



# BEN FRANKLIN ACADEMY

## Middle School Electives Course Selection Guide

### THIRD TRIMESTER 2022-2023

Electives run on an A/B schedule, meaning that they rotate every other day. **Students will register for two electives (one A and one B).** The registration process will be online in the MySchoolBucks system on a seniority basis with 8<sup>th</sup> graders registering first, 7<sup>th</sup> second, and 6<sup>th</sup> graders last. All registrations are on a first come first served basis, so it is crucial that parents sign up when they are allowed.

Within the classes offered each trimester, there are spots for over 350 students. However, every class has a limit to the number of students per class. As you are registering, if the class is not showing in the list, that means it is full and you will need to select one of the open classes.

Several classes require pre-approval from the teacher, so please take that into consideration. These are noted in the class descriptions below. If you register for one of these classes and do not have pre-approval then you will be moved to a vacant class.

We are also limiting the number of students who can sign up for Study Hall, as each student has an advisory class during their schedule each day. This advisory class generally allows students additional time for studying and homework.

The following dates are when the registration window will be available by grade level. **Registration will open at 9am on the dates listed.** Again, the registration process will take place online in the MySchoolBucks system by grade level seniority. All registrations are on a first come first served basis. If the elective you wanted isn't listed, that means it is full and you must choose another class.

**8th grade: Tuesday, February 14th**

**7th grade: Wednesday, February 15th**

**6th grade: Thursday, February 16th**

**Registration will close at 9pm on Tuesday February 21st.** Students that don't sign up during their registration window will need to meet with Mrs. Boland to be placed into a vacant elective course.

If you have any questions, please email Mrs. Boland ([sboland@bfacademy.org](mailto:sboland@bfacademy.org)).

# **2022-2023 3rd TRIMESTER**

## **A DAY CHOICES**

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#### **Computer Strategy Games/Mrs. Konesky/Mrs. Konesky's Room 278**

##### **No Fee**

Limit 16 students

In Forge of Empires, a strategy simulation game, you'll start as the leader of a small village in the Stone Age. Learn how to advance by finding new technologies, managing resources, and producing and trading goods. Expand your territory if you can but you must also ensure your people remain happy! With the right strategy you can lead your village into the Middle Ages!

#### **Fiber Art/Mrs. Pierce/ Mrs. Pierce's Room 144**

##### **Fee \$15**

Limit 26 students

Bring your creativity and craftiness to this class! Fiber Arts is an elective that uses textiles such as yarn, string, and other synthetic fibers to create art such as woven wall hangings (macrame-style), string art, and embroidery. Students in this elective will also learn about the materials they use. We will do new projects so if you have taken this before, feel free to join again!

#### **Flag Football/Mr. Macias & Mr. Russell/Turf Field**

##### **Fee \$5**

Limit 40 students

15 game season of fun filled flag football. Must be able to catch and throw the ball and have a good attitude!

#### **HISTORY OF ROCK n' ROLL/Mr. Knudsen/Mr. Knudsen's Room 272**

##### **Fee \$5**

Limit 26 Students

In the age of TikTok and pop music, the wailing guitars and cheering crowds of the 1950s and 60s have begun to fade. However, Rock & Roll was so much more than just the music on the radio and vinyl records. The history of Rock & Roll is a great way to teach the timeline of the mid to late 1900s while encompassing what made music popular in each era. We will be discussing other genres of music as well.

## **Jewelry Making/Mrs. Hinkle/Art Room**

### **No Fee**

Limit 15 students

Students will learn how to make earrings, bracelets, pins and necklaces. Projects will include the use of beads, Sculpey Clay, wire and cord.

## **Little STEAM Buddies/Mrs. Tickle/Mrs. Tickle's Room 277**

### **No Fee**

Limit 16 students

During this elective you will work with Kindergarten, First Grade and Preschool. You will learn the best ways to help them in their classrooms and build relationships. You will also create science activities to support their lessons and help create/implement active learning games for preschool.

## **Mind Break/Mr. Babb/Mr. Babb's Room 172**

### **No Fee**

Limit 26 students

This class will allow students to take a break from the academic side of school so they can better handle homework and outside activities after school. In this elective, students will play board games like chess and stratego and also play games outside like soccer or football. We will also go over ways to reduce the effects of stress that we encounter in the world around us each day. This will be a fun way to improve our overall well being.

## **Nature Watercolor/Mrs. Inman/Mrs. Inman's Room 177**

### **Fee \$25**

Limit 30 students

The students will experiment with watercolors in an interactive and relaxed environment. We will meet in the classroom and move outside to paint using nature models. Each student will build a book of artwork to bring home. Come create art with us!

## **NJHS Teacher Assistant/Mrs. Murphy/Initial meeting in Murphy's Classroom (otherwise in assigned classroom)**

### **No Fee**

Limit 8 Students - Students must be active NJHS members that did not take this elective second trimester.

Students in the elective will be paired up with a teacher and will assist this teacher in several different capacities such as working with small groups, delivering materials, preparing larger projects, filing, and working one on one with students. Students will receive the required individual NJHS service hours for this elective.

## **Study Hall/Mrs. Fritzsche/Ms. Dunn's Room 262**

### **No Fee**

Limit 9 students per grade level

Students in this elective will have additional time to complete homework and work on their academic assignments. There will be 15 spots available per grade/per A or B day. **This is not an off period.**

## **The World of Arts and Crafts/Ms. Dychus & Salberg/MS Commons**

**Fee \$20**

Limit 40 students

This course is open to all students looking to explore their artistic side. We will create art projects from around the globe, highlighting both their artistic and cultural significance. Come explore the world of art in a fun and creative atmosphere!

# 2019-2020 3<sup>RD</sup> TRIMESTER

## B DAY CHOICES

### **Backyard Games/Ms. Mares & Ms. Erbaugh/Lightning Gym or Courtyard**

**Fee \$10**

Limit 40 students

There's nothing better than being outside, especially at the end of a long school day! Join the Backyard Games elective to participate in some friendly competition in the sunshine and fresh air. We will be playing games like Corn Hole, Spikeball, Kan Jam, Ladder Toss, Washers, Nine Square in the Air, and more!

### **Ceramics/Mrs. Hinkle/Art Room**

**No Fee**

Limit 15 students

Students will create a variety of projects using clay and glaze. They will learn basic hand building techniques and will keep everything that they make.

### **Girls Up!/Ms. Svensen & Mrs. C. Johnson/MS Commons**

**Fee \$50**

Limit 50 students

This one's for the girls! Girls, get ready to grow up knowing you have the ability to accomplish anything you put your mind to. We will focus on emotions, peer pressure, mindfulness, and maintaining confidence throughout our teenage years. We will learn about healthy lifestyles, and take a field trip to The Institute where their top coaches will teach us to use the weight room. We will also bring in guests for a day of yoga and take a different day to learn self-defense skills appropriate for teenage girls. We will also learn to navigate around a strange city, and take the light rail downtown using maps and paper directions. We will also focus on skills useful now as well as later in life such as budgeting finances, getting ready to be hired for your first job and navigating social situations needed for middle school and high school. Discussions and activities will be geared toward mature students, and some families may want to wait to take the class. [A permission slip](#) is required.

### **Health and Exercise/Mr. Case & Mr. Macias/Thunder Gym or Case's 244**

**Fee \$10**

Limit 46 students

This class will push students to become more enlightened about health, nutrition, and overall sports performance. This class will offer students a combination of learning about the body and overall sports performance to then applying these new concepts in their workouts in the lightning gym. Students will be learning concepts such as: nutrition, kinesiology, and developing a better mindset. It is encouraged that your student has a minimal exercise base established prior to enrolling in this class.

## **Improv/Ms. J.Johnson/Music Room 184**

### **No Fee**

Limit 26 students -

Improvisation is non-scripted acting and storytelling. In a positive and fun environment, students will explore the building blocks of improvisational acting techniques to create characters, develop scenes and identify the elements needed to form a story on their feet. Through game play and exercises, students will learn improv tools that will help them develop their listening and communication skills, work collaboratively and gain confidence as a speaker while unlocking their imagination and creativity... All while having a blast. No previous experience is necessary. Additionally, students will have three workshops with a Denver Center of the Performing Arts improv educator.

## **Little STEAM Buddies/Mrs. Tickle/Mrs. Tickle's Room 277**

### **No Fee**

Limit 16 students

The purpose of this class is to build community within the school at BFA, help kindergartners in the science lab, help first grade with their STEAM centers, and work with preschool during some active learning time. Middle School students will not only get to build relationships with younger students in the building, but they will get a glimpse into what goes into being a teacher.

## **NJHS Teacher Assistant/Mrs. Murphy/Initial meeting in Murphy's Classroom (otherwise in assigned classroom)**

### **No Fee**

Limit 8 Students - Students must be active NJHS members that did not take this elective second trimester.

Students in the elective will be paired up with a teacher and will assist this teacher in several different capacities such as working with small groups, delivering materials, preparing larger projects, filing, and working one on one with students. Students will receive the required individual NJHS service hours for this elective.

## **Paper Art/Mrs. Pierce/Mrs. Pierce's Room 144**

### **Fee \$15**

Limit 26 students

In this elective, students will explore two and three-dimensional art using various types of paper. We will learn about and do origami, paper bead making, hand-made journals and cards, and quilling. Students can explore ideas and designs and bring those to the elective for us all to try.

## **Pop Culture Comics and Games/Mrs. Murphy/Mrs. Murphy's Room 276**

**Fee: \$20**

Limit 24 students

This elective is for students who love all things pop culture, comics, graphic novels, and games! Throughout the trimester students will spend the first half of the trimester creating an original pop culture inspired graphic novel or comic book and the second half of the trimester creating an original pop culture inspired board game. Students will read some of their favorite comics and graphic novels, and they will play some of their favorite games as research. They will use that knowledge to develop their own stories into graphic novels, comics, and games.

## **Study Hall /Mrs. Fritzsche/Ms. Dunn's Room 262**

**No Fee**

Limit 9 students per grade level

Students in this elective will have additional time to complete homework and work on their academic assignments. There will be 15 spots available per grade/per A or B day. **This is not an off period.**

## **Video Production/Mr. Astler/Mrs. Konesky's Room 278**

**No Fee**

Limit 20 students

In video production students develop skills in video, and film pre-production, production, and post-production, During the class, students will write, produce and edit a video project. Video choices include a public service announcement on an approved topic, creating a how-to video, or telling a story by using stop-motion video techniques. Fundamentals of video production, including the methods and the aesthetics of shooting, lighting, and editing will be covered.

## **Workout Mix-Up/Mrs. Nichols/Outdoor Classroom or 1/2 Thunder Gym**

**No Fee**

Limit 26 students

This class will expose students to various types of workouts to help them understand the importance of cross-training to enhance their overall fitness. They will be participating in barre, yoga, Zumba, pilates, HIIT, core, strength, endurance training, and more.