

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

Parent Signature: _____

CESIT Selection for Second 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>____ CSA News Media</p> <p>____ Exploring Korean Cultures/Knitting</p> <p>____ FLL - Robotics</p> <p>____ Intro to Band</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/Large Group Games/TikTok</p> <p>____ Runners Team</p> <p>____ Basketball</p>	<p>Everyday classes:</p> <p>____ Art (Pena)</p> <p>____ Art (Valore)</p> <p>____ Brain Teasers</p> <p>____ CNN</p> <p>____ Color Therapy</p> <p>____ Food and Your Body</p> <p>____ Stop Motion Legos</p> <p>____ Intro to ASL</p> <p>____ Pottery</p> <p>____ Teacher/Office/Library Assistant (Teacher Signature Required)</p> <p>Active CESITS: (7th & 8th Grade P.E. Priority)</p> <p>____ Joggers/Runners: 5K Running</p> <p>____ Nine Square</p> <p>____ Weightlifting/Four Square</p>	<p>Everyday classes:</p> <p>____ Brain Teasers</p> <p>____ Creative Writing</p> <p>____ Culinary Arts</p> <p>____ Food and Your Body</p> <p>____ Intro to ASL</p> <p>____ Monopoly</p> <p>____ Pottery</p> <p>____ Psych in Personality Tests</p> <p>____ Reading is Fun</p> <p>____ Stitched: Cross Stitch</p> <p>____ Speed Stacking</p> <p>____ Smash Bros/Gaming</p> <p>____ Strategic Board Games</p> <p>____ Sociology Through Film</p> <p>____ Teacher/Office/Library Assistant (Teacher Signature Required)</p> <p>____ Wii, Pokemon, & Cards</p> <p>Active CESITS: (7th & 8th Grade P.E. Priority)</p> <p>____ Nine Square</p> <p>____ Sportzapalooza</p> <p>____ Yoga/HIIT</p>

CESIT CLASSES – Second Session

ART (Pena and Valore)

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

Do you love a good story? This six weeks we will investigate storytelling in art. Some art will move, some will be still—it all depends on your story!

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

Have a love for the sport? In this CESIT, students will be running basketball games daily and be formulating teams for tournaments that will be going on throughout the six weeks.

Brain Teasers

Come have fun and exercise your brain! We will do brain teasers, logic puzzles, riddles, crosswords and more! We will work alone, in teams, or all together depending on the day.

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.

CNN

This group will produce the Friday CNN News for all of CSA.

Color Therapy

Did you know coloring is more than just a fun way to reduce stress and relax? It also forces the two hemispheres of your brain to communicate. While logic helps you stay inside the lines, choosing colors generates a creative thought process. Join us 2nd period to stimulate your brain with sophisticated anti-stress coloring pages that include many different patterns and designs for everyone to enjoy!

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*.

Culinary Arts

Chef Natt and Assistant Chef Hudman invite you to learn the art of cooking through this new CESIT. Chef Natt is a chef in Houston and is sharing her knowledge and love of cooking to the students of Cornerstone Academy.

Food and Your Body

Have you ever wondered about what actually goes into the food that you eat? Do you want to know more about how food affects your body? In this CESIT, you will learn about how food is made, how our bodies use food, and how metabolic diseases affect many individuals. Join us in exploring food in a brand new way without labelling different foods as “good” and “bad”. (We may actually make and eat some food, too).

HIIT/Lrg Group Games/TikTok *(Active CESIT 7th & 8th Graders requiring PE have priority)*

HIIT is 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. After completing HIIT workouts, students will engage in large group games or create TikToks. (Games include, but are not limited to, mat ball, Poison, basketball, Frisbee, etc.)

Introduction to American Sign Language (ASL)

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

Intro to Band

Explore and learn how to play various Brass, Woodwind and Percussion Instruments.

Flute, Clarinet, Saxophone, French Horn, Trumpet, Trombone, Snare Drum ... Find an instrument that might be right for you.

JOGGERNAUTS: 5K Running *(Active CESIT 7th & 8th Graders requiring PE have priority)*

Students will be able to find a love for running if they don't have one already! We will build up our running abilities each day by tracking our progress with daily training. Training could be a walking/running day through the neighborhood, around campus, or even a conditioning workout video tailored to runners. Our goal will be to participate in a 5K in Houston as a team!

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.

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.

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?

Psychology in Personality Tests

Have you ever wondered if you're more of an introvert or an extrovert? What about if you thrive better helping others or leading the pack? In **Psychology in Personality Tests**, we will discover who you are based on a variety of personality tests. From Myers Briggs to the Enneagram, we will discover where you fall on the spectrum and why these tests seem to be such an accurate description of our personalities. We will have fun activities with each test including: creating memes, acting out the different personalities, and just genuinely getting to know the peers we spend the entire day with!

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

"Jam" & "Rock Out" during this period of fun, excitement, and entertainment. Each band will consist of singers, drummers, guitarists, bassists and keyboardists.

Smash Bros/Gaming

Students will hone their skills on one of Nintendo's most popular titles "Super Smash Bros. Ultimate." Tournaments will be held where students will be given the opportunity to showcase their abilities among their peers in solo, duo, and team tournaments. By the end of the six weeks, we will see who will claim the title as Smash Bros Champion.

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.

STITCHED: Cross Stitching

Students will learn or advance their abilities in cross stitching. Cross stitch is a form of counted thread embroidery that has been around for ages, and it is one of the basic forms of hand embroidery to learn by following steps and patterns. Cross stitch is comprised of X-shaped stitches done on fabric and designs can be traditional or modern or anywhere in between.

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.

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!

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.