

# **NFA 2025-2026 ELECTIVE COURSE CATALOG**

**Grades 4-8**





NFA's Electives Program provides students with the opportunity to have choice in their academic experience and pursue their passions to grow in an area of interest. NFA electives are connected to the following categories and all directly align with the NFA student vision statement:

Arts

Digital Technology and Communications

Science and Engineering

Global Awareness

Life Skills

Physical Wellness

Social and Emotional wellness



# 01

**Upper Elementary  
Electives**  
Grades 4-5

# 02

**Middle School  
Electives**  
Grades 6, 7, 8



# 01

## Upper Elementary Electives **Grades 4-5**



### **Choir** *Arts* **Trimesters 1, 2**

Choir is a yearlong performance-based class that teaches good vocal technique, reading music, and working collaboratively. Students will learn various styles of music, including religious, multicultural, pop, and jazz. In addition to that, students will learn effective stage presence and performance etiquette. The core of this class is making music together while having fun!

Trimester 1 Events:

- Liturgies
- Woodmere's Circle of Trees

Trimester 2 Events:

- Liturgies
- Black History Month Concert

Trimester 3 Events:

- Liturgies
- First Eucharist



### **Get Energized! The Balance of Fitness, Food, and Rest**

#### *Physical Wellness* **Trimesters 2, 3**

Welcome to Get Energized! In this class, we'll learn how moving our bodies makes us healthier and happier. Through fun activities and games, we'll explore different ways to stay active like playing sports and dancing. We'll also talk about eating well and getting enough rest. By the end, you'll know how to keep your body strong and feel great every day!

# 01 Upper Elementary Electives

Grades 4-5



## **Brain Boosters: Puzzles, Games, and Teasers** *Life Skills*

### **Trimester 1**

This fun and challenging elective is all about growing your brain in exciting new ways! Each week, students will explore different kinds of puzzles, games, and brain teasers. Whether solving riddles, breaking codes, or creating their own challenges, students will practice problem-solving, logical thinking, and collaboration—all while having fun.



## **Book Worms, Join Together** *Life Skills*

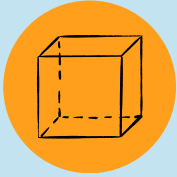
### **Trimester 2**

The fourth and fifth grade elective Book Club is an exciting opportunity for young readers to explore a diverse range of literature while fostering a love for reading. Through engaging discussions and activities, students will delve into captivating stories that spark their imagination and broaden their understanding of the world around them. Students in this elective will read a set of titles to prepare for the Montgomery County Reading Olympics Competition in the spring.



# 01

## Upper Elementary Electives Grades 4-5



### **3D Sculpture Art: Build, Create, and Explore!**

*Arts*

**Trimesters 1, 2, 3**

Get ready to roll up your sleeves and make 3 dimensional art! In this class, you'll build amazing 3D sculptures using materials like wire, cardboard, and recycled objects. To inspire your art you'll take a fun trip through art history to look at sculptures through the ages.

As you create, you'll learn about the elements of art—like line, shape, form, space, texture, color, and value—and how artists use them to bring their ideas to life. You'll design your own artwork, experiment with new techniques, and turn your big ideas into awesome sculptures.



### **NFA Green Team: A Leadership Opportunity** *Science and Engineering*

**Trimesters 1, 3**

Join the Green Team and become a leader in making our school more environmentally friendly! This student-led group of 4th and 5th graders meets once a week to plan and promote eco-friendly initiatives throughout the school. From designing recycling reminders and energy-saving posters to launching school-wide campaigns and sharing green tips on the morning announcements, Green Team members use creativity, teamwork, and leadership to inspire others to care for the planet. If you're passionate about protecting the environment and want to make a difference, this is the team for you!

# 01 Upper Elementary Electives

Grades 4-5



## Digital Mindfulness & Media Creation

*Emotional Wellness*

**Trimesters 1**



This elective course offers students the opportunity to delve into the transformative practices of yoga and mindfulness. Through a blend of physical postures, breathing techniques, meditation, and self-reflection exercises, students will embark on a journey of self-discovery and holistic well-being.

## Book Builders: A Hands-On Bookmaking Adventure

*Arts*

**Trimesters 1, 2, 3**



In this creative, no-sew bookmaking class, students will explore the art of making books—one fold, flap, and page at a time! Students will learn a variety of bookmaking techniques, from accordion books to pop-ups, flip books, and more. Using simple materials like paper, glue, and imagination, they'll design and build their own unique creations, combining storytelling with hands-on art. Perfect for young writers, artists, and makers, this class encourages creativity, self-expression, and a love for books in all their shapes and styles.

# 01 Upper Elementary Electives

Grades 4-5



## Mind Masters: Unlocking your Potential *Life Skills*



*\*NFA will roster students in this course  
with the following schedule*

**Trimester 1- 4A**

**Trimester 2- 5A**

**Trimester 3- 5B**

An engaging and interactive elective designed to help students enhance their executive functioning skills. In this course, students will learn how to master the essential skills needed for academic and personal success. Through fun activities, practical exercises, and collaborative projects, students will develop abilities such as organization, time management, goal setting, and decision-making.



# 02

## Middle School Electives

Grades 6-8

# 02 Middle School Electives

Grades 6, 7, 8



## **Bridging Worlds: Conversations Across Cultures** *Global Studies*

**Trimesters 1, 2, 3**

In this interactive elective, students will connect with peers from around the globe to share stories, ideas, and perspectives. Through virtual exchanges, collaborative projects, and cultural explorations, they'll discover both the unique and the universal aspects of life in different parts of the world. Along the way, they'll practice empathy, critical thinking, and communication skills that help turn curiosity into true global understanding.



## **Strength and Conditioning** *Physical Wellness*

**Trimesters 1, 2, 3**

Get moving and build your fitness in our Middle School Strength and Conditioning elective! This course introduces students to the basics of strength training, flexibility, and cardio through fun and engaging activities. Students will:

- **Build Strength:** Try out age-appropriate resistance exercises.
- **Improve Flexibility:** Practice stretching and mobility exercises.
- **Boost Endurance:** Participate in cardiovascular workouts.
- **Learn Healthy Habits:** Understand the role of nutrition and recovery.
- **Set Goals:** Learn to set and achieve personal fitness goals.

Join us to develop your fitness skills, foster a love for physical activity, and build a strong foundation for a healthy lifestyle!

# 02 Middle School

## Electives Grades 6, 7, 8



### **Digital Mindfulness & Media Creation** **Trimester 1**

Do you love technology but sometimes feel like it can be... too much? In this class, you'll learn how to use tech to make your life calmer, more creative, and more fun! We'll explore how music, photography, video, and digital art can actually help you relax, focus, and express yourself.

You'll get to:

- Take "mindful photos" that capture small moments of beauty.
- Create your own calming playlist or soundscape.
- Design digital art and mini mindfulness videos.
- Work on a final project that spreads positivity to others in our school.

By the end of this class, you'll see your devices in a whole new way- as tools for creativity, connection, and well-being.



### **Lights, Camera, Announcements!** **Digital Technology and Communications** **Trimesters 1, 2, 3**

Want to be the voice of the school? Join our Broadcasting Elective, where you'll work as part of a news team to write, film, and deliver our weekly school announcements on Fridays. From sharing the latest school events and sports highlights to cracking a joke or spotlighting a class project, you'll learn how to create a real show that entertains and informs. Whether you like being on camera, behind the scenes, or working on creative ideas, there's a role for you!

# 02 Middle School

## Electives Grades 6, 7, 8



### Choir

#### Arts

Trimesters 1, 2, or 3



Choir is a yearlong performance-based class that teaches good vocal technique, reading music, and working collaboratively. Students will learn various styles of music, including religious, multicultural, pop, and jazz. In addition to that, students will learn effective stage presence and performance etiquette. The core of this class is making music together while having fun!

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### Financial Literacy- Levelled Up

#### Life Skills

Trimesters 1, 2, 3

Students will be introduced to financial concepts such as decision-making, budgeting, and investing in a fun and interactive way. The goal of the class is to promote financial well-being over a lifetime. For those who have taken the elective before, this will cover the same general topics as last year, but with some new games and activities.

# 02 Middle School Electives

Grades 6, 7, 8



## **Mind Masters: Unlocking your**

## **Potential**

*Life Skills*

**Trimesters 1, 2, 3**

An engaging and interactive middle school elective designed to help students enhance their executive functioning skills. In this course, students will learn how to master the essential skills needed for academic and personal success. Through fun activities, practical exercises, and collaborative projects, students will develop abilities such as organization, time management, goal setting, and decision-making.



## **Newspaper: Bear Print**

*Digital Tech and Communications*

**Trimesters 1, 2, 3**

This elective course is designed to provide middle school students with the opportunity to gain hands-on experience in running a school newspaper. Students will learn the fundamentals of journalism, editorial decision-making, layout and design, and digital media production as they collaborate to produce a regular publication for the school community.

# 02 Middle School Electives Grades 6, 7, 8



## Digital Arts and Design *Arts* Trimesters 1, 2, 3

Welcome to Digital Arts and Design! In this middle school elective, students will dive into the world of creativity and technology, exploring various digital tools and techniques to bring their artistic visions to life. This class is perfect for students who are passionate about art and interested in how technology can enhance and transform creative expression.

In this elective students will explore the elements of art and principles of design while learning to make digital art. They will use iPads, Procreate, and other online tools to delve into the art forms of digital art, graphic design, advertising, animation and beyond. The curriculum will cover key concepts such as color theory, composition, and visual storytelling, with hands-on projects that encourage innovation and personal style. No experience required - just bring your iPad and creativity!



# Elective Course Requests: How To

Requests for Elective Courses will  
be open in MyNFA from:

Tuesday, February 24 at 7:30pm  
through  
Friday, February 27 at 12:00pm

Electives will be approved on a  
first come, first served basis.  
Students are required to add an  
alternate option as a backup.

Follow the step by step  
directions for your how-to guide!



# Elective Course Requests: How To

1. Log into MyNFA- child or parent can log in
  - a. If in parent account, click on Student or Child Profile
2. Click on “Course Requests” Tab
3. On the left hand side, you’ll see a clickable drop down menu labeled “available course”
  - a. Choose “Electives”
4. Click on the elective you’d like to request for the trimester, choose the trimester you are requesting, click “add course request” button and then CLICK “SAVE”
  - a. We are only taking course requests one trimester at a time
5. Now, you will need to choose alternates. You will see the course now listed at the top of your child’s course list
  - a. Click on the course name
  - b. You will now see the option to Click “Add + Alternate”
  - c. Begin to type in the name of an alternate course and choose the course once it appears
  - d. Click “Done”
  - e. CLICK “SAVE”

