



## Middle School Winter Term: 5th and 6th Grades Courses & Electives Catalog 2024-25

### 5th and 6th grade courses: MORNING COURSE OPTIONS

#### **Bridge To Success**

We will use glue, toothpicks, creativity, and engineering skills to build a bridge that will hold the most weight possible (2024 students' record was 50.2lbs!!). We will end our class by testing the strength of each bridge. This course will require you to actively be designing, constructing and building your own bridge, as well as adapting along the way and lots of on the fly problem solving!

#### **Fun with Sewing**

In this exciting course, students will embark on a creative journey to learn the art of sewing. Through hands-on activities and interactive lessons, students will develop foundational sewing skills. Students will learn essential techniques such as threading, pattern making, fabric selection, cutting and preparation, sewing stitches, assembling fabric pieces, adding patches, and finishing touches. They will create fun and functional sewing pieces. At the end of the course, students will have acquired valuable sewing skills and developed a sense of pride in their creations. They will gain confidence in their ability to express themselves artistically and understand the potential of this course. Join us for a thrilling and unlimited journey where you can learn and create art pieces by sewing!

#### **Movie Magic: Documentaries That Inform and Inspire**

*\*This course is not available to students who took it in past years.*

Join us as we watch documentary films about real life stories that will inform, inspire, entertain, educate, and bring a new awareness to your life. By the end of this course you will have learned about authentic stories and/or social issues in our world. You will also have an opportunity to reflect about an actionable step that you can take to make a small difference in our world.

#### **Muggles of Messing**

*\*This course is not available to students who took it in past years.*

Did your Hogwarts letter never arrive? Now, students of MICDS will have the opportunity to experience the magic of Hogwarts during Winter Term! Students will be sorted into their House, earn their wand, and explore many themed classes, such as Herbology, Potions, Care of Magical Creatures, Ancient Runes, and many more! By the end of this course, students will have created multiple "magical" artifacts to include a wand, potions, runestones, and even growing their own plant. Which Hogwarts house will earn the House Cup this year?

#### **Smash Boom Best DEBATES!**

This course is inspired by the podcast titled Smash Boom Best. Every episode takes two arguably cool things, smashes them together and lets YOU decide which is best. For example: Spiderman vs. Batman... or Birthday Parties vs. Trick-or-Treating... or Ice Cream vs. Nachos! Which side would you take?! After listening to a few episodes, debaters (YOU!) will use facts and passion to make your case about a topic of your choice -- learning how to defend your opinions along the way. By the end of the course, you will engage in a real-time debate to see which side is the Smash... Boom... BEST!

## **Stomp Out Loud**

Got a knack for rhythm? Can't resist tapping your fingers or moving to a beat? Get ready to turn everyday items into musical magic in STOMP. Join us as we explore the exciting world of percussion, where we'll transform ordinary objects into extraordinary instruments. From buckets and brooms to pipes and even your own body, you'll learn how to create captivating sounds and beats. In collaboration with your teachers, you'll master rhythmic coordination, syncing beats and movements to craft spectacular performances. But that's not all - we will dive into the science of sound. You will discover how vibrations and frequencies come together to make the music we love. You will also experiment with different material to uncover unique sounds, all while working in teams to create awesome group routines. This class is all about teamwork, creativity, and having a blast. Uncover new rhythms and let your creativity run wild. Get ready to stomp, drum, and rock your way through an unforgettable experience.

## **Sustainable House Design**

*\*This course is not available to students who took it in past years.*

What if our buildings were built using more recycled materials? How can our buildings help us conserve water? Can Minecraft Education help us explore sustainability? If these questions caught your attention, then your problem-solving skills can help us to contribute to a more sustainable world. By the end of this course, participants will explore various sustainable design solutions and incorporate these systems into their own house design using Minecraft.

## **Web Odyssey: Journey into the World of Web Design**

Are you ready to go on a journey into the exciting world of web design? In this class, you'll learn all about what web design is and why it's so important in today's world. You'll also get to explore the basics of HTML, CSS, and Javascript, the special languages that web designers use to make cool websites! In this class, you'll be able to create your own website from scratch and show it off to all your friends and family. By the end of this course, participants will have the skills and knowledge to design and build their very own websites that they can share with their friends and family! Don't miss out on this amazing opportunity to unleash your creativity and bring your ideas to life on the web!

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## **5th and 6th grade courses: AFTERNOON COURSE OPTIONS**

### **AppMakers Academy**

AppMakers Academy is an introductory class designed to equip students with the essential skills to create their own mobile applications. The first week of class will focus on simple block coding. The second week will focus on the graphic design and user interface aspects of mobile app building. Students will gain hands-on experience by creating both functional and visually appealing prototypes. By the end of the class, students will have the knowledge and confidence to create working mobile apps of their own.

*\*Note- This class will only cover the basics of block coding and not advanced programming languages. This is the same course offered last year.*

### **Capturing Historical Moments**

*\*This course is not available to students who took it in past years.*

Let's revisit significant historical moments in history. Pay close attention to the little details and create what you imagine this to look like. You can construct these scenes from the past either through the physical (Lego) or digital (Minecraft) world. By the end of this course, participants will have replicated how they imagine certain events in history may have looked like (Artifacts, Settings and Monuments).

### **Crossing Borders**

Let's cross borders together! We will learn dances, listen to music, and try foods from other cultures. We will also dive into celebrations in other cultures, learning the why behind these celebrations. By the end of this course you will be able to give a presentation on a celebration from across the globe.

### **Engineering Challenges**

This course will incorporate skills and design thinking expected in engineering. Students will learn how to use an engineering notebook and then create prototypes and products that look at a variety of problems. They will construct and build a variety of different engineering products to demonstrate to others at the end of the course including a roller coaster, functioning egg car among other creative engineering endeavors.

### **Instrument Design**

From cigar-box guitars to washboard basses, American popular music has a long tradition of repurposing materials to build musical instruments. You'll be designing and constructing your own real, working instruments in this fun, hands-on class. Open to everyone!

### **Maker**

Have you ever wanted to learn how to use power tools, 3D printers, laser cutters, CNC machines, vinyl cutters, or sewing machines? This is the place to do it! Maybe you already know how to use some or all of these tools and want to explore new tools. By the end of the Maker course, participants will complete a project of your choosing using one or more of the tools described above. Students will pick from 5-6 different projects that are predetermined and complete your project during the class period.

### **Rams Can Swim**

Designed for the student with little or no swimming skills. In this course, we will develop water safety skills in shallow and deep water. Students will go at their own pace while learning to challenge themselves to achieve water confidence. Students will learn how to breathe correctly while in the water, how to float and move on their back, how to kick on their back and stomach, and become more confident in the water.

### **Short Story Writing**

Students will write short stories of their own and read stories from a variety of authors in a variety of genres. Students may also write original poetry or other creative works.



## Middle School Winter Term: 7th and 8th Grades Courses & Electives Catalog 2024-25

### 7th and 8th grade courses: All Day Option

#### **Frozen Jr.**

Do you want to build a snowman? Over the course of our two week Winter Term we will learn, put together, and perform the Disney Jr. Musical: Frozen Jr. Singing, dancing, and acting on stage will be the focus of our time together and by the end of the course, participants will PERFORM the musical in the Freeman Theater for students, teachers, and family members.

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### 7th and 8th grade courses: MORNING COURSE OPTIONS

#### **AppMakers Academy**

*\*Note- This class will only cover the basics of block coding and not advanced programming languages. This is the same course offered last year.*

AppMakers Academy is an introductory class designed to equip students with the essential skills to create their own mobile applications. The first week of class will focus on simple block coding. The second week will focus on the graphic design and user interface aspects of mobile app building. Students will gain hands-on experience by creating both functional and visually appealing prototypes. By the end of the class, students will have the knowledge and confidence to create working mobile apps of their own.

#### **Becoming the BEST Babysitter!**

*\*This course is not available to students who took it in past years.*

Interested in playing with and caring for children of all ages? In this course you will learn about children's needs at different ages, fun activities and games that are appropriate for children, how to market yourself as an awesome babysitter, and be CPR/AED and First Aid certified. Our time will be balanced between having fun (testing out different foods that are safe for children, planning and playing games, and interacting with children) and becoming well-informed as a babysitter (knowing how to change a diaper, being able to respond appropriately when a child is choking, and how best to manage challenging behaviors during babysitting). By the end of Winter Term you will be in high demand by local families looking for excellent babysitters!

#### **A Brief Fun History of Professional Sports Teams and Athletes in St. Louis**

This course will explore the incredibly rich history of professional sports teams and athletes in St. Louis including: St. Louis Cardinals baseball and their 11 World Series championships; the great football Cardinals teams and Super Bowl champion Rams; St. Louis Blues Hockey with one Stanley Cup championship and three more Cup finals; professional basketball with the NBA champion St. Louis Hawks and the ABA's Spirit of St. Louis (perhaps the most unique, most interesting pro basketball team ever!); pro soccer with St. Louis City SC and the St. Louis Stars (did you know that Pele once played a game here in town for the New York Cosmos against the Stars); pro tennis, golf & track and field – some of the all-time greats in these sports were from St. Louis. By the end of this course, participants will have had a blast learning about the incredibly rich and exciting history of professional sports teams and athletes in St. Louis.

### **Coach U: Training Tomorrow's Leaders**

Interested in Coaching? Wanting to learn more about inspiring, leading, motivating, organizing and more? This course will help you learn about what it takes to be a coach in any capacity. You'll have the opportunity to hear from MICDS coaches from many sports on how they have found success and their path to where they are today.

Example Activity: Creating a practice plan for a day during the season. By the end of this course you will create a "Pre-Game" Speech for your team before a Championship game.

### **Crossing Borders**

Let's cross borders together. We will learn dances, listen to music, and try foods from other cultures. We will also dive into celebrations in other cultures, learning the why behind these celebrations. By the end of this course you will be able to give a presentation on a celebration on the other side of the globe.

### **Exploring War and Military Strategy through Documentaries**

Do you enjoy learning about military battles and strategy? Do you enjoy learning about the causes and effects of wars? Do you enjoy watching historical documentaries? Do you enjoy creating your own movies? This course will explore important wars that have impacted our world and our history. We will watch historical documentaries, we will bring in expert speakers to learn about military strategy/wars, and you will learn from technology experts on how to create an awesome historical documentary. By the end of course, students will research a war they want to study and explore and create and produce their own historical documentary.

### **The Hip Hop Experience: Art, Culture, and Self-Expression**

Have you ever wondered how hip hop became a global phenomenon? This course dives into hip hop's journey from its Bronx roots to its worldwide impact. Students will explore hip hop's evolution, develop critical listening skills, and effectively communicate their musical observations. By studying hip hop's reflection of cultural identity and social narratives, students will gain insights into diverse communities. By the end of the course, students will understand hip hop's cultural significance, enhance their music analysis skills, and create art (visual art & music) that explores their own identity and culture. Students must be willing to participate in musical experiences, including cyphers, spoken word, and rapping. All music chosen for analysis will be screened for appropriateness.

### **Humans of MICDS**

*\*This course is not available to students who took this course in past years.*

Are you familiar with the social media movement of "Humans of New York" and "Humans of St. Louis"? Are you interested in photography and storytelling? Then this course is for you! "Humans of MICDS" aims to not only develop students' creative and communication skills but also will aim to cultivate a deeper sense of unity and empathy within the MICDS school community. Through photography, interviews, and storytelling, you will have the opportunity to capture the unique narratives of your peers, teachers, and staff members and share them via our developed [Humans of MICDS](#) website! By participating in this elective, you will become active participants in the ongoing narrative of MICDS, helping to celebrate diversity, forge stronger bonds and create a greater sense of shared identity.

### **K-Pop and Storytelling Across Media**

In this winter term course, we will take a deep dive into the epic storyworlds of two K-Pop groups through their concept posters, song lyrics, music videos, short films, fashion, merchandise, and so forth. We will also explore how K-Pop artists use media to build "lore" and tell complex stories across albums and performances. By the end of this term, you should develop an appreciation for the culture of K-Pop as you analyze and explore the world of a chosen K-Pop group with a media artifact of your own that engages with that group's lore and storyworld!

*\*Note- We explore new K-Pop groups and media performances every year in this course, so it is still open to any students who have taken it in past years!*

## **Large Scale Painting**

In this course we will explore the art of large scale painting! Have you ever painted on a canvas that was really BIG? Students will get to experiment with painting techniques, and plan and create a large painting of their choice. We will learn ways to create a cool design for our work, transfer our designs to a larger scale, and experience painting like a professional artist. The end result will be a museum quality piece of art!

## **Maker**

This course will discuss the basics of power tools, hand tools, and digital fabrication tool operation. Students will apply these skills to design, prototype, and build objects using the tools studied. The course will conclude with a showcase of the products made during the two weeks. Project examples include: digital fabrication - locker shelf, pencil case, phone case, laptop sticker (vinyl), family sign and hand tools/power tools - lap desk, birdhouse, small bookshelf, other approved independent projects.

## **Microscopy**

Students will explore small things, as well as taking a closer look at the small parts that make up big things. This will include learning how to properly use magnifying devices such as microscopes and macrosopes. Students will also learn how we are affected by small things, such as how bacteria can spread disease. One activity is assessing the diversity of protists found in a freshwater ecosystem. By the end of the class, you will make a "field guide" of all the tiny things you have observed. This will include making and labeling DETAILED drawings.

## **Rams Can Swim**

Designed for the student with little or no swimming skills. In this course, we will develop water safety skills in shallow and deep water. Students will go at their own pace while learning to challenge themselves to achieve water confidence.

Students will: learn how to breathe correctly while in the water, learn how to float and move on their back, learn how to kick on their back and stomach, and become more confident in the water. The main objective of this class is for the participant to gain water safety skills and feel comfortable in the water.

## **Short Story Writing**

Students will write short stories of their own and read stories from a variety of authors in a variety of genres. Students may also write original poetry or other creative works. We will explore how authors create compelling characters and stories and what it takes to become a writer. A typical class may start with reading and discussing a short story and then attempting to write our own stories in the style of the author or in the selected genre.

## **Stagecrafts (lights, sound, sets)**

This class will be like "Seldom Scene", the group in Upper School that helps with all the tech for the Upper School Plays. This will be the Middle School version of Seldom Scene. Are you interested in lighting for the stage, sound and sound effects, props and set pieces? This group will do all of the initial technical work for the 7th and 8th grade play. By the end of this course, participants will have learned and used the lighting sound systems in the Freeman Theater. They will have built set pieces, props, and painted the set.

## **Winning the Financial Game of Life**

In this course, participants will explore the financial decisions made in adult life: choosing a career, college choices, buying or renting a home, paying taxes, saving for emergencies, and planning for retirement. We will look use national statistics to anticipate income and costs, and we will learn about spreadsheets to organize our expenses. Students will learn to budget their money each month and year, building to a full 20 year plan, which will be presented to the class.

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## 7th and 8th grade courses: AFTERNOON COURSE OPTIONS

### **Becoming the BEST Babysitter!**

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Interested in playing with and caring for children of all ages? In this course you will learn about children's needs at different ages, fun activities and games that are appropriate for children, how to market yourself as an awesome babysitter, and be CPR/AED and First Aid certified. Our time will be balanced between having fun (testing out different foods that are safe for children, planning and playing games, and interacting with children) and becoming well-informed as a babysitter (knowing how to change a diaper, being able to respond appropriately when a child is choking, and how best to manage challenging behaviors during babysitting). By the end of Winter Term you will be in high demand by local families looking for excellent babysitters!

### **BIG Art for BIG Spaces - A Mystery Design Challenge**

Mystery design challenge for a group of selected artists that will work as a team to create a large installation art piece for the community based on a donation of a large amount of recycled/reclaimed materials. An example activity includes creating a small 3-D model of the approved design. By the end of this course, the team will have designed and created a large relief style installation to be installed on the upstairs, outside wall of the Freeman Arts Building

### **Bridge To Success**

We will use glue, toothpicks, creativity, and engineering skills to build a bridge that will hold the most weight possible (2024 students' record was 50.2lbs!!). We will end our class by testing the strength of each bridge. This course will require you to actively be designing, constructing and building your own bridge, as well as adapting along the way and lots of on the fly problem solving!

### **Costume and Prop Design and Build**

Have you ever wanted to design costumes or props for a musical? Have you ever wanted to create them? This class is for you! We will work with the musical group and create costumes and props for their production, Frozen Jr. Learn how to design and create costumes, and build props with various materials. Walk away from this course with your first IMBd credit!

### **Create an Interactive VR Experience**

Engage in VR technology by creating your own interactive virtual and immersive learning experiences! We'll first start by exploring the Zoe app and other VR apps, discussing the advantages and disadvantages of this amazing technology. Then, you will work in teams to design and build your own interactive and immersive VR experiences with the Zoe app. Finally, you will showcase your immersive creations to other teachers and students, showing them how learning can be transformed. By the end of this course, you will have a better understanding of VR technology and gain some technical skills to create your own interactive learning experience in 3D.

*Note: Students will be using the school-provided Quest 2 VR goggles to safely create their interactive virtual learning experiences. Some students may feel dizzy and disoriented and may experience motion sickness when using VR goggles. To prioritize student health and safety, VR goggles will be used under teacher supervision and with frequent breaks.*

### **Crime Scene Investigation: Who Killed Pikachu?**

*\*This course is not available to students who took it in past years.*

In this course, you will be learning techniques used for solving crimes through daily scientific labs, readings, short writings and videos. This is a very hands on course but does require learning about the lab before completing the lab. Crime scene techniques that you will learn include: fingerprinting, blood spatter, chromatography, fiber analysis, handwriting analysis and more! On the first day, you will walk in on a crime scene which involves the demise of Pikachu. At the end of the course you will use the techniques learned daily to create a theory of who killed him and write out a probable cause statement requesting this person's arrest. In addition, you will be exposed to careers that are related to crime scene investigation.

## **Exploring Comics and Culture via the X-Men**

Step into a captivating world of mutants through the lens of the X-Men! The X-Men franchise is not only one of the most beloved superhero series in comics history, it is also deeply relevant to contemporary society. Its lasting impact comes from its use of the “mutant metaphor”—portraying the X-Men as misfits or outsiders—which often resonates with those who feel different or marginalized. Indeed, conflicts between mutants and “normal” humans in X-Men stories are often likened to real-world struggles over issues of identity and belonging. In this course, we will explore the cultural significance, social commentary, and artistic evolution of the X-Men franchise. We will spend two weeks journeying through various phases of the X-Men universe, from its beginnings in the 1960s comics to its modern adaptations in film and television. Through our analysis of key characters and stories, we will uncover themes of diversity, identity, and prejudice woven throughout X-Men mythology. At the end of the term, you will produce a short digital comic of your own that will showcase your understanding of the “mutant metaphor” and the continued relevance of X-Men stories!

## **From Zero to Hero “Design Dynamo: Illustrator Kickstart”**

Do you love doodling and dreaming up cool characters? Ever wished you could bring your sketches to life on the computer? Well, get ready because you can! In this super fun course, you'll learn how to turn your awesome drawings into digital masterpieces using Adobe Illustrator. Imagine creating your own comics, characters, flyers, logos, and banners that look totally pro! By the end of this course, you'll know how to transform your paper doodles into eye-popping digital art ready to share and print. So, grab your imagination and get set to go from drawing newbie to digital design hero!

## **Fun with Sewing**

In this exciting course, students will embark on a creative journey to learn the art of sewing. Through hands-on activities and interactive lessons, students will develop foundational sewing skills. Students will learn essential techniques such as threading, pattern making, fabric selection, cutting and preparation, sewing stitches, assembling fabric pieces, adding patches, and finishing touches. They will create fun and functional sewing pieces. At the end of the course, students will have acquired valuable sewing skills and developed a sense of pride in their creations. They will gain confidence in their ability to express themselves artistically and understand the potential of this course. Join us for a thrilling and unlimited journey where you can learn and create art pieces by sewing!

## **How to Build a Drumbone**

In this course, students will learn about pitch and rhythm. Students will enjoy the opportunity to make their own instruments (drumbones) using pvc piping and paddle mallets similar to flip flop shoes or ping pong paddle as they explore the science of sounds.

## **HydroTech Innovators: Engineering with Hydraulics, Gears, and Levers**

Design, tinker, and test. Dive into the world of fluid power, gears, and levers in this hands-on course that explores the exciting principles of engineering. From learning about Pascal's Law and building hydraulic systems to creating complex machines, students can design, tinker, and test their creations. Through practical activities, students will explore the mechanics of hydraulic technology, understanding how pressure is transferred in liquids and how these principles are used in various hydraulic machines. This course engages students with hands-on activities, reinforcing theoretical concepts through practical application.

## **MICDS Newsroom**

Join the MICDS Middle School Newsroom as a student journalist and take your storytelling skills to the next level! You'll learn how to make better photos and craft compelling stories while covering all the news that's fit to print during Winter Term. You'll be given an all-access press pass at the beginning of the course, and by the end, you'll be a published author and photographer on the School's website, in Weekly News, and on our social media channels.



## **Microscopy**

Students will explore small things, as well as taking a closer look at the small parts that make up big things. This will include learning how to properly use magnifying devices such as microscopes and macrosopes. Students will also learn how we are affected by small things, such as how bacteria can spread disease. One activity is assessing the diversity of protists found in a freshwater ecosystem. By the end of the class, you will make a “field guide” of all the tiny things you have observed. This will include making and labeling DETAILED drawings.

## **Movie Magic: Documentaries that Inform and Inspire**

*\*This course is not available to students who took it in past years.*

Join us as we watch documentary films that will inform, inspire, entertain, educate, and bring a new awareness to your life around real life stories. By the end of this course, you will have learned about authentic stories and/or social issues in our world that extend beyond mere entertainment. Taking part in this course involves seeking knowledge, gaining awareness, understanding diverse perspectives, and, in some cases, being inspired to take action or contribute to positive change.

## **Muggles of Messing**

*\*This course is not available to students who took it in past years.*

Did your Hogwarts letter never arrive? Now, students of MICDS will have the opportunity to experience the magic of Hogwarts during Winter Term! Students will be sorted into their House, earn their wand, and explore many themed classes, such as Herbology, Potions, Care of Magical Creatures, Ancient Runes, and many more! By the end of this course, students will have created multiple “magical” artifacts to include a wand, potions, runestones, and even growing their own plant. Which Hogwarts house will earn the House Cup this year?

## **Peak Performance for Aspiring Collegiate Athletes**

This class is designed to prepare aspiring collegiate athletes to take full advantage of their MICDS experience. Students will learn about the importance of sleep, nutrition, and recovery to reach peak performance. Daily alumni guest speakers will share about their experience as collegiate athletes, and they will share their experience with recruiting and the transition to varsity athletics in upper school and transition to college.

## **Web Odyssey: Journey into the World of Web Design**

Are you ready to go on a journey into the exciting world of web design? In this class, you'll learn all about what web design is and why it's so important in today's world. You'll also get to explore the basics of HTML, CSS, and Javascript, the special languages that web designers use to make cool websites! In this class, you'll be able to create your own website from scratch and show it off to all your friends and family. By the end of this course, participants will have the skills and knowledge to design and build their very own websites that they can share with their friends and family! Don't miss out on this amazing opportunity to unleash your creativity and bring your ideas to life on the web!

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## 5th-8th Electives

### **5K Train Your Way**

Have you ever wanted to train for a 5K race? Do you love to run? Are you intimidated by running? Do you find running relaxing? Do you want to get better at running? All of these are reasons to sign up for this 5K training elective. Whether you are an experienced runner, or just a beginner, we will create a plan together that fits your needs. During this course you will learn about the benefits of running, good technique, and proper nutrition. You will learn about the importance of rest, recovery and positive self talk. We will discuss how to set attainable goals, put your plan into action, and even get you registered to run in a 5K race if you would like. The end goal of this unit is to ignite your enjoyment of running.

### **Broadway Sing-a-long!**

Do you know all the words to Hamilton the musical? Are there Disney lyrics that take up space in your brain? We'll warm-up our voices, learn some history of the American musical and sing our hearts out! No theatre experience required.

### **Dungeons and Dragons**

Brave the wild adventures of Elves, Trolls, Dragons, and more. Students will learn the basics of the "World's Most Popular Role Playing Game," including how to make a character, how to create a story for your character, and how to role-play your character in a group setting of cooperative play. A love of fantasy, acting, writing, and simple math is a must as we journey together through the perils of Stormwreck Isle. By the end of this elective, participants will have created their own fantasy character, and taken that character on a grand adventure of mystery and intrigue through cooperative play and storytelling.

### **Football 101**

Have you ever wanted to learn more about football than how to throw and catch a football? This elective will teach you each position and their roles, and also some basic football strategy. By the end of the course you will be able to put your knowledge into play with a 4 day tournament, giving you a chance to be a player and coach!

### **Fun with STEM**

Come join us in exploring the magical world of STEM. We will conduct experiments, complete small challenges and observe crazy science demonstrations over the course of the Winter Term.

### **Guitar Ensemble (*Guitar and capo required*)**

Guitar Ensemble is an introductory guitar ensemble class designed to teach students a few basic guitar chords through Taylor Swift songs. Students will gain hands-on experience by learning 4-6 basic guitar chords that will enable them to play many songs. By the end of the class, students will have the knowledge and confidence to play a few Taylor Swift songs and will walk away feeling encouraged to continue playing guitar. Some guitar experience is required- students do not need to currently be great guitar players but it is helpful if they've at least held and played around on the instrument before.

### **Hands Games**

In this elective we will play games such as shadow boxing, rock, paper scissors, and slaps among others. We will also get creative and create our own handshakes. We will also spend time creating our own hand games!

### **Leadership for Student Leaders**

Leadership for future student leaders, potential team captains and students who see themselves leading in their future professional world. This course will be an interactive class for students with an interest in learning more about leadership and contemporary authors/speakers in this field and how that fits with the application of leadership in the life of a student.

### **Learn Ukulele!**

Have you always wanted to learn an instrument? Are you already a musician but you would like to try something new? Come and learn how to play the ukulele! This easy-to-learn instrument has a warm, happy tone and can be played along with many popular songs. You'll be able to play a set of simple chords just in our first class!

### **Let's Break Some Guinness World Records!**

*\*This course is not available to students who took it in past years.*

Are you competitive? Do you like challenges? Let's work together to try and break some Guinness World Records! Possible challenges include: Let's see how long you can keep two balloons in the air—using only your head! Let's see who can build the tallest Lego tower in 30 seconds—using only one hand! Let's see how fast you can sort 30 M&Ms— using only chopsticks! Ready, set, let's go!

### **Mahjong**

Mahjong, also as Majiang, is a popular game in Asia and originated in China. It is commonly played by four players. Mahjong is a game of skill, strategy and calculation and involves a certain degree of chance. Playing Mahjong requires concentration. Researchers say Mahjong can improve cognitive development, help with memory skills and keep your mind sharp. Once you learned this game, your ability to excel in the game is limitless.

### **Money Games: Learn Personal Finance by Playing Games**

This elective will utilize the board game Monopoly, as well as the online games Financial Football, Lights-Camera-Budget, and The Stock Market Game. We will be playing these fun games and reflecting on how they help us with our own personal finance.

### **Open Art Studio**

This elective is exactly what it says... The Art Studio is Open for you to choose what you want to create and I will be there to guide you if you want and give you access to materials already found in the studio. Fun/Laid back atmosphere to let your inner artist play!

### **Origami Station**

Unfold creativity in our Middle School elective, introduction to origami. Learn the ancient art of paper folding crafting animals, shapes, and objects while enhancing motor skills. Discover origami's math and cultural connections. Join us to create, learn, and appreciate the art of paper transformation.

### **Pass the Bricks**

In this elective you will be able to work independently or in groups to create models using random donated Legos as well as the instruction manual. In creating the instruction manual, you will be using photography and technology to create the document for the instruction manual that can be used to recreate your model. Your goal is to have one or more completed models with instructions ready for donation. These models will be donated to children who do not have Legos so you will not be taking anything home. No purchase necessary to participate.

### **Perfecting Your Dude Perfect Trick Shot**

Try your hand (or feet) at creating, designing, and carrying-out the perfect shot inspired by Dude Perfect. Each day in this elective will bring new challenges filled with sports equipment, collaboration, constraints, and fun!

### **Puzzles and Games Unplugged**

Looking to start your day with a little brain exercise? Join this elective to try out fun brain teasers, jigsaw puzzles, solitaire, board games, and more. Have a favorite unplugged game? Let's give it a try!

### **QB-RB-WR-TE Play for Students**

Do a deeper dive into skill level play on the offensive side of the ball and focusing on the Passing Game and how best to read and attack the defensive secondary.

### **Relax, Reset, Recharge!**

The goal - feel your best! This course gives you time and space to tap into parts of yourself that you may not always have time to explore. We will take time to read, journal, dance, sing, go on walks, play games, and do other mindful activities that will hopefully bring you joy and relaxation. It's time to use our minds differently and feel re-energized to tackle the semester ahead! By the end of Winter Term you will leave with a few activities and strategies that will help you focus, re-energize, and feel your best.

### **Shake It Off: Learn How to Make Friendship Bracelets**

Students will learn how to make several types of friendship bracelets with embroidery floss. We will spend time relaxing and making bracelets.

### **Shorts: Let's Watch SHORT Movies**

*\*This elective is not available to students who took it in past years.*

Do you love watching and discussing movies but don't have the time to watch a full movie? Join as we watch short films together. Short films are like mini-adventures that transport you to different worlds and thrilling experiences in just a few minutes. Get ready to go on a roller coaster ride of emotions, action, and suspense, all condensed into a compact package. So, what are you waiting for? Dive into the magical world of short films and let your imagination run wild. Get ready to be entertained, inspired, and moved by these miniature wonders of the big screen!

### **Squash**

Start each morning of Winter Term playing squash with your peers. We will play fun games to improve our squash skills like Attackers and Defenders and King/Queen of the Court with a culminating tournament at the end of the two weeks. No experience necessary, and all equipment will be provided.

### **Step and Slide Show**

Our step and slide class is for anyone. We use step dancing as a form of exercise, a way to build community and an avenue to find a child likeness in our day. This class doesn't require any previous dance experience, just a willingness to try. We dance popular line dances like the Electric Slide, Cha-Cha Slide, Cupid Shuffle, YMCA, Dougie, and many more.

### **Why Knot Fish?**

This survey elective is designed to educate aspiring outdoor's people about the various fish species locally here in Missouri as well as the cold water fisheries of the west and salt water fisheries along the Atlantic coast. We will showcase how fisher folks can catch fish using fly fishing techniques such as roll casting, nymphing, and dry fly casting. Students will learn how to tie a standard Fisherman's Knot, a Blood Knot, and the basics of how to connect tippet to leader. We will also learn the concept of the Double Haul casting technique, and the knots and flies required to catch these aggressive predatory fish.