

2021-2022 Nelsen Middle School Electives Registration Guide

It's time to choose your classes for the 2021-2022 school year! Counselors will be visiting your Science class the week of *April 12th-16th* to introduce course options and to guide you through the registration process. Use this guide to familiarize yourself with our elective options and talk with your parent/guardian about which courses you'd like to take next year. **Registration forms are due on Friday, April 23rd.**

Grade Level Requirements:

Grade 6	Grade 7	Grade 8
Language Arts*	Language Arts*	Language Arts*
Math*	Math	Math
Science	Science*	Science*
Social Studies*	Pacific NW History*	Social Studies*
PE & Health	PE & Family Consumer Science	PE & Elective
Elective	Elective	Elective

* honors option available

Honors

In honors courses, you'll take part in more self-exploration and inquiry-based projects. Wondering if honors is right for you? There is no single definition of what it means to be an "honors student." Honors courses are a growth opportunity available to all students, rather than a class that is only meant for some. We encourage you to challenge yourself and give honors a try!

Health

6th grade only - 1 trimester

In health you will learn about your emotions, how to take care of your body and your mind, how to relax, boost your self esteem, and love yourself! You will also learn about bullying prevention, how to recognize bullying and how to become a better friend.

Physical Education

All grades - 2 trimesters

In physical education you will explore activities that will benefit your muscular strength, endurance and flexibility. These include body weight exercises, yoga, walking, dancing, high intensity interval training, and more! Students will also learn about the phases of exercise, heart rate, the FITT Principle and bone and muscle anatomy. Scholarships are available for uniforms.

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Family Consumer Science

7th grade only - 2 trimesters

Build social and emotional skills and character development through the fun and interactive 'Character Strong' curriculum. Students will also participate in cooking and sewing projects and learn about personal finance.

Elective Options

Middle School is a great time to branch out and try something new. We challenge you to choose courses based on your interests and you're likely to make some new friends!

Band

All grades - yearlong

Learn to play wind and percussion instruments such as flute, clarinet, trumpet, trombone and drums. Play different types of music like classical, jazz, musical theatre, movie, and pop. Share learning by performing in concerts & events on and off campus. Yes, that means field trips! Students can rent instruments through Nelsen and scholarships are available for instrument rental.

Orchestra

All grades - yearlong

Learn to play instruments such as violin, viola, cello and stringed bass. Here you will learn technique, music theory skills and performance skills. Students share their learning by performing a wide variety of music in concerts and on fieldtrips. Students can rent instruments through Nelsen and scholarships are available for instrument rental.

Choir

All grades - yearlong

Be part of the largest and best middle school choir program in the area! If you are interested in learning more about your voice, singing with purpose and performing great music, this is the class for you. Students will develop sight-reading skills, basic music theory knowledge, healthy vocal technique and performance skills while learning diverse music for concerts. There is also opportunity for field trips.

Introduction to Spanish

All grades - 1 trimester

Curious about the Spanish language? Give this NEW class a try! This one trimester class will introduce you to the basics of Spanish. Students will learn to read, write, listen and speak while exploring the cultures of Spanish speaking countries.

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Spanish

8th grade only - yearlong

Students will learn to read, write, listen and speak while exploring the cultures of Spanish speaking countries. Native speakers are welcome and are offered more advanced content.

**Students receive 1 high school credit for this course.*

Introduction to Leadership

All grades - 1 trimester

Anyone can be a positive leader, even you! This course focuses on encouraging students to be empathetic, thoughtful, kind, and successful. Students will build character through community builders, projects, team work, and other fun activities.

Advanced Leadership

7th & 8th grade only - yearlong

Advanced Leadership is character work put into action through: Character Dare challenges, group projects, passion projects, school-wide events (dances, assemblies) and community games. *Prerequisite: You must have taken 'Intro to Leadership' prior.

Art I

6th grade only - 1 trimester

Be prepared to create! This course is exploratory and good for all skill levels. New art experiences will be offered each trimester. Topics can include: drawing, painting, sculpture, ceramics, printmaking, collage, photography, crafts, and more!

Art II

7th & 8th grades only - 1 trimester

Be prepared to create! This course is exploratory and good for all skill levels. New art experiences will be offered each trimester. Topics can include: drawing, painting, sculpture, ceramics, printmaking, collage, photography, crafts, and more!

Drama I

6th grade only - 1 trimester

Drama isn't just about being on stage...in life you WILL be in front of others. Come for the fun, stay for the life practice! Students will learn 1) Acting: build acting skills, rehearse & perform 2) Improv: play games to improve response time, storytelling and 3) Scripting: build skills to turn your favorite book into a play.

Drama II

7th & 8th grades only - 1 trimester

In Drama II students will learn 1) Acting: build acting skills, rehearse & perform 2) Improv: play games to improve response time, storytelling and 3) Technical Design: costumes, set, lights, sound and makeup. Students will have the opportunity to be a designer or work as part of the production team.

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Food and Nutrition

7th & 8th grade only - 1 trimester

Learn kitchen & food safety, kitchen basics, healthy food choices, food science and careers in food.

Explore Design Create

7th & 8th grade only - 1 trimester

This is an exploratory STEM (Science, Technology, Engineering, Math) class focused on the design cycle and creating solutions. This course will cover introduction to design, video and audio editing, creating podcasts, programming in a chosen language, image creation and editing using Adobe Draw and a final design project. Projects may include bridge design and building, building and programming robot cars, and exploring and designing objects that fly!

Creative Writing

All grade levels - 1 trimester

Do you have a story to tell? Do you want to improve your skills in storytelling, playwriting, poetry and more? Try creative writing! In this class you will share your stories through writing, drawing, and performing while working creatively with peers in an open and supportive environment.

Teacher/Office Assistant

All grades, application required - 1 trimester

Grow your skills as an office or teacher's assistant! Learn skills like answering phones, give tours to new students, organize, file, and work with adults and community members. Opportunities are available in the office or with an individual teacher. **Application required. If you would like to be a TA for an individual teacher, please email them directly to ask for permission before completing your TA application.*

Questions? Please email your grade level counselor:

Rising 6th Grade, Class of 2028	Emily Gray	emily.gray@rentonschools.us
Rising 7th Grade, Class of 2027	Brenia Sherrod	brenia.sherrod@rentonschools.us
Rising 8th Grade, Class of 2026	Claire Robbins	claire.robbins@rentonschools.us