

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

Parent Signature: _____

CESIT Selection for Fourth 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</p> <p>____ FLL - Robotics</p> <p>____ Intro to Band</p> <p>____ Keyboarding</p> <p>____ Pottery</p> <p>____ Rock Band</p> <p>____ Scratch</p> <p>____ Smash Bros/Gaming</p> <p>____ Teacher/Office/Library Assistant (Teacher Signature Required)</p>	<p>Everyday classes:</p> <p>____ Art (Pena)</p> <p>____ Art (Valore)</p> <p>____ CNN</p> <p>____ Wii Sports/Switch Mario</p> <p>____ Pottery</p> <p>____ Teacher/Office/Library Assistant (Teacher Signature Required)</p> <p>____ Therapeutic Coloring</p>	<p>Everyday classes:</p> <p>____ Brain Teasers</p> <p>____ Creative Writing</p> <p>____ Gamesapalooza</p> <p>____ Reading is Fun</p> <p>____ Stitched: Cross Stitch</p> <p>____ Speed Stacking</p> <p>____ Smash Bros/Gaming</p> <p>____ Teacher/Office/Library Assistant (Teacher Signature Required)</p> <p>____ Tie Dye/Sewing</p> <p>____ Wii Sports/Switch Mario</p> <p>____ Zentangles</p>
<p>Active CESITS: (7th & 8th Grade P.E. Priority)</p> <p>____ Cheer Skills</p> <p>____ Couch to 5K</p> <p>____ HIIT/Large Group Games</p>	<p>Active CESITS: (7th & 8th Grade P.E. Priority)</p> <p>____ Joggemauts: 5K Running</p> <p>____ Nine Square</p> <p>____ Sportzapalooza</p>	<p>Active CESITS: (7th & 8th Grade P.E. Priority)</p> <p>____ Nine Square</p> <p>____ Soccerpalooza</p> <p>____ Weightlifting/Four Square</p>

CESIT CLASSES – Fourth Session

ART (Pena and Valore)

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

Be creative and have FUN! Explore and create with a variety of mediums and techniques.

“Creativity is intelligence having fun.”

– Albert Einstein

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*.

Exploring Korean Culture

This is a Korean Culture program sponsored by Houston Korean Education Center and SBISD Testing Center. Classes will be offered at the beginner level — Korean I. Students will have a unique opportunity to learn to speak and write in Korean; experience the dynamic Korean culture through hands-on activities: enjoy games, music, food, history, et cetera. Join us and explore what Korea has to offer

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.)

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.

Gamesapalooza

Are you ready to claim every business on the block and discover the mysterious murderer? Come join Gamesopalooza where we will bring out our inner competitive side through different board and card games like Monopoly and Clue.

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.

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.

Scratch

Check out Scratch if you enjoy coding, building your own games or just exploring the world of computers

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.

Therapeutic Coloring

Coloring books and coloring pages are extremely therapeutic and can help generate wellness, quietness, mindfulness and the exact same benefits which meditation imparts on the brain. There are so many benefits to coloring. The action of coloring involves both logic and creativity, it helps relax and reduce the chatter of a restless mind and helps reduce anxiety. Join this quiet activity in the morning to prepare your brain for the day of learning that is to come.

Tie Dye/Sewing

Mon/Wed/Fri - Learn about the chemistry and technique of using fiber reactive dyes while working on projects such as bandanas, t-shirts, pillowcases and canvas shoes! Tue/Thur – Break out the sewing machines and learn new ways to create.

Wii Sports and Just Dance/Switch Mario Kart

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

Zentangles

The Zentangle® Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. It was created by Rick Roberts and Maria Thomas. "Zentangle" is a registered trademark of Zentangle, Inc. Learn more at zentangle.com. If you are a Pinterest nut, like Mrs. Grant, then you have probably seen tons of these posted on the site. Come have fun and try something new!