Canal Winchester Middle School
Course Descriptions Handbook

Grades 6-8



CANAL WINCHESTER LOCAL SCHOOLS

Canal Winchester Middle School
7155 Parkview Drive
Canal Winchester, OH 43110
(614) 833-2151

www.cwschools.org

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English Language Arts Course Descriptions

In the Canal Winchester School District, English Language Arts classrooms promote skills and knowledge designed to prepare students for life outside the classroom. They include critical-thinking skills and the ability to closely and attentively read texts in a way that will help students understand and respond to complex works of literature. Students will learn to use reasoning and evidence collection skills that are essential for success in college, career, and life within the 21st century. Each English Language Arts course focuses on the four areas of Ohio's New Learning Standards for Language Arts: 1) ***Reading****–Text Complexity & the Growth of Comprehension 2)* ***Speaking & Listening****–Flexible Communication & Collaboration 3)* ***Writing****–Text Types, Responding to Reading & Research 4)* ***Language****–Conventions, Effective Use & Vocabulary*

English Language Arts 6

Students will gain extensive practice with the writing process and composition structure. Students will experience a variety of written response topics and formats including narrative, argument, research, literary response and literary analysis writings. Through writing, students study grammar, spelling, punctuation, and sentence structure. Reading will be studied in a more analytical nature revolving around unit based themes and driven by essential questions. Additionally, students also study vocabulary in units that emphasize definitions, synonyms/antonyms, multi-meaning words, prefix/suffixes, word origins, analogies, and words in context.

Seminar English Language Arts 6

Students will be provided with a rigorous curriculum of concept or theme-based units that teach to the same New Learning Standards for Language Arts as English Language Arts 6. At the seminar level, students work on extended learning activities that will require students to increase the use of critical thinking skills, including analysis, synthesis, and evaluation. In addition, the seminar curriculum moves at an accelerated pace with a more concentrated focus. Students are expected to be self-motivated and open for redirection in their learning.

English Language Arts 7

Students further develop their language skills to better understand themselves and the world. Students read and analyze a wide variety of texts, including novels, short stories, plays, essays, and poems from a variety of cultures. Reading instruction centers not on mere comprehension, but focuses on building higher level thinking skills to evaluate the literary techniques of the author and interpret the themes of the work. Students learn literary forms and terms associated with selections being read and apply these in analysis. Writing instruction centers on the development and mastery of focus and coherence in voice, depth of thought, and conventions. Students also study vocabulary through definitions, synonyms/antonyms, multi-meaning words, prefix/suffix, Greek and Latin roots, analogies, and context clues. Students develop speaking skills to express their ideas clearly and effectively as well as refine their listening skills to better participate in instruction, classroom discussion, and cooperative group activities.

Seminar English Language Arts 7

Students will be provided with a rigorous curriculum of concept or theme-based units that teach to the same New Learning Standards for Language Arts as English Language Arts 7. At the seminar level, students work on extended learning activities that will require students to increase the use of critical thinking skills, including analysis, synthesis, and evaluation. In addition, the seminar curriculum moves at an accelerated pace with a more concentrated focus. Students are expected to be self-motivated and open for redirection in their learning.

English Language Arts 8

Students continue the study of reading, writing, grammar, vocabulary and the cultivation of their critical and creative thinking skills. Students will read and analyze a wide variety of literary and informational texts. In addition to reading, students will write often and in varied ways, including narrative, descriptive, argumentative, and explanatory forms, and with special emphasis on ideas, voice, organization, and sentence fluency. Through literary analysis and formal vocabulary study, students deepen their facility with and appreciation for reading and language. By sharing their work and making oral presentations, students gain confidence in their knowledge and in presenting what they know to others.

Seminar English Language Arts 8

Students will be provided with a rigorous curriculum of concept or theme-based units that teach to the same New Learning Standards for Language Arts as English Language Arts 8. At the seminar level, students work on extended learning activities that will require students to increase the use of critical thinking skills, including analysis, synthesis, and evaluation. In addition, the seminar curriculum moves at an accelerated pace with a more concentrated focus. Students are expected to be self-motivated and open for redirection in their learning.

Mathematics Course Descriptions

In the Canal Winchester School District, we are dedicated to making mathematics meaningful – built upon a foundation of common sense and consistency, and connected inextricably to the real world. Through a balanced curriculum that promotes problem solving, conceptual understanding, and proficiency with procedural skills, students develop a robust understanding of mathematics and an enhanced ability to retrieve and apply it. All Mathematics courses are firmly based upon Ohio's New Learning Standards for Mathematics.

Math 6

Instruction focuses on the topics listed below. These areas are supported by an online curriculum, Digits Grade 6, which is aligned with Ohio's New Learning Standards for Mathematics.

- **Ratios and Proportional Relationships:** Understand ratio concepts and use ratio reasoning to solve problems
- **Number Systems:** Apply and extend previous understandings of multiplication and division to divide fractions by fractions and apply and extend previous understandings of numbers to the system of rational numbers
- **Expressions and Equations:** Apply and extend previous understandings of arithmetic to algebraic expressions; reason about and solve one-variable equations and inequalities; represent and analyze quantitative relationships between dependent and independent variables
- **Geometry:** Solve real-world and mathematical problems involving area, surface area, and volume
- **Statistics:** Develop understanding of statistical variability and summarize and describe distributions

Seminar Math 6

Instruction focuses on the same five critical areas as Mathematics 6. In addition, throughout each unit of study students will explore, research, and discuss the topics in-depth. These areas are supported by an on-line curriculum, Digits Grade 6, which is aligned with Ohio's New Learning Standards and provides differentiated assignments, lessons and enrichment, while promoting collaborative tasks.

Math 7

Instruction focuses on the topics listed below. These areas are supported by an online curriculum, Digits Grade 7, which is aligned with Ohio's New Learning Standards for Mathematics.

- **Ratio and Proportional Relationships:** Analyze proportional relationships and use them to solve real-world and mathematical problems
- **Rational Numbers:** Apply and extend previous understanding of operations with fractions to add, subtract, multiply and divide rational numbers
- **Expressions and Equations:** Use properties of operations to generate equivalent expressions; Solve real-life and mathematic problems using numerical and algebraic expressions and equations.
- **Geometry:** Draw, construct, and describe geometrical figures and describe the relationship between them and solve real-life and mathematical problems involving angle measure, area, surface area, and volume.
- **Statistics:** Use random samplings to draw inferences and draw comparative inferences about populations
- **Probability:** Investigate chance processes and develop, use, and evaluate probability models

Seminar Math 7

Instruction focuses on the same six critical areas as Mathematics 7. In addition, students are introduced to the grade 8 Mathematics topics of: **Rational and Irrational Numbers**, **Integer Exponents**, **Scientific Notation**, **Linear Equations in One Variable**, **Proportional Relationships with Lines and Linear Equations**, **Congruence**, **Similarity**, **Reasoning in Geometry** and **Surface Area and Volume of Cylinders and Cones**. These areas are supported by an on-line curriculum, Digits Accelerated Grade 7, which is aligned with Ohio's New Learning Standards and provides differentiated assignments and lessons and enrichment, while promoting collaborative tasks.

Algebra I

Students can earn high school credit in this first year Algebra course that covers the content of the Ohio New Learning Standards for Algebra I and prepares students for the required state end of course assessment. Instruction in this course focuses on:

- **Number & Quantity:** operations with integers; rational and irrational numbers
- **Expressions, Equations and Inequalities:** evaluate expressions; simplify, add, multiply and factor polynomials using the properties of real numbers; solve linear, absolute value and quadratic equations and inequalities; solve systems of linear equations and inequalities in two variables
- **Functions:** recognize and represent linear, quadratic and exponential functions using tables, graphs, words and symbols; identify intercepts, domain and range; develop models for real world situations and analyze the models to solve problems and answer questions that arise from these situations
- **Statistics:** analyze and transform measures of center and variation; properties of data sets; use trend lines as mathematical models

Pre-Algebra

Instruction focuses on the topics listed below. These areas are supported by an on-line curriculum, Digits Grade 8, which is aligned with Ohio's New Learning Standards for Mathematics.

- **The Number System:** Know that there are numbers that are not rational, and approximate them by rational numbers
- **Expressions and Equations:** Work with radicals and integer exponents; understand the connections between proportional relationships, lines and linear equations; and analyze and solve linear equations and pairs of simultaneous linear equations.
- **Functions:** Define, evaluate and compare functions and use functions to model relationships between quantities
- **Geometry:** Understand congruence and similarity using physical models, transparencies or geometry software and understand and apply the Pythagorean Theorem
- **Statistics:** Investigate patterns of association in bivariate data

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Science Course Descriptions

Science promotes curiosity and a sense of wonder, encourages life-long exploration, and provides a foundation for understanding the natural world. Science courses promote hands-on learning in an environment that fosters scientific inquiry. Through scientific investigations, students expand their knowledge to better understand and explain the phenomena they observe in the world around them. Each Science course is aligned to Ohio's New Learning Standards for Science.

Science 6

Students will focus on three main topics**: Rocks, Minerals and Soil, Matter and Motion**, and **Cellular to Multicellular**. Throughout these topics students will identify questions that can be answered through scientific investigations, design and conduct a scientific investigation, think critically and logically to connect evidence and explanations, and communicate scientific procedures and explanations. Hands-on activities in the laboratory, class discussion, individual and group projects and activities provide students opportunities to investigate science topics of relevance to their own lives and build understanding of essential learning in science.

Science 7
Grade 7 students will focus on three main topics: **Earth/Space Science, Physical Science and Life Science** with an emphasis on scientific inquiry and application. They will use the scientific method to analyze and solve problems. Students will learn about relative patterns of motion and positions of the Earth, Moon, and Sun, and how they impact tides, seasons, and eclipses. Students will learn about the atmosphere, the hydrologic cycle, and thermal-energy transfers in the ocean and atmosphere. Additionally, students will learn how matter is arranged by atoms, molecules and compounds as well as study the conservation of matter and energy. Through the study of Life Science, instruction will focus on a variety of biomes and the interaction between biotic factors and abiotic factors.

Science 8
Eighth grade students will focus on three main topics: **Physical Science, Earth Science, and Life Science** with an emphasis on scientific concepts, processes, and ways of thinking. All students will explore the Physical Science concepts of motion, forces, and energy. Also included in this course will be the Earth Science concepts of Earth's interior, seismic waves, geologic processes, and plate tectonics. Students will be able to explain the geologic time scale and how it pertains to Earth's history. Students will acquire knowledge of Life Science concepts such as the diversity of species, fossil records, cells and heredity, and biological adaptation. In addition to these concepts, students will recognize the role of design and testing in the design process and apply research, innovation, and invention to problem solving.

Social Studies Course Descriptions

The Social Studies program at Canal Winchester Middle School is designed to provide three years of organized, directed student investigations into the areas of civics, economics, geography and history. The first two years will focus on different regions of the world. The final year will be a study of the United States. Each Social Studies course is aligned to Ohio's New Learning Standards for Social Studies.

Social Studies 6
Sixth grade students will study the Eastern Hemisphere (Africa, Asia, Australia and Europe), its geographic features, early history, cultural development and economic change. They will learn about the development of river civilizations in Africa and Asia, including their governments, cultures and economic systems. The geographic focus includes the study of contemporary regional characteristics, the movement of people, products and ideas, and cultural diversity. Students will develop their understanding of the role of consumers and the interaction of markets, resources and competition.

Social Studies 7
Grade 7 students will study Ancient and Medieval World History. The academic year begins with the study of Ancient Greece, and then moves into Ancient Rome, continuing with the Middle Ages in Africa, Asia, and Europe, and ending with the age of global exploration. Major topics discussed include democracy in Athens, the Roman Republic, religious influences, feudalism, Muslim conquests, Mongol influence in Asia, Empires in Africa, the Crusades, trade routes spreading culture and technology, major world religions, trans-Saharan slave trade, the Columbian Exchange, the Renaissance, and the Reformation. The main goal is to enable students to understand topics, the relationships among events and to draw conclusions based upon this knowledge. Throughout the course, students will look closely at how factors such as geographic influences and change, social interactions and behaviors, cultural values, and economic influences have shaped the world. In addition, a study of the technology, government, and entertainment of each civilization, and its impact on contemporary society, will be examined.

US History 8
Students in eighth grade will study United States History beginning with European explorers conquering and settling South and Central America. The course then focuses on the colonization of North America by various European countries and the world-wide effect of this colonization. Students then study the relationship that the colonists have with Great Britain. The course highlights the colonists' struggle to build their own independent nation. Students study the new nation as it grows and works through various regional differences, culminating in the U.S. Civil War. This period will include: westward expansion, governmental failures and successes, various

political parties, domestic issues and foreign issues. The course concludes with the reconstruction of the South after the war.

Related Arts Course Offerings

The Canal Winchester Middle School Related Arts Program is an exploratory program designed to provide students with a sampling of different experiences throughout middle school. While there is limited student choice in Related Arts classes, students can draw upon their middle school experiences to help ensure informed decisions regarding elective classes and pathways at the high school level.

GRADE 6		
9 Week Courses		**Full Year Courses**
• Art 6 • Introduction to STEM 6 • Information Technology 6 • Flight and Space 6 • Health 6	• Music Survey • Physical Education 6 • Work & Family 6 • World Language & Cultural Exploration • Math/Reaching Expansions	• Band 6 • Choir 6

GRADE 7		
Semester Courses		**Full Year Courses**
• Information Technology 7 • Food & Nutrition • Health Science • Design & Modeling 7 • Physical Education 7	• Medical Detectives 7 • Visual Design 7 • Math/Reaching Expansions	• Band 7 • Choir 7 • Spanish 1 * • French 1 *

*Prerequisite

GRADE 8		
Semester Courses		**Full Year Courses**
• Art Foundations • Automation & Robotics • Careers in Canal 8 • Exercise & Athletic Training • Fitness for Life • Information Technology 8	• Science of Technology 8 • Team Sports • Video Production 8 • HS Physical Education • Math/Reaching Expansions	• Band 8 • Choir 8 • Spanish 2 * • French 2 *

*Prerequisite

(*) Denotes course in which students are placed based upon academic record and teacher recommendation.

Visual Arts Related Arts Course Descriptions

Art 6
In Art 6 students create through—drawing, painting, cut paper, ceramics (clay) and printmaking. Students focus on the elements of art: line, shape, form, space, color, value and texture.

Visual Design 7
Students will study Visual Culture which includes the introduction to graphic design, target audience, typography, design tricks (forms), color theory and the basics of logo design and branding. Students will create both 2D and 3D designs. Students will also have an opportunity to debate issues in Visual Culture such as artistic freedom/choices, how messages change when an artwork is changed, etc. Students will also look at different career opportunities in the Visual Design world such as graphic designer, animator, furniture designer and many more.

Art Foundations
Art Foundations is a high school course and must be completed first, before taking any other high school art class. Students create through—drawing, painting, cut paper, ceramics, sculpture and printmaking. After successfully completing the course, students may take any art class offered at the high school. *Class is filled on first-come, first-served.*

Technology Related Arts Course Descriptions

Introduction to STEM 6
Students discover the design process and develop an understanding of the influence of creativity and innovation in their lives. They are then challenged and empowered to use and apply what they've learned throughout the unit to design a therapeutic toy for a child who has cerebral palsy.

Flight and Space 6
The exciting world of aerospace comes alive through Flight and Space. Students become engineers as they design, prototype, and test models to learn about the science of flight and what it takes to travel and live in space. They solve real-world aviation and space challenges and plan a mission to Mars.

Information Technology 6/7/8
Students will learn how to use, design and implement technology through the use of Microsoft Office, Google Docs, and other online platforms. Students will use the "4 C's: Collaborate, Communicate, Critical Thinking, Creative Thinking.

Design & Modeling 7
Students discover the design process and develop an understanding of the influence of creativity and innovation in their lives. They are then challenged and empowered to use and apply what they've learned throughout the unit to design a therapeutic toy for a child who has cerebral palsy.

Medical Detectives 7
Students play the role of real-life medical detectives as they collect and analyze medical data to diagnose disease. They solve medical mysteries through hands-on projects and labs, measure and interpret vital signs,

examine nervous system structure and function, investigate disease outbreaks, and explore how a breakdown within the human body can lead to dysfunction.

Automation and Robotics 8
Students learn about the history and impact of automation and robotics as they explore mechanical systems, energy transfer, machine automation, and computer control systems. Using the VEX Robotics® platform, students apply what they know to design and program traffic lights, robotic arms, and more.

Science of Technology 8
Science impacts the technology of yesterday, today, and the future. In this unit, students apply the concepts of physics, chemistry, and nanotechnology to activities and projects, including making ice cream, cleaning up an oil spill, and discovering the properties of nano-materials.

Video Production 8
Students will learn the skills that go into video production including writing and editing a script, developing questions for interviewing, public speaking, camera usage and video editing techniques. These skills will then be used to create a weekly video announcement for our school. In addition to creating a weekly news segment, students will explore careers in video production, learn about copyright and its role in video production as well as making sure completed video products have integrity.

Performing Arts Related Arts Course Descriptions

Band 6
Band 6 is a full year band course. It is recommended that students attend an instrument fitting, scheduled by the band director, to determine the best instrument for each individual student. Instruments may include, but are not limited to: flute, clarinet, alto saxophone, French horn, trumpet, trombone, baritone and percussion. Throughout the course, students will learn beginning music notation including note identification, rhythm counting, and basic theory concepts. This course begins with sectionals to ensure correct technique for individual instruments. The course requires participation in two evening concerts throughout the school year.

Choir 6
Choir 6 is a year-long course, which focuses on proper singing posture, breathing techniques, vocal production, and enunciation. Students will learn the foundations of music literacy and how to identify and understand symbols in music to perform the way the composer intended. Different genres will be explored, and part-singing will be introduced.

Band 7
Band 7 is a full-year course open to any student who participated in Grade 6 Band. Instruction focuses in depth upon ensemble playing. Students will continue to develop proper playing technique while rehearsing in a full band setting. Several genres, ranging from arrangements of Baroque to Pop to original wind band pieces will be studied. Students will have the opportunity to qualify for the Ohio Music Education Association Solo and Ensemble Contest. In addition, this course requires three evening concerts throughout the school year. This course is a prerequisite for 8th Grade Band.

Choir 7
Choir 7 is a year-long course, which furthers instruction on the foundations of choral singing, and extends music literacy into the early stages of melodic sight-reading and composition. Different genres will be explored, and part-singing will increase to three parts with at least one music selection in a foreign language.

Band 8
Band 8 is a full-year course open to students who have completed Grade 7 Band. Instruction will include a further in depth study of ensemble playing and technique unique to wind ensembles. Students will continue to develop proper playing technique while rehearsing in a full band setting. Students will have the opportunity to qualify for

the Ohio Music Education Association Solo and Ensemble Contest. In addition, this course has four required evening performances: an 8th grade night with the High School Marching Band, a Winter Concert, a March Concert and a Spring Concert. Members of the Grade 8 Band will also have the opportunity to visit Kings Island with the high school bands. This is an optional event that has a fee.

Choir 8

Choir 8 is a year-long course, which builds on the music performance and literacy skills developed during their 6th and 7th Grade years. Within the different genres we sing, a greater emphasis will be placed on mastery of vocal production, appropriate tone color, and musicianship. Our past musical experiences will be a driving force as we begin navigating the transition to harmonic sight singing, a cappella singing, and four part choral repertoire.

Health & Physical Education
Related Arts Course Descriptions

Health 6

In this class, all students will become familiar with an introduction to health terminology, including how to improve one's health. In this class, we will advocate for our personal and community health. We will complete four large units: Total Health, Physical Health, Mental / Emotional Health, and Social Health.

Physical Education 6

Students in this course can expect to learn and/ or improve previous knowledge of basic movement concepts. Students will also begin the process towards being their own advocate for their fitness level and goals. These students will also be introduced to activities that will help with the development of their 21st century skills of collaboration, creativity, critical thinking, and communication.

Health Science 7

In this class, students will be exposed to a variety of Health careers and concepts that relate to Health Science. We will use 21st century skills to demonstrate our understanding of these concepts. We will complete a variety of units: The 4 C's, Careers in Health, Professional Business Letter, First-Aid / CPR, and more.

Leader in Me 6-8 (Connections Class)

Middle school students experience a phase of self-discovery as they learn to develop relationships with peers and make responsible decisions. Leader in Me Schools establish a culture of social-emotional learning that helps every middle school student build self-confidence and discover their true potential while pursuing academic excellence. Leader in Me helps staff create an uplifting and empowering environment that addresses social-emotional learning by developing 21st Century skills. We will focus on the 6 pillars of good character and the 7 habits of highly effective teens, as well as the 10 Health skills.

Physical Education 7

Students in the course will be expected to work together daily in an atmosphere that will foster positive learning. During this course students can expect to be outside if the weather is forty (40) degrees or warmer. We will focus on more activities that are group oriented. We will discuss basic strategies, rules, and benefits of each. We will also expect students to track their progress throughout the semester. This will be done both digitally and performance based assessments.

Exercise & Athletic Training 8

In this class, students will be introduced to a variety of exercises and athletic components and terminology. Students will complete a variety of small units on the topics of: The Physical Activity Pyramid, Muscular Strength, Muscular Endurance, Cardiovascular Endurance, Flexibility, and Body Composition. Additionally, we will make connections with Sports Science and the career opportunities that exist.

Fitness for Life 8
This course will focus on individual sports and exercise activities. Students will increase physical competence, self-esteem and the motivation to pursue lifelong physical activity.

High School Physical Education
This class will be aligned with the current high school standards and curriculum to provide students the opportunity to earn a portion of their high school Physical Education Graduation Requirements. This class will be more stringent for students with regards to more expectations for documentation of student learning on a variety of topics that are aligned with the state standards and benchmarks.

Team Sports 8
Students in the course will build upon knowledge and skills that were taught in 7th grade. Students will continue to demonstrate both mentally and physically the skills, tactics, benefits, and strategies needed for successful participation in group fitness activities.

World Language Related Arts Course Descriptions

World Language & Cultural Exploration 6
World Language & Cultural Exploration exposes students to the basics of the Spanish and French languages. Students will also learn about the different countries and cultures that speak each language. By the end of the class, the students will be able to introduce themselves and others, spell their name, and count to 31.

Spanish 1 Grade 7
Spanish 1 is an introduction to the Spanish language and culture. Special emphasis is placed on developing strong foundations in the areas of reading, writing, speaking, listening and cultural awareness. Students will learn to converse and write about themselves, their daily routines, likes and dislikes using the present tense. Factual information about the nature of daily life and routines in Hispanic cultures and simple literary selections will also be introduced. Proficiency goal on the ACTFL scale: Novice Mid. Class will be taught in Spanish with coursework in Spanish.

Prerequisite: Students must have a B average in all core content (Math/ELA/Science/Social Studies) to be eligible for Spanish 1 during 1st Semester of 6th Grade year.

French 1 Grade 7
This course is an introduction to the language and culture of the French speaking world. Emphasis is placed on developing strong foundations in the areas of reading, writing, speaking, listening, and cultural awareness. Students will learn to hold basic conversations and write about themselves, their daily routines, and their likes and dislikes in the present tense. Cultural information about France and Francophone countries, including their people, history, geography, and economy are incorporated into lessons. Proficiency goal on the ACTFL scale: Novice Mid. Class will be taught in French with coursework in French.

Prerequisites: **Students must have a B average in all core content (Math/ELA/Science/Social Studies) to be eligible for French 1 during 1st Semester of 6th Grade year.**

Spanish 2 Grade 8
This course continues the development of skills and basic structures within increasing cultural and literacy competence. Special emphasis continues to be placed on development of reading, writing, listening, and speaking skills. Students will learn to discuss topics of a personal nature in present, and past tenses and to express opinions on a limited range of topics. Knowledge of Hispanic history and cultures is also extended. Proficiency goal on the ACTFL scale: Novice High. Class will be taught in Spanish with coursework in Spanish.

Prerequisites: C (70%) or better in Spanish 1

French 2 Grade 8 ⟹ (will be offered 2022-2023)
This course continues the development of essential skills and structures (writing, reading, listening, speaking) with increasing cultural and literary competence. Students will learn to discuss topics of a personal nature in present and past tenses and will express opinions on a limited range of topics. Knowledge of French history and culture is also extended. Proficiency goal on the ACTFL scale: Novice High. Class will be taught in French with coursework in French.

Prerequisite: C (70%) or better in French 1

Consumer Science Related Arts Course Descriptions

Work & Family 6
Students in Work & Family 6 will be exposed to the basics of many life skills. In this course students will participate in activities, projects, and lessons related to nutrition. Students will learn about kitchen safety, kitchen tools and equipment, recipes, food safety, and table manners. They will then demonstrate this knowledge by participating in group cooking labs. In addition, topics such as My Plate Guidelines, healthy eating, being physically active, reading nutrition labels and food waste will be studied. Skills related to clothing care and laundry as well as service to others will be gained. Concepts in leadership and citizenship, time management, communication, goal setting, and problem solving are intertwined within all coursework.

Food & Nutrition 7
Students in Food & Nutrition will focus on various nutrition and healthy eating concepts by learning about such topics as My Plate Guidelines, The American Dietary Guidelines, and the six basic nutrients. Students will use this information to plan healthy snacks and meals by applying these guidelines. Students will analyze their own diets in relation to fat, sugar, sodium and calorie intake then create plans to maintain health and wellness throughout their life span. Cooking labs will be used to reinforce food preparation skills, time management skills, teamwork, and problem solving skills. Projects and cooking labs will be used to experiment with herbs and spices, basic baking ingredients, whole vs. processed foods, convenience vs. scratch foods, innovative foods and much more.

Careers in Canal 8
Are you thinking you might join the workforce in an entry level job within the next couple of years while finishing school? If so, this course is for you! You will learn workforce fundamentals, gain financial concepts and develop successful career skills to help you succeed in the world of work. Knowledge related to becoming an educated and wise consumer in society will also be studied. Managing money earned from employment is an important financial responsibility. Topics such as seeking, finding and keeping a first time entry level job will be developed. Concepts about employment, enlistment and enrollment, the “Three E’s,” will be intertwined within lessons throughout the course to help students investigate future opportunities about the workforce.