



Fall 2025 Electives Printable Catalog

All electives are in Alphabetical Order within A or B Day.

This catalog does NOT get updated. Please refer to the online catalog to learn about how to register, dates of selections, and more, at <https://bit.ly/bfafallelectives>

A Day Electives

Adventure Education

Ms. Nichols and Ms. Pierce Fee TBD based on Ropes Course Field Trip

Limit 30 students

In this class, students will learn cooperation, teamwork, and problem solving skills. This is done through small and big group games and problem solving activities. The goal is for students to step outside their comfort zone to develop their communication skills and build confidence in their leadership abilities. At the end of the trimester, we will take a day-long field trip to CU Boulder Ropes course, where students will practice communication, leadership, and cooperation as they tackle both the low and high elements of the ropes course. (Elective fee covers the field trip cost.) Parents will be invoiced through MySchoolBucks.

Focused Skills: Team building, gross motor, goal setting, leadership

Location: Lightning Gym

American Sign Language (ASL)

Ms. Whelan

No Fee

Limit 26 students

Signing 1 is an American sign language elective. You will begin your journey by connecting with the deaf community through cultural etiquette. Students will learn to introduce themselves to deaf people, fingerspelling, handedness, and the importance of facial expression to show emotion. Some highlights of signing 1 include learning the alphabet, colors, numbers, animals, and conversation starters.

Focused Skills: Signing, communication, reading and presenting **Location:**

Room 178



Audiobooks & Art

Ms. Inman Fee \$5

Limit 26 students

Join us in Audiobooks and Art, which blends the joy of books with the calming power of art. Students will listen to engaging audiobooks spanning various genres while coloring intricately designed, stressrelieving images or exploring their creativity through free drawing. This class promotes mindfulness, creativity, and a love for literature in a soothing, no-pressure environment. On cooler days, we'll stay cozy indoors, and on nice days we'll enjoy the refreshing weather in the outdoor classroom.

Focused Skills: Reading, creative thinking, mindfulness **Location:**
Room 177

Coding – Beginning

Ms. Tickle

No Fee

Limit 15 students

In this course students will learn the very beginning steps to coding. We will review concepts such as sequence, conditions, loops and functions. Students will also be introduced to variables, arrays and more to begin to add on to their knowledge of coding basics with more challenging courses as the trimester progresses.

Focused Skills: Coding, decision-making logic, goal setting, showcasing, design, computer technic, language
Location: Room 277 Tech Lab

FIRST Lego League Robotics

Mr. Astler and Ms. Dychus Fee \$50

Fee includes competition fees, supplies, etc.

Limit 20 students

In this hands-on elective, students will work in small teams to design, build, and program LEGO robots to complete a variety of exciting challenges. As part of the First LEGO League Robotics & Innovation Team, students will also research a real-world problem related to the season's theme and present their innovative solution during the official competition.

The team will showcase their skills at an exciting First LEGO League robotics event on a Saturday in November (date and time TBD).



This elective also requires one required before-school practice per week (7:00–8:15 a.m.) leading up to the competition.

No prior experience is required—just curiosity and a willingness to learn!

Focused Skills: Design & build, learn to code, problem solving, teamwork

Location: Room 264

Handmade for the Holidays

Ms. Hinkle Fee \$10

Limit 20 students

Students will explore a variety of arts and crafts techniques to create unique, personalized projects perfect for gift giving. Through handmade creations, students will learn to use a range of materials and tools while developing their creativity and fine motor skills. This course encourages thoughtful craftsmanship, creative expression, and the joy of making gifts with a personal touch. Perfect for students who love working with their hands and want to spread kindness through art!

Focused Skills: Craftsmanship, creative and critical thinking, presentation, artistry

Location: Art Room 286

Intro to Spanish

Ms. de Bedout Fee: \$15

Limit 15 Students

Immerse yourself in the dynamic world of Spanish language and culture with this introductory elective course. You'll develop a strong foundation in basic Spanish vocabulary, grammar, and conversational skills through engaging activities and interactive lessons. Additionally, explore the rich traditions, music, and cuisine of Spanish-speaking countries, enhancing your global perspective.

This elective is offered each trimester in 2025/2026 school year and covers the same curriculum for each trimester.

Focused Skills: Listening comprehension, speaking, pronunciation, vocabulary, memorization, conversational skills

Location: Room 300



Journalism

Ms. Hayes Fee \$15

Limit 24 students

Students will learn various journalism skills, including news writing, interviewing, editing, photography, and page layout. They will also explore different types of journalistic writing, such as news articles, feature stories, and opinion pieces. Students will gain hands-on experience in the creation and publication of a student newspaper in both print and online formats. The newspaper will be created by students, for students. Members of this class will be assigned to "cover" certain school events and will be required to attend as necessary.

This is a year long elective. Students who choose to continue for the second and/or third trimesters will take on editorial roles with the newspaper as we will continue publishing through the school year. New students may join any trimester and the skills content will be covered in a small group while the veteran students continue with the publication side of things.

Focused Skills: Journalism, writing, creativity, and editing

Location: Room 262

Man Up

Mr. Knudsen and Mr. Macias Fee TBD Based on Rockies Ticket Price

Limit 40 students**

This elective is designed to help middle school boys grow into responsible, respectful, and confident young men. Through a variety of engaging lessons, discussions, and hands-on activities, students will explore topics such as leadership, communication, respect, responsibility, and goal setting. The course encourages self-awareness and character development in a supportive and encouraging environment. To cap off the trimester, students will take a special field trip to Coors Field for the **Business of Baseball** experience—where they'll learn how teamwork, discipline, and professionalism come together both on and off the field. Parents will be invoiced in MySchoolBucks.

***Please note that the curriculum for this elective remains the same as in previous years. If your student has already taken this elective, we kindly ask that they select a different one.*

Focused Skills: Presenting, interviewing, public speaking, manners, budgeting, communicating and general conduct

Location: Middle School Commons



Musical Theater Acting & Prep

Ms. Gelley

No Fee

Limit 18 students

Ready to hit the stage and shine? This super fun class is all about diving into the world of musical theater! Perfect for middle school students who love to perform, this course will teach you how to sing, dance, and act like a true Broadway star. You'll explore exciting vocal warm-ups, funky dance moves, and scene work that brings characters to life. Along the way, you'll build confidence, master stage presence, and perfect your skills both as a solo performer and as part of an awesome ensemble. By the end of the course, you'll be ready to rock any audition, with all the tools you need to bring your character and your performance to the next level! Whether you're singing your heart out or grooving to the beat, this class will make you feel like a star!

Focused Skills: Performing, reading, public speaking, and vocal arts **Location:** Stage

NJHS Teacher Assistant

Mrs. Murphy and Assigned Teacher

No Fee

Students for this elective are pre-registered and do not sign up for a A Day Elective

Limit 10 Students**

*****This elective is exclusively for 7th and 8th grade members of the National Junior Honor Society.***

Welcome to the *Teacher Assistant* elective, designed specifically for NJHS students committed to making a difference in their school community. In this course, students will complete 35 hours of individual service by partnering with teachers on hands-on projects ranging from classroom support to organization. Throughout the trimester, students will build skills in teamwork, communication, and empathy while contributing meaningfully to their environment. Weekly self-evaluations submitted by students will help them reflect on their contributions and growth as service-minded leaders.

Registration for this elective is completed through a form sent to all NJHS members.

Focused Skills: Organizing events, fostering teamwork, communication skills, and empathy. **Location:** Initial meeting in Mrs. Murphy's room, then assigned classroom



Soccer Plus

Ms. Svensen Fee \$10

Limit 32 students

Let's play some sports with the feet! We will primarily play soccer, both large field and 3v3 small sided games, but we also mix in some kickball and other games with the ball and feet. Improve your foot skills and game strategies while running around, improving your endurance and having fun with other students.

Focused Skills: Footwork, teamwork, collaboration, endurance, perseverance, sportsmanship. **Location:** Turf Field/Thunder Gym

Stage Management and Directing

Mrs. Johnson (and Long Term Sub)

No Fee

Limit 20 students

Stage Management and Directing is a course that focuses on the behind-the-scenes elements of theater production. Students learn effective ways to lead a cast or crew, including communication and organization skills. The course also teaches practical techniques for managing stage operations, coordinating cues, and supporting a successful performance from start to finish.

Focused Skills: Time and scheduling management, organization, theatre technology, communication and organization skills

Location: Room tbd

Study Hall

Ms. Fritzsche

No Fee

Limit 8 students per grade level

Students in this elective will have additional time to complete homework and work on their academic assignments. There will be **24 spots total per A or B day - 8 per grade level**. This is not an off period.

Focused Skills: Time management, organization, reading & writing, fostering independence, accountability

Location: Room 272



Ultimate Frisbee

Mr. Babb

No Fee

Limit 24 students

Ultimate is a fast paced game where teams compete against each other by throwing a frisbee from one player to another. The "Ultimate" goal is to pass the frisbee from one player to another player in the opponent's end zone. The team with the most scores at the end of the game wins. In this elective, students will be placed on teams of 6 players. The rules of Ultimate will be explained and demonstrated and then the teams will compete against each other daily. We will focus on team play and sportsmanship.

Focused Skills: Frisbee throwing technique, teamwork, collaboration, endurance, perseverance, sportsmanship.

Location: Turf Field/Thunder Gym





B Day Electives

Advanced Engineering

Ms. Tickle and Ms. Konesky Fee \$25

Limit 18 students

The purpose of this advanced middle school engineering course is to introduce students to the exciting world of engineering by exploring how science, math, and creativity come together to solve real-world problems. Through hands-on projects, teamwork, and problem-solving challenges, students will learn the basics of design, build simple machines and structures, and develop critical thinking skills. This course aims to inspire curiosity, build confidence, and lay the foundation for future studies in STEM (Science, Technology, Engineering, and Math).

Focused Skills: Team building, problem solving, goal setting, showcasing **Location:**
STEAM Lab Room 278

Career Exploration

Ms. Salberg & Ms. Erbaugh

No Fee

Limit 26 students

Curious about your future? This elective offers students the opportunity to explore a wide range of careers through interactive activities, hands-on projects, and guest speakers from diverse professional fields. Learn what different jobs are really like, discover your strengths and interests, and begin to plan for a future that fits you. Whether you're dreaming big or still figuring it out, this class will help you take the next step toward your goals.

Focused Skills: Team building, gross motor, goal setting, showcasing **Location:**
Room 174

Creating Board Games

tbd

Fee: \$10

Limit 20 students

Students will explore the world of board games—both as players and creators. Through playing a variety of classic and modern games, students will develop strategic thinking, collaboration, and problemsolving skills. As the course progresses, students will dive into the elements of game design, including rules,



mechanics, themes, and balance. The class will culminate in students designing, prototyping, and playtesting their own original board games.

Focused Skills: Strategic thinking, teamwork, storytelling and theme building

Location: Room 245

Fiber Arts

Ms. Pierce 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.

Focused Skills: Collaboration, active listening, time management, creativity, problem solving, goal setting, perseverance **Location:** Room 144

General Art

Ms. Hinkle

No Fee

Limit 18 students

In this elective, students will explore a variety of artistic media and techniques to strengthen their skills and unleash their creativity. Through various media, students will practice foundational art methods while developing their own unique style. The course encourages imagination, personal expression, and confidence in visual storytelling, helping students discover the power of art as a form of communication and self-discovery.

Focused Skills: Design, creativity, drawing, storytelling and mixed media **Location:** Art Room 286

Girls Flag Football

Mr. Macias and Mrs. Murphy

No Fee

Limit 32 students

Get ready to jump into the action with our Flag Football elective for girls!



Students will develop teamwork, communication, and leadership skills while mastering the basics of passing, catching, running routes, and defensive strategies. This class is for those that have experience playing and should be able to understand the concepts of football.

Each session will include skill-building drills, engaging mini-games, and exciting scrimmages that promote sportsmanship and physical fitness. Come join us on the field and experience the thrill of the game!

Focused Skills: Team building, sportsmanship, fitness and football fundamentals

Location: Turf Field

Movements on the Stage

Ms. Gelley

No Fee

Limit 20 students

Get ready to move, jump, laugh, and perform! In this fun and active class, students will explore how actors use their bodies to tell stories on stage. We'll learn stage combat (safe, choreographed fight scenes), try out physical comedy like silly walks and funny falls, and discover how movement brings characters to life in musical theater. Students will also build confidence and teamwork through stage movement games and activities that teach focus, creativity, and expression. No experience needed, just a willingness to move and try new things!

Focused Skills: Performing, teamwork, storytelling and vocal arts **Location:** Stage

NJHS Teacher Assistant

Mrs. Murphy and Assigned Teacher

No Fee

Students for this elective are pre-registered and do not sign up for a B Day Elective

Limit 10 Students**

*****This elective is exclusively for 7th and 8th grade members of the National Junior Honor Society.***

Welcome to the *Teacher Assistant* elective, designed specifically for NJHS students committed to making a difference in their school community. In this course, students will complete 35 hours of individual service by partnering with teachers on hands-on projects ranging from classroom support to organization. Throughout the trimester, students will build skills in teamwork, communication, and



empathy while contributing meaningfully to their environment. Weekly self-evaluations submitted by students will help them reflect on their contributions and growth as service-minded leaders.

Registration for this elective is completed through a form sent to all NJHS members.

Focused Skills: Organizing events, fostering teamwork, communication skills, and empathy. **Location:** Initial meeting in Mrs. Murphy's room, then assigned classroom

Paint by Numbers

Ms. Harms Fee \$20

Limit 15 students

In this fun and relaxing class, you'll create beautiful artwork by following a simple number guide! Each number matches a color, making it easy to fill in sections and bring your picture to life. No drawing skills needed; just paint, enjoy, and watch your masterpiece come together! Students will keep all of their own creations.

Focused Skills: Fine motor skills, attention to detail, designing, creative thinking
Location: Room 170

Puzzle Palooza

Ms. Hayes Fee \$30

Limit 26 students

Research has shown that engaging in activities that stimulate the brain, such as puzzles, can have a positive impact on cognitive abilities. This is especially true for jigsaw puzzles, which require a combination of visual-spatial reasoning, problem-solving, and logical thinking. In this elective, we will work together to complete a variety of puzzles. We will explore the calming and relaxing hobby of jigsaw puzzles, build a 3D puzzle and explore a variety of different types of puzzles like sudoku and crosswords. Members of this elective will also help create an activity for spirit week involving puzzles.

Focused Skills: Visual-spatial reasoning, goal setting, and logical thinking **Location:** Room 262



Spanish II

Ms. de Bedout

Fee \$30 for the full year.

A on-time paid through MSB Invoice

THIS IS A YEAR LONG ELECTIVE

*Students have pre-registered and do not sign up for a B Day Elective Limit
15 Students*

Continuing with dynamic world of Spanish language and culture with this introductory elective course. You'll develop a strong foundation in basic Spanish vocabulary, grammar, and conversational skills through engaging activities and interactive lessons. Additionally, explore the rich traditions, music, and cuisine of Spanish-speaking countries, enhancing your global perspective.

Prerequisite: Spanish I/Intro to Spanish and preregistration required.

Focused Skills: Listening comprehension, speaking, pronunciation, vocabulary, memorization, conversational skills

Location: Room 300

Soundtrack to Learning

Music Long Term Sub

No Fee

Limit 20 students

This course blends independent study time with an exploration of music's impact on focus, creativity, and culture. Students will begin each class by engaging with music through guided listening, discussions, or reflective activities. They will explore various genres, composers, and the role of music in different cultures and media. The remainder of the class will provide structured study hall time, allowing students to work on assignments in a calm and supportive environment with optional background music designed to enhance concentration. This course encourages self-discipline, critical thinking, and an appreciation for music as both an art form and a tool for productivity.

Focused Skills: Listening comprehension, musicality, critical thinking, artistry

Location: Music Room 184



Star Wars Universe

Mr. Case and Mr. Russell

No Fee

Limit 28 students

In this elective, students will explore the Star Wars universe as more than just science fiction. Students will examine it as a cultural phenomenon that reflects real-world history, politics, mythology, and philosophy. From the fall of the Republic to the rise of the Empire, we'll connect Star Wars themes to topics like totalitarianism, rebellion, identity, and heroism. Students will analyze characters, plot lines, and symbols while learning how storytelling can both reflect and influence society.

Focused Skills: Active listening, research methods, and analyzation. **Location:**
Room 244

Strength & Conditioning

Ms. Nichols

No Fee

Limit 18 students

Students will participate in a variety of workouts that promote muscular strength and endurance, cardiovascular endurance, power, mobility, and flexibility. This class will combine strength training, aerobic conditioning, and speed and agility training to expose students to different workout formats. The type of workout will be different each day.

Focused Skills: Footwork, teamwork, collaboration, endurance, perseverance, sportsmanship. **Location:**
Lightning Gym

Study Hall

Ms. Fritzsche

No Fee

Limit 8 students per grade level

Students in this elective will have additional time to complete homework and work on their academic assignments. There will be **24 spots total per A or B day - 8 per grade level**. This is not an off period.

Focused Skills: Time management, organization, reading & writing, fostering independence, accountability
Location: Room 272



Walk The Trail

Mrs. Johnson

No Fee

Limit 25 students

Take a break from the classroom and enjoy the outdoors! In this elective, students will walk to Fly'N B Park, soaking up vitamin D, practicing mindfulness, and getting physical exercise. Each session includes a mindful moment in nature and time to explore the walking trail. It's the perfect way to recharge, reflect, and move your body in the fresh air!

Focused Skills: Physical and emotional well-being, communication skills, strengthen resilience, appreciation of nature, increase self-confidence, physical activity without competition

Location: Room 268 and Fly'N B Park