. Students will have the opportunity to create a form of art using wood, nails and various threads. Each student will design the image or picture that they would like to create. (Mansley)

READER'S CHOICE: Do you love books? In this course, students will research books choices on Chapters and Mosaic book sites to purchase to read and critique. Students will choose a novel/graphic novel at their grade level, read it and write a book review about it. Review will include elements of a novel, setting, plot, theme, character, readability and appropriateness rating. Students will present their findings at the end of 10 weeks, in a written review. These reviews will be presented for the school to read in a newsletter or bulletin board fashion. Students can cast a vote for the novels they would most like to read. Most popular novels will be purchased for each grade level for Lit Circles. (Nicholls)

SOCCER: Do you love soccer? You will play a variety of soccer games throughout term 1. Everything from regular soccer, World Cup, to Four Goal soccer will be played to offer students many opportunities to have fun and advance their skills. (McIlmoyle)

YOGA: Come and release your inner Zen in this relaxing and conditioning Yoga fitness class. All abilities are welcome. Learn to improve your balance, increase your focus, stretch out your muscles and become more in tune with your body. (Farquhar)

NOT BAND-FRIENDLY COURSES

CARD MAKING: Are you looking for that perfect card to give on a special occasion? Well, look no more! In this Enrichment course, you will produce a variety of theme cards such as "Thank you," "Birthday," "Friends," and "Christmas." (Piché & McGuigan)

COMMUNITY BUILDING: Community Building will run term one and again in term two. This course is designed to train student leaders in the foundation of building community through play and the development of positive social emotional behavior. Students will be trained in WEB philosophy and

activities and are required to be leaders in implementing this training in their mentorship classes. This course is open to WEB leaders only. (Hanson & Harris)

CRAFTS (GRADE 8 ONLY): Are you interested in creating things and making projects your own? Do you like to do crafts at home? If so, and you are in grade 8, this is the enrichment class for you. In the class, you will be making a variety of crafts that you will be proud to show others. Projects may include Ukrainian egg design, mirror etching and quilling. All projects will allow you to add your own flair, personality and imagination, so that you can make it your own. So if you are looking to have some fun showing your "crafty side", this is the class for you. Please note that the Craft Enrichment is a two term course (Makowetski)

DANCE FITNESS: Do you like to dance? If so, then this course is for you! This course is open to all dance levels, even those who have never danced before. The first half of each class will consist of fitness and skill-based warm-up activities such as boot camp circuits, aerobics, yoga and general dance combinations. The second half of class will focus on learning choreography for an end of term performance. (Bruckal & Groetchen)

HEALTHY EATING INITIATIVE (GRADE 8 ONLY): Are you interested in how what you eat affects your body, brain, learning, and athletic performance? Do you want to develop an understanding of food nutrition? Do you want to create a healthy cookbook with a variety of delicious healthy recipes? If so, join the Health Eating Initiative Enrichment course. (Marino)

KNITTING: Whether you know how to knit or just want to learn this course is for you! All students are welcome to join us as we knit, listen to music, and chat! Once you have learned some basic stitches, you will be helped with a product. Bring your own yarn. Needles are provided. (Hansen)

OUTDOOR EDUCATION (GRADE 8 ONLY): Do you enjoy spending time outdoors? Interested in learning how to educate yourself in outdoor activities? This course offers an exciting and different opportunity for the students to experience the Gr. 8 PE learning outcomes. There will be classroom based instruction alongside outdoor activities. Students will learn about their environment, water safety, orienteering, first aid, as well as, various other alternate environment opportunities (trail hikes, rock climbing, driving range, swimming, skating, snowshoeing, sailing and bowling are all possible). No outdoor experience necessary. (Scorgie & Starling)

OUTDOOR RECREATION: "Do you love the great outdoors? This enrichment will explore a number of exciting activities that can lead to a lifelong enjoyment of being outside and having fun. We will learn about fishing, boating, hunting, canoeing and many others through programs designed to provide certifications to enjoy these activities in a safe and responsible way. Students will work through the CORE program (BC's hunting program), flat water canoe level one certification, as well as looking at the boating safety certification and other topics. There will be numerous field trips and hands on activities! Come learn the skills to have fun outside! (Tonn)

PERFORMANCE TRAINING IN THE OKANAGAN: Are you looking to get fit, maintain your fitness, or just strengthen yourself for your sport? Are you adventurous and want to learn how you can stay fit outdoors in the Okanagan? Then, this Enrichment course is for you! Let's get fit by circuit training, stair running, hiking, dragon boating, paddle boarding, biking, rollerblading and more! (Piché & McGuigan)

ROBOTICS: Do you like programming, Lego, and robots? This Robot program provides experiences that lead to the development of technologically literate people. Students will participate in problem-based learning utilizing math and technology principles. You will have the opportunity to work on various hands on projects individually and in groups. (Smith)

RUN, BIKE, RUN: Do you want to get into better shape through biking and running? Have you ever thought about completing a triathlon? This is a course that will build up your cardiovascular system in order to complete a triathlon starting with a 2 km run, followed by a 10 km bike and finishing with another 2 km run. The race will take place on the Mission Greenway at the end of the course. All levels of ability are encouraged to come out and participate. (Marino)

SEWING BASICS (GRADE 6 & 7): Student will learn to use a sewing machine while making a drawstring gym bag. This will only take you one term then you will be ready to sew for personal style. The school has some fabric but students also can purchase the fabric that they really like. Quotes from past RMS students will explain why you should pick sewing: "Be brave – discover skills that you didn't know existed in you" – LD; "Really fun, active learning" – CR; and "Because I like crafting and it would give me more skills" – HR. (Hartwig)

SOCIAL JUSTICE: Are you interested in improving the lives of others within our community? We hope to partner with outside agencies such as the Boys & Girls Club, Salvation Army, and the Food Bank to allow opportunities for students to realize the difference they can make in our community. Students will be challenged to work in small groups to create their own proposal to raise awareness and support for an outside agency of their own choosing. (Wiebe)

YEARBOOK: This class designs and produces the school yearbook. Students will learn how a book is published, and will be responsible for all writing, design and photography that will appear in the book. (Gagliano)