

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

Parent Signature: _____

CESIT Selection for Third 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>___ Holiday Crafting</p> <p>___ Pottery</p> <p>___ Smash Bros/Gaming</p> <p>___ Teacher/Office/Library Assistant (Teacher Signature Required)</p> <p>___</p> <p>Active CESITS: (7th & 8th Grade P.E. Priority)</p> <p>___ Cheer Skills</p> <p>___ HIIT/Large Group Games</p> <p>___ Kpop</p>	<p>Everyday classes:</p> <p>___ Art (Pena)</p> <p>___ Art (Valore)</p> <p>___ Brain Teasers</p> <p>___ CNN</p> <p>___ Group Games</p> <p>___ Upcycle and Recycle</p> <p>___ Math Games & Logic Puzzles</p> <p>___ Intro to ASL</p> <p>___ Pottery</p> <p>___ Teacher/Office/Library Assistant (Teacher Signature Required)</p> <p>___</p> <p>Active CESITS: (7th & 8th Grade P.E. Priority)</p> <p>___ Joggersnauts: 5K Running</p> <p>___ Nine Square</p> <p>___ Sportzapalooza</p>	<p>Everyday classes:</p> <p>___ Brain Teasers</p> <p>___ Creative Writing</p> <p>___ Upcycle and Recycle</p> <p>___ Intro to ASL</p> <p>___ Intro to Psychology</p> <p>___ Reading is Fun</p> <p>___ Stitched: Cross Stitch</p> <p>___ Speed Stacking</p> <p>___ Smash Bros/Gaming</p> <p>___ Tie Dye</p> <p>___ Holiday Crafting</p> <p>___ Teacher/Office/Library Assistant (Teacher Signature Required)</p> <p>___ Wii Sports and Just Dance</p> <p>___</p> <p>Active CESITS: (7th & 8th Grade P.E. Priority)</p> <p>___ Nine Square</p> <p>___ Weightlifting/Four Square</p> <p>___ Yoga/HIIT</p> <p>___ Soccerpalooza</p>

CESIT CLASSES – Third Session

ART (Pena and Valore)

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

Draw Like an Artist. We will use various techniques and materials to draw in a more realistic fashion. Come brush up on your skills!

Brain Teasers

Come have fun and exercise your brain! We will do brainteasers, 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.

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*.

Group Games

Have a blast playing different games with your peers from monopoly to cranium. (No cell phone games).

HIIT/Large Group Games (*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 sessions incorporate cardiovascular endurance, stamina, flexibility, power, speed, coordination, agility and balance. After completing HIIT workouts, students will engage in large group games. (Games include, but are not limited to, mat ball, Poison, basketball, Frisbee, etc.)

Holiday Crafting

Have a Pinterest worthy craft that you have been dying to make? Need presents for the family? We will make various crafts for the super artist type and the kind-of-crafty. Maybe even some holiday music and cheer to spread around!

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.

Intro to Psychology

If you have ever wondered how we react or how we learn – come join Intro to Psychology. We will study and analyze our minds and behaviors in everyday life. From sleep patterns to the differences between psycho and sociopaths, together we will dive into psychology and leave the classroom with a better understanding of our behaviors and inner workings.

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.

Math Games and Logic Puzzles

Work on your critical thinking skills while having fun playing math games, solving different types of logic puzzles, and learning some card tricks based on math and logic.

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

"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.

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

2-3 days a week we will play soccer on the big field. The other days we will choose things such as Capture the Flag, kickball, or Matball if the gym is available. We will be outside 4 days a week, so don't choose this CESIT if you hate to be outside!

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.

Upcycle and Recycle

Instead of throwing away old containers, boxes, and other items, bring them to this CESIT to turn them into something useful. You will spend your time creating new items from old items that would have been thrown away. Bring your creativity and be prepared to share your creations at the end of the CESIT!

Wii Sports and Just Dance

Do you enjoy playing with a partner practicing your tennis skills or other team sports? How about practicing your dance moves with your friends to your favorite song? If so, join us third period and be ready to have some fun!

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.