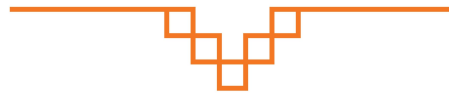


NORFOLK ACADEMY

1728

VALUED VOICES EXCITING CHOICES



**Information as You Enter Form II
2026-2027**

Royster Middle School

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Curriculum for Students Entering Form II

Form II students take a core curriculum of English, mathematics (typically Algebra 1), Physical Science, World Cultures I: The Foundation of Civilization, World Language (French, German, Latin III, or Spanish), as well as a Fine Arts offering and Physical Education. Students who enjoy Latin and want to pursue it further may do so as their World Language requirement or as a second World Language. As a graduation requirement, students must take Latin through the Latin V course; as a second World Language, students may take it as long as they desire. Some students might also pursue a second World Language or a semester course called Gateways to Coding as an elective. Students who take a second World Language will forgo any opportunity to take our semester course, Gateways to Coding. Those course descriptions as well as the Fine Arts offerings are listed within this booklet. Should parents or students have any questions about the curriculum, please feel free to consult with teachers, advisors, or administrators to learn more.

Examples of Typical Eighth Grade Schedules

Example #1	Example #2
English	English
Physical Science	Physical Science
World Cultures I	World Cultures I
Algebra 1	Algebra 1
World Language (French, German, Spanish, or Latin III)	World Language (French, German, or Spanish, or Latin III)
Physical Education or Coding*	second World Language**
Arts Offering/Band/Chorus/Orchestra	Arts Offering/Band/Orchestra/Chorus
Study Hall	Study Hall

*Students who choose to take Gateways to Coding must also participate in one Norfolk Academy after-school athletic commitment during that semester.

**Students who are taking a second World Language must also participate in at least two Norfolk Academy after-school artistic commitments or two Norfolk Academy after-school athletic commitments through the course of the year to receive credit for either their arts or physical education course based on those commitments.

Elective Choices

Gateways to Coding

Gateways to Coding is an elective offering available to 8th grade students. This is a project-based experience designed to introduce students to a range of computing languages and formats. Through both collaborative and individual experiences, students will have the opportunity to leverage platforms like Scratch and Pencil Code in order to gain experience in the realm of physical computing as well as a host of other creative applications. Additionally, the curriculum will offer an introduction to the foundational elements of web design (HTML, CSS, and Javascript). While the course is designed to build on elements from our EDI I course (7th grade), students need not have any prior experience coding or working with these platforms. At the culmination of the experience, students will be able to design websites, create online games, and generate various other forms of digital content. Ultimately, however, this course will open the door to a world of possibilities that exist for students interested in computer science and developing computational thinking skills.

Latin III

In Latin III, students will complete their introduction to the basic elements of the Latin language through Units 3 and 4 of the Cambridge Latin Course. Before the end of the year, they will make the transition to reading short passages of unadapted Latin Literature.

Students who continue studying Latin the Upper School will be eligible to take the AP Latin Exam at the end of the junior year and may be eligible to take an Advanced Topics in Classics course as a senior.

World Languages: French, German, and Spanish

Our introductory language courses develop foundational proficiency in the target language through an integrated approach to listening, speaking, reading, and writing. Students learn basic grammar structures, essential vocabulary, and simple sentence patterns while gaining practice in everyday communication. Cultural perspectives and practices of communities where the language is spoken are introduced to enhance linguistic understanding and cultural awareness. By the end of the course, students will be able to comprehend and produce simple language in familiar contexts and demonstrate an appreciation of the cultural diversity associated with the language.

Fine Arts Courses

Students may choose from our traditional performing arts in Chorus, Concert Band 1, Concert Band 2, or Orchestra, or they can also select from a menu of offerings: Comedy Lab: Improv and Stand-Up Comedy, Exploring Two-Dimensional Art, Exploring Three-Dimensional Art, Exploring Kinesthetic Pathways, Narrative Art: An Exploration of Comics and Graphic Novels, and Through the Lens: An Introduction to Film and Photography.

Musical Ensembles

Chorus*

This middle school chorus course is designed to foster a lifelong enjoyment of singing through a supportive and engaging environment. Students explore a variety of musical styles, including traditional choral repertoire and songs selected with student input, while developing vocal skills and confidence. Emphasis is placed on singing in two- and three-part harmony, helping students build teamwork, listening skills, and musical independence. Throughout the year, students have opportunities to share their music through community performances as well as two formal concerts, held in the winter and spring, giving them meaningful opportunities to showcase their progress and experience the joy of performing for others.

Concert Band I*

Concert Band I is an option for any middle school student interested in learning a new instrument. Students do not need to have any prior experience with music notation fundamentals or playing in a band. We ask only that students bring with them a desire to try something new and a willingness to practice outside of class. Students will begin by learning the basics of their chosen instrument, including proper technique and care. Throughout the course, they will also learn how to read sheet music, play basic scales, and develop a foundation in music theory. Additionally, students will have the opportunity to practice individually and in small groups, developing their ensemble playing skills.

We do not have the ability to accommodate aspiring guitarists or pianists; however, they are welcome to choose a new instrument to explore in Concert Band I.

Concert Band II*

Concert Band II is an option for any middle school student with previous experience on their instrument. All interested students must know music notation fundamentals and have experience playing their respective instruments, either by way of prior ensemble work or private lessons. The middle school band consists of a brass, a woodwind, and a rhythm section. As students explore a wide range of musical styles, band members will have the opportunity to develop and hone their individual technique as well as their appreciation for the intricacies of working within the context of a larger ensemble. Students will be expected to perform at the winter and spring concerts, and most will have opportunities to perform at additional school functions throughout the year.

We do not have the ability to accommodate additional guitarists or pianists; however, they are welcome to choose a new instrument to explore and join Concert Band I.

Orchestra*

The Royster Orchestra is available for string players and is designed to develop students' technical skills, musical understanding, and ensemble performance through engaging and varied repertoire. Throughout the year, students will build proficiency in first through third position playing, refine bowing techniques, and explore expressive elements such as dynamics, phrasing, and tone to enhance musicality. The course culminates in two formal concerts—a Winter performance and a Spring performance—providing opportunities for students to demonstrate their growth and musicianship.

**Note: Students who are interested in participating in two musical ensembles must also participate in at least two Norfolk Academy after-school athletic commitments or two Norfolk Academy after-school artistic commitments through the course of the year in order to receive credit for either their arts or physical education course based on those commitments. Those families should note that interest on their course selection forms under the comments section. Students who take two musical ensembles forgo the opportunity to take a second World Language or Coding.*

Fine Arts Electives

Comedy Lab: Improv and Stand-Up Comedy

Comedy is both an art and a craft. In this course, students will participate in ensemble-based improv games as well as individual exercises that stretch their understanding of comedy as an artform. A variety of curricular experiences will help students to learn to think quickly, be vulnerable, collaborate, and create original comedic material from real-life experiences. Alongside a light exploration of the history and evolution of comedy, which will provide context for their work, students will be encouraged to take creative risks, develop their own authenticity, and learn how to recover when something doesn't land, all while supporting one another. A collaborative spirit and a positive attitude are prerequisites for the Lab.

Exploring Two-Dimensional Art or Exploring Three-Dimensional Art

Students create new meaning, develop expressive abilities, and communicate relevant artistic ideas through intentional, inquiry-based artmaking experiences. They will be guided in the use of a wide range of 2-D or 3-D media, skills, and techniques related both to contemporary and historical themes and perspectives. Projects may include, but are not limited to, drawing, painting, printmaking, collage, and mixed-media in 2-D Art, and clay, fiber arts, papier mâché, found object assemblage, and mixed-media in 3-D Art. Student artists are introduced to the problem-solving, responsible risk-taking, rigor, and flexible cycle of the artmaking process, including planning, producing, reflecting, and revising. Students employ critical analysis and interpretation of their own artwork and that of others in order to achieve artistic goals related to perception, innovation, individual expression, strong technique, and expert craftsmanship.

Exploring Kinesthetic Pathways

Description: *Using the body to create and to express thoughts, ideas, and concepts.* Eye-hand coordination, flexibility, spatial awareness, general motor skills, critical thinking and analytical skills will be enhanced through participation and experimentation. Kinesthetic intelligence development increases the capacity to manipulate objects and use a variety of physical skills. This intelligence involves a sense of timing and the perfection of skills through mind-body union. Athletes, dancers, surgeons, and crafts people exhibit well-developed bodily kinesthetic intelligence - such will be our pursuit in this curricular experience.

Narrative Art: An Exploration of Comics and Graphic Novels

Award-winning graphic novelist, Scott McCloud, was onto something when he first suggested, "there was something lurking in comics...something that had never been done. Some kind of hidden power!" Students who choose to take this course will have an opportunity to tap into this power, diving headfirst into the world of comics and graphic novels. Interested students should be mindful that this is as much a literary experience as it is an artistic one. Students will gain exposure to a range of styles, techniques, and story-telling strategies, each of which will deepen their appreciation for the medium of comics, generally. As we strive to create comics of our own, students will have the opportunity to experiment with a range of traditional media (pencils, ink, etc.) as well as some of the emerging digital tools that comics artists and colorists are using throughout the industry. Artistically, students need not possess any particular skillset in order to be successful in this course, only a genuine interest in the medium of comics.

Through the Lens: An Introduction to Film and Photography

Students will explore the fundamentals of film and photography through hands-on projects that spark creativity and storytelling. They'll learn how to capture and develop still photographs, shoot and edit short films, and understand the basics of lighting, framing, and sound. A brief study of the camera's evolution helps students appreciate the technology and artistry behind modern visual media. Through both independent and collaborative work, students will analyze visual storytelling, develop technical skills, and express their own unique perspectives. No prior experience is required — just curiosity, imagination, and a willingness to see the world through a new lens.

ROYSTER MIDDLE SCHOOL PROGRAMMING

Middle School offers a variety of ways that students can get involved during the school day to grow as individuals, including elected student councils, service clubs, and annual clubs. While each experience requires a different time commitment, every opportunity offers a chance for students to learn and grow. We hope that students participate in as many activities as they can while maintaining their academic, artistic, and athletic commitments.

Elected Student Councils

Royster Honor Council

The Royster Honor Council is comprised of seven students: two from the seventh grade, two from the eighth, and three from the ninth. Members are elected by their classmates. The Council performs two functions. First, they oversee the process of continuing education of the Middle School student body as to the Honor System and its daily application. Second, they hear cases of infractions of the Honor System and make recommendations to the school's administration as to appropriate sanctions and necessary restorative steps. This is a serious responsibility and should be undertaken only by those interested in assuming a substantive leadership role.

Royster Student Council

The members of the Royster Student Council serve as student-leaders and ambassadors for the Middle School. The RSC is comprised of representatives from each grade level who are elected by their peers. The council internally selects the RSC president from among the elected representatives. We focus on organizing student participation in events and communication between the study body and school faculty and leadership. Our major projects during the year include the seventh grade/new student orientation, community service projects, spirit events, and Field Day ticket sales.

Service Clubs embody a rich tradition of service to others. They are consistently a part of our clubs each year to uphold their enduring legacy and profound impact.

CHKD

The Royster Middle School CHKD Club aims to bring awareness to mental health support and resources. Our club activities and fundraisers are aimed to help destigmatize the need for mental health support for teens and to encourage healthy habits and lifestyle decisions. Our work is in connection with The CHKD Mental Health Hospital and The Sarah Michelle Peterson Foundation.

Happy Club (7, 8, 9)

The Happy Club raises awareness about and money for Operation Smile, a non-profit medical charity. For over 25 years, Operation Smile volunteers from around the world have performed free surgeries to repair facial deformities in children and adults in over 25 countries around the world. The Happy Club raises awareness about this organization and offers opportunities for students to participate in fundraisers like Boo Grams at Halloween, the Operation Smile Dodgeball Tournament, the NA MS Volleyball Tournament, and a Be Someone Concert.

LIVESTRONG@NA (7, 8, 9)

The Livestrong@NA Club raises awareness and funds for the Livestrong Foundation, a non-profit organization that supports people affected by cancer. Throughout the year, club members sponsor and participate in a variety of activities to support Livestrong's mission. In the past, these activities have included representing Livestrong while cheering on runners at local races, hosting a "Knock-out Cancer" knock-out basketball tournament at school, and selling Valentine's Day donuts on "Lovestrong 4 Livestrong" Day. Everyone knows someone who has been affected by cancer. If you have a desire to support these people, Livestrong@NA is the club for you!

Morgan's Message (7, 8, 9)

The national Morgan's Message Foundation was founded in 2019 to raise awareness of mental health issues and empower student athletes to take control of their mental health. Morgan's Message Club meetings consist of fun activities intended to bring people together and of discussions centered around dealing with issues that affect middle schoolers, such as self-doubt, breaking bad habits, and gratitude. The Morgan's Message Club exists to normalize conversation, empower students, and create a culture of caring and belonging!

One Love Club (7, 8, 9)

In honor of Yeardley Love and the One Love Foundation, the One Love Club seeks to educate young men and women about healthy and unhealthy relationships through volunteering, fundraising, athletics, and chapel presentations. We encourage all students to consider joining us in our effort to engage in honest conversations about relationships and friendships!

Annual clubs are shorter term clubs that are based on the passions of our students and faculty. This provides students and faculty with flexibility in terms of the creation and development of a club. Examples of Annual Clubs that were offered in past years are listed below.

Chess Club (7, 8, 9)

The Chess Club offers a serene yet competitive atmosphere where students can socialize and sharpen their mental focus and strategic skills through the game of chess. Members learn to balance their drive to win with the appreciation for challenging opponents, fostering growth in their chess abilities and strategic thinking. Together, they enhance their skills, strategies, and understanding of the game, creating a supportive and engaging community.

D&D Club (7, 8, 9)

D&D Club meets every week to embark on epic quests and weave legendary stories together. Whether you're a seasoned dungeon crawler or a first-time player, our club provides a welcoming space to master the mechanics of **Dungeons & Dragons**. We focus on collaborative storytelling, creative problem-solving, and building lasting friendships through the roll of the dice. Grab your character sheet and join us in the media center to see where the journey takes you!

Jazz Club (7, 8, 9)

Norfolk Academy Jazz Band is a club under the Performing Arts umbrella that provides a rich and engaging musical experience for its members. The group performs at various Norfolk Academy events both on and off campus, showcasing a diverse repertoire that includes jazz standards, funk, blues, and contemporary music.

Model UN (7, 8, 9)

Model UN is a simulation of the negotiation process performed in the UN Assembly and/or Security Council. During a MUN committee, each student becomes a diplomat representing a country and defending that country's interest in regard to a specific issue. Presenting and arguing a point as well as creating alliances with a specific action in view are at the core of what a delegate must do daily. MUN is an interesting and engaging manner to learn about world affairs while refining skills that are crucial for one's intellectual development.

Pep Band (7, 8, 9)

Norfolk Academy Pep Band is a club within the Performing Arts umbrella that offers a fun, laid-back musical experience for its members. The band performs at various Norfolk Academy events both on and off campus, playing a lively repertoire of contemporary songs, marches, and school spirit tunes.

EXTRA-CURRICULAR ACTIVITIES

Norfolk Academy has many after-school programs for students in both the arts and athletics. We encourage students to participate in after-school activities to make the most of their time in the middle school.

Fine Arts

The fine arts allow students to give creative expression to ideas and feelings in a variety of ways on a journey of self-discovery. The universal language of civilization, the arts help to motivate and inspire. The Fine Arts Department at Norfolk Academy strives to develop an appreciation of the arts through creation, performance, and observation that will last a lifetime. Students develop cognitive, psychomotor, affective, and aesthetic abilities, and they acquire the capacity to think critically, solve problems creatively, make informed judgments, work cooperatively in groups, appreciate different cultures, exercise their imagination, and develop leadership skills.

Dance

Goals: To teach dance technique and the development of the individual with an emphasis on creativity, imagination, individuality, and teamwork.

Offerings: Dance Team, Grades 7-12. Dance Team is held after school in the Fall and Spring seasons.

Drama

Goals: To teach drama and musical theater performance skills, acting technique, character study, and stage crafts. Rehearsals are after school.

Offerings: Academy Players Production of Fall Play; Winter Musical, Grades 7-12.

Stage Crafts/Tech/Stage Management

Goals: To teach design and operational elements in lighting and sound; to teach stage craft for sets, costumes, and props; to teach management and leadership skills for student stage managers and assistants to the directing team.

Offerings: Academy Players Stage Production of Fall Play; Winter Musical; Fall and Spring Dance Concerts, Grades 7-12.

ATHLETICS

Norfolk Academy conducts a comprehensive athletic program featuring 75 interscholastic teams for grades 7-12. Teams compete in the Tidewater Conference of Independence Schools, the League of Independent Schools, and the Virginia Prep League. The athletic department promotes engagement, commitment, and competitive excellence, and we have multiple teams for each sport offered. All Middle School students are eligible to try out for junior varsity teams, and 8th and 9th graders are eligible to try out for varsity teams; however, all 7th graders and most 8th graders will play at the sub-varsity level while most 9th graders will play at the junior varsity level. If you have any questions about which level is most appropriate for your child, simply call the athletic office, and we will be happy to help in any way.

What does it mean to “Be a Bulldog”?

RESPECT, COMMITMENT, TOUGHNESS, SPIRIT

Your child will soon know what these words mean and how they apply to his or her success as an athlete, student, and person by the time he or she graduates.

The athletic program strives to enhance each student’s overall educational experience by providing spirited competition at multiple levels; by developing sportsmanship, physical fitness, self-discipline, and self-confidence; by encouraging initiative, leadership, and teamwork; and by giving each student the opportunity to learn to handle the pressure of competition and deal positively with both success and failure. In the final analysis the record of the various teams does not matter most; rather, the development and character of each student athlete forms the foundation for a vigorous and vital athletic program.

FALL

Boys’ Soccer
Football
Cheerleading
Cross Country (co-ed)
Field Hockey
Girls’ Tennis
Girls’ Volleyball
Sailing

WINTER

Boys’ Basketball
Cheerleading
Girls’ Basketball
Indoor Track (co-ed)
Swimming/Diving
Wrestling

SPRING

Baseball
Boys’ Lacrosse
Boys’ Tennis
Crew (co-ed)
Girls’ Lacrosse
Girls’ Soccer
Golf (co-ed)
Girls’ Golf
Sailing
Softball
Track & Field (co-ed)