

## **Elective Course Descriptions - St. Helens Middle School 2023-2024 School Year**

**Advanced PE** - This class is designed for students who are excited about all aspects of P.E. This P.E. class will require hard work, determination, a good attitude, and a competitive spirit. This P.E. class will focus on cardiovascular conditioning, as well as a variety of competitive and individual team sports. This is an ADVANCED P.E. course, and we are looking for students who enjoy working hard in every aspect of P.E. Expectations for behavior, sportsmanship, and participation for this course will be higher than that of a basic P.E. course. Students will be expected to dress down every day for class. We are excited to offer this new accelerated P.E. class at St. Helens Middle School! This course will replace your PE course and will not count as your elective class. Please make sure to pick two elective class options.

**Art Studio** - This course is designed for students to explore and experience creative expression, critical evaluation, and a greater appreciation for the visual arts. While learning about the elements and principles of design, students will develop their drawing, painting, sculpting, and printmaking skills.

**AVID** - Students will develop and reinforce attitudes, skills, and knowledge to successfully enter and complete a college prep academic program in high school. Students will learn and apply study skills and learning strategies to improve performance in the content areas: Note taking, outlining, writing, speaking, reading, test strategies, and the use of technology to improve performance will be stressed.

**Band** - We will offer 3 separate band classes based on experience. 6th graders and students new to band will be placed in a band class based on the instrument they chose to play. Please look for an email to arrange an instrument fitting appointment in June, before school releases for summer. 7th and 8th grade students selecting band will be placed in combined concert band class.

**Choir** - This is a vocal music course for students who have a desire to learn, sing, and perform music. The goal of this course is to teach students the fundamentals of music, help create independence while learning and singing music and to become confident singers and develop an appreciation for music.

**Engineering and Health/Science Careers** - Students will learn basic concepts of engineering through problem solving, design, and experimentation. Students participate in engineering-design activities to understand how criteria, constraints, and processes affect designs. Students will also explore several career opportunities within the health and science fields.

**Intro to World Cultures** - Students will study and learn physical and human geography in this course. The course will be organized by region to allow students to explore global cultures as they analyze populations, settlement patterns, and how these affect the physical environment.

**Leadership (7th and 8th grade only)** - In this course, students will develop project planning skills and student council meeting procedures. Students will improve in mentoring, integrity, problem solving, working with students from diverse backgrounds, attitude, individual and group responsibility, and working with adults.

**Personal Finance and Entrepreneurship** - This course is designed to help students understand the impact of individual choices on occupational goals and future earnings potential. Topics covered will include income, money management, spending and credit, as well as saving and investing.

**STEAM Studio 7** - A year long class that blends STEM and Art. Students will use technology (laser cutter, vinyl cutter, 3D printers) to explore and design projects in 2D and 3D.

**STEAM Studio 8** - A year long course. Students will learn video production/editing, photo editing, coding, robotics, and 2D and 3D computer design. Students will learn practical applications of design, budgeting, and real-world problem solving.

**Theater** - In this class, students will focus on the exploration of theater literature, performance, historical and cultural connections, and technical requirements. Improvisation, creative dramatics, and beginning scene work are used to introduce students to acting and character development.

**Yearbook** - Students will be responsible for the production, design, and publication of the school yearbook. This production-based course requires both in class and after school time. This is a wonderful opportunity for members of the team to exercise their creativity, while developing new skills in computer design, photography, writing, and project management.