

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

Parent Signature: _____

CESIT Selection for the Second Six Weeks 2021-2022

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. If your schedule shows PE 7/8 you must choose a PE 7/8 class taught by a PE certified teacher. If your class shows CESIT you may sign up for a regular CESIT or a PE 7/8.

First Period Classes	Second Period Classes	Third Period Classes
<p>Everyday classes:</p> <p>_____ Art (Pena)</p> <p>_____ Art (Leichtenberg)</p> <p>_____ Cold Case CESIT</p> <p>_____ Content Creation</p> <p>_____ Creative Writing</p> <p>_____ Diamond Dotz</p> <p>_____ Gamesapalooza</p> <p>_____ Namaste CSA (PE 7/8 Priority)</p> <p>_____ Nine Square</p> <p>_____ Soccer/Flag Football (PE 7/8 Priority)</p> <p>_____ Sportzapalooza (PE 7/8 Priority)</p> <p>_____ Smash Bros</p> <p>_____ Walk it Out</p> <p>_____ Teacher/Office/Library Assistant (Teacher Signature Required)</p>	<p>Everyday classes:</p> <p>_____ Art (Pena)</p> <p>_____ Book Club</p> <p>_____ Crafty Creations</p> <p>_____ CSA News</p> <p>_____ CSA Recruitment Team</p> <p>_____ Diamond Dotz</p> <p>_____ Gamesapalooza</p> <p>_____ Nine Square</p> <p>_____ Origami Fun</p> <p>_____ Runner's Club</p> <p>_____ Self-Care and Mindfulness</p> <p>_____ Soccer/Flag Football (PE 7/8 Priority)</p> <p>_____ Walk it Out</p> <p>_____ Teacher/Office/Library Assistant (Teacher Signature Required)</p>	<p>Everyday classes:</p> <p>_____ CSA Strong (Strength and Fitness)</p> <p>_____ Diamond Dotz Painting</p> <p>_____ FabFitFun (PE 7/8 Priority)</p> <p>_____ Joggemauts 5K</p> <p>_____ Lunch Time Entertainment</p> <p>_____ Magical Myths</p> <p>_____ Namaste CSA (PE 7/8 Priority)</p> <p>_____ Sew It Seams</p> <p>_____ Smash Bros</p> <p>_____ Sportzapalooza (PE 7/8 Priority)</p> <p>_____ Storybook Screens</p> <p>_____ Switch and More</p> <p>_____ Theater Tech 101</p> <p>_____ Your Brain Explained</p> <p>_____ Teacher/Office/Library Assistant (Teacher Signature Required)</p>

CESIT Course Descriptions (Alphabetical)

Term 2

September 27th to November 2nd

2021-2022

Art (Leichtenberg)

Be Inspired, Get Messy, Leave Happy! Come create!

Art (Pena)

Painting Palooza! We will investigate painting with ink, watercolor, tempera, acrylic and even some unusual liquids like coffee and juice! Come learn about color mixing, line and create your next masterpiece!

Book Club

Do you like books? Do you like READING books? Then sign up for Book Club where you can get cozy, read a book, and chat about what you're reading with your peers!

Cold Case CESIT

Have you ever watched a Crime show and thought "I could do better than this cop!", well now you can put your skills of deduction to the test! Use your critical thinking and problem-solving skills to try and solve various cold cases.

Content Creation

School can be draining and analytical, so sometimes we need a creative outlet. In content creation we will have a blast getting to try different forms of content creation – from video editing to creative photo shoots, if it's a creative trend we'll be trying it!

Crafty Creations

Are you a big fan of the fall season? Do you enjoy short crafting projects and DIY decorations? In this class you'll get to indulge in both! The Fall Installment of Crafty Creations will involve making crafts for Halloween, Thanksgiving, and the Autumn season. You'll get your hands dirty with clay, paints, borax crystals, and get to make things like fall leaf candy dishes, crystalized books, spooky candelabras, and so much more!

CSA News

Come and be a part of our broadcast news program. We will produce the Friday weekly announcements in a video to be shared school-wide. Students will learn how to create and produce a quality video using iPads and green screen effects.

CSA Recruitment Team

Do you think that every 5th grader in Spring Branch should want to apply for CSA? This is your chance to help make that happen! You will use your creativity and video editing skills to put together promotional videos that will be seen by every 5th grader in our district. We will also put together informational material to send home to their parents and brainstorm ways to get 5th graders excited about applying to CSA.

Creative Writing

If you enjoy writing stories and imagining worlds on your own, come to Creative Writing! We will explore different genres of writing and discuss how we can better tell a story. This class will help you in your language arts skills and expand your creative mind.

CSA Strong (Strength and Fitness)

Does utilizing the force of gravity in the form of weighted bars, dumbbells and weight stacks to oppose the force generated by muscle sound like fun to you? I thought so. In plain English, this course is about building strength through resistance training (aka bodyweight movements, lifting weights, using machines etc.) Resistance training carries a plethora of benefits physically and mentally. This CESIT isn't just for those that already like working out, it's for everyone of all levels and goals! Come be a part of a supportive community that is centered around self-betterment and proving to yourself that you can achieve success.

Diamond Dotz Painting

Diamond Dotz is a 5D painting experience that combines cross-stitch and paint-by-numbers into one beautiful piece of art. Colorful gems are used to bring life to your work with textured three-dimensional “diamonds” that sparkle with color. Students will use an applicator to apply hundreds of sparkling resin rhinestones, one-by-one, on an adhesive color-coded canvas painting.

- Students & Parents: Use this link for a preview of Diamond Painting
<https://tinyurl.com/y7rcvmtk>

Fab Fit Fun (PE 7/8 Priority)

Get your 6-week subscription to FabFitFun! Want to get fit? We are going to do small units of aerobics, yoga, walking, jogging, strength training, and core training! We will also be talking about nutrition using MyFitnessPal and talking about our favorite healthy recipes.

Gamesapalooza

“It won’t be a “Risk” to take Gamesapalooza! You’ll be “Sorry!” if you don’t give it a chance. Grab all your friends and give them a “Clue” at how awesome it will be to compete in all sorts of games. You’ll be the “Mastermind” as you have fun exploring all the exciting games out there with Ms. Englund!”

Joggeronauts 5K Training

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!

Lunch Time Entertainment

Only four students will be able to sign up for this 3rd period CESIT. You will oversee the Karaoke machine, game boards, outdoor games...Requires a commitment to set up and take down entertainment areas during lunch.

Magical Myths

Zeus, Anubis, and Leprechauns; OH MY! Have you ever wondered about the myths behind the some of the most famous mythological names of all time? In this class we will analyze, debate, and dissect the meaning behind some of the most famous Myths. Greek, Roman, Egyptian and some you may have never even heard of! Come and join where sharing is caring (just ask the Romans).

Each week in this class we will focus on a different theme using famous mythology from various cultures. I just need a classroom with a screen so you can plop me anywhere.

Namaste CSA (PE 7/8 Priority)

Join us in Namaste CSA for daily yoga practice that focuses on strength, flexibility and breathing to boost physical and mental wellbeing through exercise. Yoga is proven to decrease injury in athletes by increasing flexibility and practice creates mental clarity and calmness, centers attention and sharpens concentration. All bodies and skill levels are welcome!

Nine Square

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

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.

Runner's Club

Each morning you will start your day with stretches and enjoy a nice run with supportive team members who will challenge your running limits. Push yourself beyond your limits and train for a 5K. Start your mornings with some cardio to kick-start your day of learning!

Self Care and Mindfulness

If you ever find yourself feeling drained or overly stressed, we will be working on self-care and mindfulness to help find inner calm. Whether that's taking a walk, baking cookies, or meditation, we will be trying all different forms of self-care that you can take and apply at home!

Sew it Seams

Learn the basics of sewing in Sew it Seams! Learn how to follow sewing patterns, how to make pillows, blankets, and stuffed animals, and how to fix and repair clothes. Join this relaxing and meditative course today!

Smash Bros./Gaming

A place for both casual and competitive gamers. Showcase your skills in one of the most popular fighting games on the Nintendo Switch!

Soccer/Flag Football (PE 7/8 Priority)

You will learn the fundamental techniques required to play and participate in team flag football and Soccer. Rules, skills, and teamwork will be emphasized.

Sportzapalooza (PE 7/8 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.

Storybook Screens

The stories that built us and the films they've inspired are numerous. Ever wonder how "right" your favorite movies got it? Let's take a look at the original short stories that have inspired many of our favorite films and see how "true" its popular-film counterpart stays to the script. Stories to consider: Anastasia – a historical fiction take on the story about the long-lost Romanov princess; Beauty and the Beast – an adaptation of the French tale about a curse; Hercules – the Greek heroes true origins aren't exactly as Disney presents but are the trials to become a hero the same? And more! There are so many to choose from and you'll have a say in which ones we focus on for these 6 weeks!

Switch and More

Do you want to learn a new game? Do you need some extra time to practice your skills in playing Mario Cart, Just Dance, or Super Mario Brothers U? How about some time to discover the most effective strategy to use while playing with friends? If so, bring your own device or play on our big screen 3rd period and be ready to be challenged!

Theatre Tech 101

Do you want to learn more about theatre tech and crew? Come explore the backstage world of sets, props, lights, sound, and costume! Everyone welcome.

Walk It Out

We will take a break from the classroom and we will be walking around campus, stretch our legs, and our minds.

Your Brain Explained!

Join the Your Brain Explained class to master all the skills needed to succeed in middle school! Along with learning about your brain, this class will also introduce you to new strategies and help you apply the strategies to your current classes. You will meet with your classmates in small groups to hold each other accountable and encourage positive progress by playing games. From note-taking, reviewing for a quiz, and attending teacher tutorials, you will navigate middle school with ease!