



## 2026 1<sup>st</sup> Trimester Electives Printable Catalog

All electives are in Alphabetical Order within A or B Day.  
Please refer to the online catalog to learn about how to register, dates of selections, and more, at <https://bit.ly/bfallelectives>

### A Day Electives

#### **Adventure Education**

**Ms. Nichols and Ms. Pierce**

**Fee TBD based on 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 Colorado Adventure Park, where students will practice communication, leadership, and cooperation as they tackle both the low and high elements of the ropes course. Parents will be invoiced through MySchoolBucks (the cost of the field trip will be approximately \$65).

#### **Audiobooks & Coloring**

**Ms. Putman**

**Fee \$10**

Limit 20 students

Students will unwind through the calming combination of audiobooks and creative expression. As they listen to captivating stories, they bring intricate adult coloring pages to life, promoting focus, relaxation, and imagination. This unique blend of literacy and art fosters a peaceful classroom environment where students can build listening skills while exploring creativity in a low-stress, enjoyable way.



**Career Exploration**  
**Ms. Salberg & Ms. Erbaugh**  
**Fee \$15**  
Limit 27 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.

**Disneyland Choir**  
**Ms. Johnson & Ms. Gelley**  
**Preregistration**  
Limit 40 students

These students will commit to a year-long elective to learn singing, sight-reading and performing techniques. In April, we will travel to Disneyland to perform and to take a workshop with Disney performers.

**\* You must have previously registered** with Ms. Johnson for this elective/trip. However, if you are unable to take the trip and would still like to participate in the class **ONLY**, you can register here. To join the trip, email Ms. Johnson.



## **Fall Play**

**Mr. Pacheco**

**Fee \$25**

Limit 22 students

When the Villain attacks the Super Hero Academy, who will save them?!

In our production of *The Super Non-Heroes*, we're stepping away from the boring powers like flying or invisibility. Instead, we're following the heroes who march to their own beat. These are the characters with powers that the big leagues don't know how to handle. What do you do when you can summon anything at will, but only if you can remember the smell? Or the ability to literally be a Wet Blanket? They've been sidelined because they don't fit the 'standard' hero image. But, when the famous heroes fall for a trap, these unconventional outsiders are the only ones left to save the day!

**Performance:** Friday November 13

Dress Rehearsals: November 10 & 12 (from 2:30-4:15)

Saturday rehearsal: September 19

## **Girls Flag Football**

**Mr. Macias and Mrs. Murphy**

**Fee \$10**

Limit 30 students

Girls flag football is a fast-paced, non-contact version of football where players wear flags on their hips instead of tackling. The goal is to move the ball down the field by passing or running and score touchdowns.

### **Key Features**

- Teamwork: Players work together to pass, run routes, and defend.
- No tackling: Defenders stop plays by pulling a flag.
- Speed & agility: Quick movements and strategy are important.
- Skill development: Focus on passing, catching, and decision-making.

Flag football builds confidence and leadership along with inclusion and teamwork.



## **Handmade for the Holidays**

**Ms. Hinkle**

**Fee \$25**

Limit 18 students

Students will make a variety of crafts for the season. They will use different materials to create gifts and decorations.

## **History of Rock and Roll**

**Mr. Knudsen**

No Fee

Limit 22 students

Explore the sounds that changed the world in this engaging middle school elective! In History of Rock and Roll, students will journey from the roots of rock in blues, jazz, and gospel to the rise of legendary bands and modern rock styles. Along the way, you'll discover how music connects to culture, social movements, and technology. Through listening sessions, fun discussions, and creative projects, students will learn to recognize influential artists, iconic songs, and the stories behind them. No musical experience needed—just a love of music and curiosity about how rock and roll made history!

## **Intro Amigurumi Crochet**

**Ms. Ziegler & Ms. Ferguson**

**Fee \$20**

Limit 10 students

Come Learn to Crochet!

Join us as we explore the basics of crochet, including chain stitch, single crochet, and simple shaping techniques. Students will practice these skills by creating fun, small projects inspired by amigurumi—the Japanese art of crocheting adorable stuffed yarn creatures.

Projects may include a smiling cactus, a cute heart, a wobbly penguin, and more! No experience is necessary, and beginners are encouraged to join. If you already have some experience, come enjoy creating alongside classmates while building your skills.



## **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 in other trimesters during the school year and covers the same curriculum.

## **Journalism**

**TBD**

**Fee \$20**

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.

## **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 12 Students\*\*

***\*\*This elective is exclusively for 7th and 8th grade members of the National Junior Honor Society. Registration for this elective is completed through a form sent to all NJHS members.***



## **Study Hall**

**Ms. Fritzsche**

No Fee

Limit 10 students per grade level

Students in this elective will have additional time to complete homework and work on their academic assignments. This is not an off period.

## **Sketch to Screen**

**Ms. Tickle**

**Fee \$15**

Limit 20 students

The purpose of this elective is to develop students' artistic skills and creative confidence through guided drawing lessons using Art for Kids Hub techniques. Students will build foundational drawing skills in a personal sketchbook while also learning to create digital artwork using Google Drawings. Through both traditional and digital tools, students will strengthen creativity, attention to detail, perseverance, and visual communication skills.

## **Team Handball**

**Mr. Babb**

No Fee

Limit 18 students

This middle school handball elective introduces students to the fast-paced Olympic sport of team handball, where players pass, dribble, and throw a ball in an effort to score goals against an opposing team. Students will learn the basic rules, positions, and strategies of the game while developing teamwork, coordination, and sportsmanship.



## **B Day Electives**

### **Advanced Engineering**

**Ms. Tickle and Ms. Konesky**

**Fee \$25**

Limit 20 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).

### **Broadway Beat Dance**

**Ms. Gelley**

**Fee \$10**

Limit 24 students

Get ready to move, groove, and tell a story with your whole body!

In this high-energy Musical Theater Dance class, middle school performers will jump into the exciting world of Broadway-style movement. Students will learn fun choreography inspired by popular musicals, build confidence on stage, and discover how dance helps bring characters and stories to life. From jazz hands to big ensemble numbers, every class is packed with creativity, teamwork, and expression.

No experience? No problem! This class is all about trying new things, supporting each other, and having a blast while learning the basics of musical theater dance styles like jazz, theater dance, and a little bit of everything in between.

If you love music, movement, and a little bit of drama, this class is your time to shine!



## **Dragster Discovery**

**Mr. Astler & Mr. Macias**

**Fee \$50**

Limit 24 students

In this hands-on STEM elective, students design and build CO<sub>2</sub>-powered dragsters to travel down a track in the fastest time possible. Using the Engineering Design Process — Ask, Research, Imagine, Plan, Create, Test, Improve, and Share — students work individually to develop and refine their vehicles. Students document their progress, analyze performance data, and make improvements through testing and redesign. The course culminates in exciting drag races where students showcase their engineering skills and creativity.

## **Fiber Arts**

**Ms. Pierce**

**Fee \$15**

Limit 24 students

Bring your creativity and craftiness to this class! This class 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.

## **Hispanic Cultural Arts**

**Ms. de Bedout**

**Fee \$15**

Limit 15 students

Step into the colorful world of Hispanic culture through hands-on art and crafts! In this trimester-long elective, students will explore the rich traditions, symbols, and celebrations of Spanish-speaking countries while bringing them to life through creative projects.

Get ready to:

- Design papel picado and festive decorations for Día de Muertos and other celebrations
- Create masks, piñatas, and traditional folk art pieces
- Paint, draw, and craft inspired by famous Hispanic artists
- Connect each project to music, stories, and traditions from across Latin America and Spain

This class is all about creativity, culture, and fun. No art experience required—just curiosity and a willingness to try new things. Students will not only take home their projects, but also a deeper appreciation for the beauty and diversity of Hispanic traditions.



Hispanic Cultural Arts & Crafts is the perfect place to celebrate culture, express creativity, and make something amazing with your own hands!

## **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 12 Students\*\*

**\*\*This elective is exclusively for 7th and 8th grade members of the National Junior Honor Society. Registration for this elective is completed through a form sent to all NJHS members.**

## **Paint by Numbers**

**Ms. Harms**

**Fee \$15**

Limit 12 students

Paint by number is a 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!

## **Puzzle Palooza**

**TBD**

**Fee \$30**

Limit 24 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 and explore a variety of different types of puzzles like logic puzzles, sudoku, and crosswords.



## **R.A.W. - Risk. Action. Wonder.**

**Mr. Pacheco**

No Fee

Limit 22 students

Most people spend their whole lives trying to fit in. In here? We do the opposite. Welcome to R.A.W. This isn't about 'playing pretend' or memorizing lines. This is about the high-stakes science of human transformation.

We're diving into the mechanics of the body: how a slight tilt of the head or a change in your center of gravity doesn't just change how you move. It changes how the audience FEELS. You'll learn how to weaponize an emotion to make a room go silent with fear, or how to time a scene to explode into a laugh. You'll learn to lock in with a scene partner so tightly that the rest of the world disappears. And, you'll learn how to shed your own nuances to inhabit a character so completely, people won't recognize the person who walked into the room.

The mask is coming off. Are you ready to see what's underneath?

## **Soccer Plus**

**Ms. Svensen**

**Fee \$10**

Limit 32 students

Soccer Plus is a fun, active elective where students build skills using their feet through a variety of games and sports. Activities include full-field soccer, 3v3 matches, kickball, and other creative ball games that focus on teamwork, coordination, and strategy. Whether you're new to soccer or already have experience, this class is a great way to stay active, improve your skills, and enjoy friendly competition.



## **Star Wars Universe**

**Mr. Case and Mr. Russell**

No Fee

Limit 30 students

Star Wars Universe explores the sci fi realm as a lens for understanding real world concepts in history, culture, science, mythology, and literature. Students will examine how the saga draws inspiration from historical events, political systems, and classic mythological and literary traditions, including the hero's journey and archetypal storytelling. The course will also analyze themes such as conflict, leadership, morality, and the struggle between good and evil.

Disclaimer: There will be repeat information if you've taken this elective prior.

## **StrongHER**

**Ms. Nichols**

No Fee

Limit 15 students

This girls-only elective is designed to create a fun, supportive, and inclusive environment where students can explore fitness in a way that feels comfortable and empowering. The focus is on building confidence, trying new activities, and discovering ways to stay active that students genuinely enjoy.

Throughout the course, students will participate in a variety of workouts, games, and movement-based activities such as strength training, yoga, dance fitness, team challenges, and recreational sports. This class provides a space where girls can feel more confident trying activities they may be hesitant to do in a co-ed setting.

The emphasis is not on competition, but on personal growth, teamwork, and having fun. Students will learn about goal setting, body positivity, and healthy habits while building strength, endurance, and self-confidence.



## **Study Hall**

**Ms. Fritzsche**

No Fee

Limit 10 students per grade level

Students in this elective will have additional time to complete homework and work on their academic assignments. This is not an off period.

## **Walk The Trail**

**Mrs. Johnson**

No Fee

Limit 20 students

This elective offers students a refreshing break in their day by getting them outside and moving. Students will walk to Fly'n B Park, explore the park, and spend time enjoying nature. It's a great option for students who may not be involved in sports teams but still want to stay active. In addition to building physical fitness, this class supports mental well-being, encourages social skills through conversation and group interaction, and provides a positive, energizing reset to the school day.

## **Yoga**

**Ms. Richardson**

No Fee

Limit 20 students

Take a break from the middle school hustle! In this elective, we'll move through fun yoga flows, master awesome poses, and learn how to de-stress like a pro. It's the perfect way to get moving, clear your head, and feel your best. From "Down Dog" to "Savasana," come find your zen with us!