

First and Last Name printed neatly: _____ Grade Level: _____ LA Teacher: _____

Parent Signature: _____

CESIT Selection for First Six Weeks 2019-2020

Number your first choice with a 1, second with a 2, third with a 3, and so on.....Look at your schedule and only choose a CESIT for the periods your schedule shows a CESIT class or a PE 7/8 Class (This is an Active CESIT).

First Period Classes	Second Period Classes	Third Period Classes
<p>Everyday classes:</p> <p>Art (Pena) _____</p> <p>Art (Valore) _____</p> <p>Automotive 101 _____</p> <p>CSA News Media _____</p> <p>FLL - Robotics _____</p> <p>Keyboarding _____</p> <p>Rock Band _____</p> <p>Sociology Through Film _____</p> <p>Pottery _____</p> <p>Teacher/Office/Library Assistant (Teacher Signature Required) _____</p> <p>Active CESITs: (7th & 8th Grade P.E. Priority)</p> <p>Cheer Skills _____</p> <p>HIIT _____</p> <p>K-Pop _____</p> <p>Lacrosse 101 _____</p>	<p>Everyday classes:</p> <p>Art (Pena) _____</p> <p>Art (Valore) _____</p> <p>Cougar Bear Time (2nd & 3rd Period Combined) _____</p> <p>Infectious Diseases and Outbreaks _____</p> <p>Intro to ASL _____</p> <p>Origami for Fun _____</p> <p>Penmanship and Planners _____</p> <p>Pottery _____</p> <p>Stage Band (Semester Course) _____</p> <p>Teacher/Office/Library Assistant (Teacher Signature Required) _____</p> <p>Tie Dye _____</p> <p>Active CESITs: (7th & 8th Grade P.E. Priority)</p> <p>Kickball _____</p> <p>Yoga _____</p> <p>Meditative Dance (Girls Only) _____</p>	<p>Everyday classes:</p> <p>Automotive 101 _____</p> <p>Creative Writing _____</p> <p>Infectious Diseases and Outbreaks _____</p> <p>Intro to ASL _____</p> <p>Keyboarding _____</p> <p>Pottery _____</p> <p>Reading is Fun _____</p> <p>Save the Planet _____</p> <p>Sociology Through Film _____</p> <p>Stage Band (Semester Course) _____</p> <p>Teacher/Office/Library Assistant (Teacher Signature Required) _____</p> <p>Tie Dye _____</p> <p>Wii, Pokeman, & Cards _____</p> <p>Yearbook (All Year) _____</p> <p>Active CESITs: (7th & 8th Grade P.E. Priority)</p> <p>Cheer Skills _____</p> <p>Kickball _____</p> <p>Nine Square _____</p> <p>Sportzapalooza _____</p> <p>Yoga/HIIT _____</p>

CESIT CLASSES – First Session

ART (Pena and Valore)

This course is open to all 6th, 7th, and 8th graders.

Crazy Cornerstone Creatives!

Come to the art studio and experiment with all kinds of unusual and unique methods of creating art. Be sure to bring your creative problem solving skills.

Automotive 101

For my CESIT, I had the idea of teaching students the fundamentals of how to properly maintain a car and the basics of how they perform. Students will be learning about the vital components of modern vehicles, how to guarantee their longevity, and what to do in certain situations where they find themselves on the side of the road.

Cheer Skills (*Active CESIT 7th & 8th Graders requiring PE have priority*)

Are you interested in learning basic cheer skills or advancing the ones you already know? Then join Cheer Skills as we learn the proper ways to stretch, jump, and stunt! Everyone is welcome from beginners to pros, we will create a community that pushes each other to reach goals and help learn new skills that make a better cheerleader.

Cougar Bear Time (Must schedule for 2nd and 3rd period)

CSA Cougars will be actively involved with the Bear Boulevard children's preschool and daycare classes. This opportunity in child development is a great foundation for students interested in becoming a teacher, daycare provider, nurse, doctor or so many other professional careers that involve children. CSA Cougars will receive the opportunity to grow a child's imagination in play, enhance their love for reading in read aloud, work on social skills and aid in developing their love for school each day!

Creative Writing

Express your ideas in written form, no STAAR writing rules required! If you like writing poems, short stories, plays, or anything else, really, this is the CESIT for you.

CSA News Media:

This class will produce the news magazine CSA Roar and the weekly video announcements CNN News.

HIIT (*Active CESIT 7th & 8th Graders requiring PE have priority*)

A strength and conditioning class that emphasizes constantly-varied, high intensity functional movement. A HIIT session also incorporates cardiovascular endurance, stamina, flexibility, power, speed, coordination, agility and balance.

Introduction to American Sign Language (ASL)

Including basic grammar, vocabulary, fingerspelling, numbers, and cultural information related to the Deaf Community.

Infectious Diseases and Outbreaks

Come and learn about the infectious diseases that are the leading causes of illness, economic problems, and death worldwide. Even though there are many medical advancements, infectious diseases are still a huge issue. In this CESIT, you will learn about different infectious diseases, you will practice diagnosing the source of an outbreak, and you will research technologies that help combat the diseases.

Library Assistant

Students at the end of the six weeks will know and be able to follow library procedures, such as, but not limited to, arrangement and shelving of library materials, use of the library circulation program, and processing procedures for new library the acquisitions. You must have a signature from Mrs. Vergult to be a library assistant.

Nine Square *(Active CESIT 7th & 8th Graders requiring PE have priority)*

Enjoy the game that everyone loves to play at lunch but without the line. Come out and have a blast.

FLL - Robotics

Robotics is an opportunity to explore the science and technology of robotics. Students will build and program NXT and EV3 robots. No experience is required.

K-Pop Dance *(Active CESIT 7th & 8th Graders requiring PE have priority)*

K-Pop Dance is now all about dance and an active CESIT. Have you ever wanted to learn the dances to K-Pop songs? Join us as we explore intense choreography to the most popular K-Pop songs! Boys are welcome also as some of the most popular K-Pop groups are boy bands.

Keyboarding

Are you tired of trying to type up your class essays with two fingers? Does it take more time to do that and correct errors than it does to write it by hand? Then try this keyboarding class. Let's face it, you will be typing essays and stories throughout your education. You might as well start practicing now. Touch-typing is the act of using the keyboard without looking at your hands. This class will provide the time and practice for you to learn the keys and the typing skills you will need to write those future essays.

Lacrosse 101 *(Active CESIT 7th & 8th Graders requiring PE have priority)*

Interested in learning the fundamentals of lacrosse? Lacrosse is great sport for boys and girls and building in popularity in Houston. Learn with "soft stick" and ball by experienced lacrosse coach, no additional equipment needed. Come on out and get ready to work hard and play hard as you learn this great sport. Beginners to experts are all welcome.

Meditative Dance (*Active CESIT 7th & 8th Graders requiring PE have priority*) *Girls Only*
This class will combine elements of meditation, yoga and dance.

Origami for Fun

Learn how origami is used by NASA, the auto industry, and medical field, along with many other aspects of our everyday life while transforming a piece of paper into a work of art! We'll learn the basic origami folds to create a paper crane or 4-pointed star and then combine the folds in a variety of ways to make more intricate designs.

Penmanship and Planners

Want to get off on the right foot this school year with your planners? Want to work on your handwriting this year? Come check out this class. We will be working on our print and our cursive handwriting. We will also be going over some strategies and tools that help manage time using your planner.

Pottery

We will begin with basic properties of clay, techniques to teach you skills to use on more advanced projects. Some of the projects we will do include: Alien planters, wide mouthed fish candy dish, animal masks and hand built vases. This is such an enjoyable class, who doesn't love clay?

Reading is Fun

Do you want time in school to read a really great book that you get to choose? Do you enjoy creating digital content or learning new technology skills? In this class, students will select a book of their choice to read. After completing the book, students will promote the book by creating a digital book trailer or talk on why they loved the book. Your digital creation will be published to CNN News.

Rock Band

Step up and "Rock Out" during this period of fun, excitement, and entertainment. Each band will consist of singers, drummers, guitars, and keyboards.

Save the Planet

Watch documentaries, read articles, and learn more about our planet and the problems currently facing it: climate change, plastic, pollution, etc. Occasionally we will take walks around the neighborhood to clean up trash.

Sociology Through Film

A look into why people do the things they do through movies. We will look at gender roles, cultures, different perspectives, and criminal mischief. (Films will vary from Disney to documentaries)

Sportzapalooza (*Active CESIT 7th & 8th Graders requiring PE have priority*)

Are you a sports fanatic?! Come compete in all kinds of sports, such as flag football, soccer, and kickball just to name a few. Who knows, we may even do some tennis, baseball or track. We will be mixing up the sports each day - anything is possible in Sportzapalooza.

Stage Band

2 Sections NOW! Learn music theory, how to read & play music. You will learn Basic to Advanced Music Studies; and introduction to Music Theory skills. Students will learn to read and perform Flute, Clarinet, Alto Sax, Tenor Sax, Trumpet, French Horn, Baritone, Trombone, Piano, Electric Bass Guitar, Electric Guitar, Drum Set, & Percussion. Song studies will require full semester participation by all students, no exceptions, with minimal after school rehearsals before concerts. This is a SEMESTER Long course. You will be in this class for the entire Fall Semester.

Teacher/Office Assistant

Students who want to be office assistants will be expected to assist the staff in clerical duties such as photocopying, filing, running errands, and organizing classrooms. Almost every teacher and the office would love to have dependable and responsible student helpers. You must have a signature from a teacher to be an assistant.

Tie Dye

Learn about the chemistry and technique of using fiber reactive dyes while working on projects such as bandanas, t-shirts, pillowcases and canvas shoes!

Wii, Pokémon, and Cards

Do you want to learn a new game? Do you need some extra time to practice your skills in playing card games you already know? How about some time to research the gaming cards you already own to discover the most effective way to use them when playing with friends? If so, bring your Magic, Pokémon, or use our regular playing cards and join us third period to share strategies, build decks for play, or challenge each other to epic battles!

Yearbook (Yearlong Course)

Using online software provided by Balfour Publishing, students will plan, design and create the 2019-2020 yearbook. Students will learn photography, layout and editing skills. We work very hard, but have lots of fun too!

Yoga (*Active CESIT 7th & 8th Graders requiring PE have priority*)

In this CESIT, you will experience different types of yoga from teachers from the community and online. Yoga is known for increasing self-awareness, flexibility, and strength. Join us on the mat for the last six weeks of school to make sure that you are mentally and physically ready for the summer.

Yoga/HIIT (*Active CESIT 7th & 8th Graders requiring PE have priority*)

This class is designed to get your mind in a good place for the rest of the day. Every other day we will do a relaxing yoga sequence. On the HIIT days we will challenge ourselves by completing short, intense bursts of exercise followed by a short, active rest.