

BEN FRANKLIN ACADEMY
Middle School Electives Course Selection Guide
2015-2016



Electives at Ben Franklin Academy are designed to provide students with diverse experiences across multiple disciplines. Students select two electives per trimester. Electives run on an A/B schedule, meaning that they rotate every other day. Students will only register for one trimester at a time, however we have provided all of the options that will be offered this year, so that students can plan ahead. Students will register online using the link that will be emailed approximately 3 weeks before the beginning of each trimester.

Students have the opportunity to indicate four choices for each trimester. If those classes are no longer available, Mrs. Simpson will contact the students personally to pick from other classes that have not filled up. Priority for registering for electives is as follows:

1. Eighth Graders who register by the deadline.
2. Seventh grader who register by the deadline.
3. Sixth graders who register by the deadline.
4. Students who register after the deadline will be registered first come, first served.

New this year:

1. All students are **REQUIRED** to take health for one trimester. This class is offered both A and B days all three trimesters. Each grade level has a specific curriculum. The curriculum outline for each grade level can be found at the end of this document.
2. We are excited to offer a Spanish class this year! Mrs. Englhard will be teaching Spanish every day. This class will be a year long elective.

IMPORTANT TO NOTE WHEN REGISTERING:

1. If the class lists a fee on the description, then you will be billed for that elective approximately 3 weeks into the trimester.
2. Please note whether the class is offered on an A or B day.
3. If a student receives one of their top two electives for the trimester, they will **NOT** be allowed to switch mid-trimester.

Class Title	Class Description	Fee	Days offered	Trimester offered
Mobile Robotics	Using LEGO Mindstorms NXT kits, students design, build and program their own robot to complete missions. Students learn how to navigate their robot using various methods, sensors, problem solving, and work together in this excellent introduction to engineering.		A	1,2
Tynker Animation	In this class students create their own animations, stories, and games with Tynker. Tynker.com's online lessons guide students at their own pace. Students create their own characters or select from a vast library of backgrounds, objects, and characters! This class is a great introduction to computer programming.		B	1
Digital Photography	This class focuses on editing, managing and sharing photos using pixlr.com and shutterfly.com . Students learn how to merge photos, fine tune exposure, use the color change tool, tilt shift filters, and much more. We use shutterfly.com to create digital scrapbooks of photos students take over their Thanksgiving and Winter breaks, adding fun stickers, backgrounds, text and frames. Hard copies of scrapbooks may be purchased at your own expense.		B	2
Sketchup 3D Modeling	Aspiring architects or those who simply want to enjoy designing or creating buildings use this 3D modeling program to create houses, interior rooms, furniture, and landscapes. Students also learn about 3D printing and 'print' one of their models on our 3D printer to take home. Maximum size of models is 3" cubed.		A	3
GameMaker	Following online tutorials students create their own video games including a maze game and one where your plane shoots down enemy aircraft. After learning the basics students expand their games with unique sprites, music and backgrounds. Using the graphical interface		B	3

	students learn beginning programming skills such as working with variables, loops, and true/false statements.			
Acapella Boot Camp	BFA meets Pitch Perfect. In this class students will learn the basics of part singing (acapella), movement and stage presence through singing a number of popular songs. This class will perform a concert for families.		A	1
Classroom Instrument Band	Based on the Jimmy Fallon Tonight Show, this class will take pop songs and play them on "children's instruments" such as ukulele, xylophone, percussion, kazoo, bongos and more. These performances will be filmed. Students will be in charge of creating backdrops and learn how to edit the videos. See https://www.youtube.com/watch?v=IEsPhTbJhuo for example.		B	1
Musical Theatre	Into the Woods, Jr. BFA is going into the woods! This musical, based on the 2014 movie and Broadway musical, combines fairy tale characters including Little Red Riding Hood, Evil Witch, Rapunzel, Jack in the Bean Stalk, Cinderella and more as they travel into the woods to get their wish. This is a smaller musical every role has to talk or sing on their own.	\$ 10	A	2
Musical Tech Crew	Into the Woods Tech Crew: The tech crew will be responsible for creating sets, props and costumes for the school musical. During the performance these students will run lights, move props, run special effects and help with actors lines and entrances.		A	2
Digital Music	Everyone can create music! Using laptops, students will record and create music and edit recordings into musical compositions. Prior experience with instruments or the ability to read music is not a requirement.		B	2

Choir	This class is for students who love to sing! Choir students will develop and improve their voices, learn to read music, and perform together in a cooperative, supportive environment. The choir will perform a wide variety of choral music, including multi-cultural, popular, jazz, and Broadway. There will be opportunities for solo and ensemble singing for those who are interested. The choir will perform a concert and at <i>8th grade graduation</i> .		A	3
Musical Theatre	This class will help you develop acting, singing and dancing skills. Students will perform <i>The Grunch</i> . <i>The Grunch</i> tells the story of Rudy Grunch, a grumpy 6th grader who always feels like an outsider. When the entire school gets excited about the annual school musical, he comes up with a perfect plan to ruin it for everyone; he'll steal the sets, costumes and lights the night before it opens. But will the spirit of theatre prevail? Students who were in <i>Into the Woods</i> are welcome but priority will be given to students that couldn't perform with <i>Into the Woods</i> .		B	3
Flash Fiction Creative Writing	This elective will focus on the craft of fiction where students explore and practice flash fiction writing skills—flash fiction is defined as creative writing (in this elective, short story writing) in one thousand or fewer words. Creative freedom is encouraged although prompts, guidelines, and examples provided with each new writing challenge. The fundamentals of short story composition, such as traditional structure—as well as deviant structures—narration, dialogue, characterization, descriptive technique (showing and telling), are presented and practiced. A student will complete a minimum of the 8		A	2

	of 10 flash fiction assignments to be compiled and bound in a flash fiction portfolio.			
Battle of the Books	This elective will focus on this year's grades five and six Battle of the Books list. Students in this elective will read up to, but no more than, three BoB books and spend the trimester creating Battle questions for the five/six Battle of the Books team, and each week the questions created will be used during practice. We will discuss the books and ways to dig into them in order to create complex questions that stump the Battle of the Books team. Students in this elective are not required to come to the weekly practice or the battles, but they are more than welcome to come. This elective is restricted to students in grades seven and eight as well as sixth grade honors literacy students that are not on the Battle of the Books team.		B	2
Debate	This elective will encourage students to take issues and examine them from multiple perspectives in order to effectively take a stance and defend their position. The classroom debates are exercises designed to allow you to strengthen your leadership, interpersonal influence, team building, group problem solving, and oral presentation.		A A	2 3
Adventure Education	In this class students will learn cooperation, teamwork, problem solving skills, self-esteem, and risk taking skills. This is done through big group games and problem solving activities. At the end of the trimester we will be taking a day long field trip to the Low and High Ropes Course at CU Boulder.	\$60	A	1

Strength and Conditioning	Each day students will participate in a different workout planned to increase cardiovascular endurance, muscular strength, and muscular endurance. We will be using light dumbbells in this class. Students are required to provide their own dumbbells. Dumbbells should be between 5 - 10 lbs.		B	1
Team Sports	Students will participate in a variety of team sports. Students will learn the skills and rules required for each team sport and then participate in some type of tournament play.		B	2
Big Group Games/Field Day Planning	Students in this class will help run field day. They will each have a station to run during the Elementary Field Day. Students taking this class will need to be in attendance most days of this elective. We spend a lot of time practicing each station for others in the class as well as the preschool class. If you are absent a lot then field day is not the best it can be.		A	3
Indoor Recess Game Creation	Help Mrs. Bauer design and create games for teachers to use during indoor recess.		B	3
Health	Descriptions for each grade level can be found at the end of this document.		A/B	1,2,3
Spanish	This is a beginning level Spanish class focusing on language development and vocabulary.	\$25	A/B	1,2,3
Rosetta Stone	This is an online language program. Once the fee is paid, student may access the program from anywhere for 12 months. Students may choose from any of the languages offered.	\$60	A	1,2,3
Yearbook	This elective is all year, so you are committed to three trimesters. Being a part of yearbook is being a part of creating a keepsake that families will cherish for years to come! There is an application- If you are interested in this class, please fill out the attached application and email to Mrs. Simpson.	\$50/includes a field trip	A	1,2,3
Newscasting	A news studio is a wonderful opportunity		B	1,2,3

	<p>to spotlight and challenge students to gain independence in planning, writing, producing, supervising, using technology and performing in television productions. Opportunities for diversified public speaking and production experiences are provided through a morning announcement routine. Included in the news show might include, but are not limited to, announcements, guest announcers, student/class performances, thoughts/quotes of the day, the 13 virtues review, art displays, sports, presentation of student awards, the pledge of allegiance, weather using the Weather Bug Station and more!</p> <p>Not only will students experience the world of news casting, but they will also get to work with Pixie, iMovie and Garageband software. Students will use these during News Cast film editing, but will also get a chance to be more creative with the tools. Students will work in small groups to produce an iMovie version of a sequel to a popular children's book, complete with dialogue and a soundtrack they create in GarageBand. The finished product will be distributed to younger students in other classes.</p>			
Painting and Drawing	Students will learn to use graphite, pen and ink, watercolor, tempera and acrylic. Compositions will be from direct observation, photographs and pure imagination.		A	1
Jewelry Making	Students will learn how to make earrings, bracelets, pins and necklaces. Projects will include using beads, <i>Sculpey Clay</i> , wire and hemp.	\$20	B	1
Traditional Crafts	Students will learn the basics of many traditional crafts including mosaics, bookmaking, printmaking, hand sewing, calligraphy, weaving, paper making etc.	\$15	A	2
Community Art	Students will be commissioned to create works of art for the school The projects may be small or big, easy or		B	2

	complex This is a great elective for students who love to help in a creative way.			
Sculpture	Students will use wire, gesso, clay, plaster, foam and recycled materials to make fun art projects. Projects will be small, large, made individually and in groups.		A	3
Mixed Media	Students will have fun experimenting with materials and techniques. They will try collage, stamping, printing, papermaking, painting and embossing.		B	3
BFA Biz	Are you willing to work hard to run a successful business? Can you put in your best effort every day; during and outside of elective time? Get a hands-on business education by working for the BFA BIZ, our very own student-run business. The BFA BIZ runs the school store and our upcoming "carpool concessions". In this elective you have the opportunity to learn how a business works: monitor supply and demand, forecast your profits, develop the next hot product, learn effective marketing, manage the financial details, operate the supply chain, conduct market research, and much more.		B	1,2,3
Running/P ower Walking	Let's go outside at the end of the day and get some exercise and fresh air! We will walk/run off campus for fitness purposes, as well as to improve endurance.		B	1,3
Friendship Bracelets	Come make fun colorful bracelets to keep or share. Exploring different friendship bracelet patterns and designs will be emphasized		A	2
Brain Training	Train your brain to think positive, and to be more confident. A RULER is used to measure more than just length, but is also used to measure emotional intelligence. So how does emotional intelligence fit in, especially within the school setting? Schools have begun to slowly acknowledge that students have social and emotional needs, and realized that these skills can be taught in the		B	1,

	<p>classroom. Social-emotional learning has been proven to reduce the incidences of bullying, shown increased academic performance, and improved student/teacher relationships. This elective will explore the concepts of RULER and social-emotional learning through active student participation.</p> <p>R=recognize emotions U=understanding emotions L=labeling emotions E=expressing emotions R=recognizing emotions in others</p>			
Fantasy Football	<p>Do you like spending time crunching numbers and looking at trends? Do you like competing against your friends for bragging rights? If you answered yes to these questions then this is the elective for you. In this elective you will be asked to research numbers and players. You will be asked to turn in a starting lineup each week. You will be competing against your fellow classmates and even some staff member's. Prizes will be awarded each week and we will do a playoff and crown a champion for the 1st trimester.</p>		A	1
Brain Break	<p>Are you a student that meets all athletic and extracurricular activities with your GPA? Are you a student that does not have any incomplete assignments in your classes? If you meet these requirements Ms. Olson and Mr. Paul have an elective for you; Brain Break. Lets rest that hard working brain and get outside to play. You must have the grades and no missing work to participate. If you are not one of these students that is ok, we will also give you a chance to reach this goal and get that extra break in your day. If you have missing assignments and need to pull that GPA up we will also be offering an extra study hall in your day to reach the goal of getting everything in place to enjoy the brain break outside. GPA and missing assignments will be checked everyday that</p>		B	1,2,3

	we meet. If you meet the requirements you will be allowed to go outside and if you do not you will stay inside and work toward that goal.			
College Basketball	Do you fill out NCAA brackets each year? Do you follow college basketball? This elective will help with those brackets. Students will discuss numbers, trends, RPI and all the fun numbers that help your favorite team reach the big tournament. With so many teams playing at different times during the week this class will help you catch up on all the highlights and statistics from around the country. Competitions will be done with teams instead of individual players for this class. Your favorite team will compete against your classmate's favorite team!		A	2
Golf	It's springtime; do you have your golf clubs dusted off for the summer yet? If golf is your sport or if you always have wanted to try it now is your chance. Mrs. Denham and Mr. Paul will be teaming up to teach the basic rules/clubs and swings that it takes to enjoy the game of Golf. If you do not own clubs that is fine; Mr. Paul has access to clubs that can be loaned out for use. If you have your own that is great, you can use them. We will be going over the rules and educate of golf and we will have access to the filed outside for swinging and hitting "birdie Balls". Since we are in walking distance to a golf course we will try and get over there to putt and hit balls at their ranger once before the Trimester ends. First day will be classroom work with no clubs. We will go over where your individual clubs will be stored and what to bring each day we meet.		A	3
Cooking/Party Planning	Students will learn the basics of cooking: proper measurement, meal planning and technique. Students will learn how to execute basic recipes. Students will learn	\$10	A	1,2,3

	the basics of party planning: creating a theme, guest lists, invitations, decorations, menu and activities. These students will be instrumental in helping plan MS social events throughout the trimester.			
Stock Market Experience	The Stock Market Experience is an investment simulation (run through the Colorado Council for Economic Education) that empowers student teams with their own virtual \$100,000 investment portfolio. Students work together to invest in stocks, mutual funds, bonds, and commodities on US and international exchanges over the course of the trimester. Students learn how to conduct research, allocate resources, complete analysis and work in teams while having fun trying to beat the Street!		B	1,2
Regional Science Fair	This elective is for students who wish to go above and beyond the classroom expectations for science fair to try and compete in the Regional Science fair in February. Students will be paired with mentors who will work closely with them to create projects that are demanding, creative and accelerated.		A	1
Science Apps	Students will have fun building bridges, creating mouse-trap cars, hot air balloons, water rockets, etc.	\$25	B	1
Girls in STEM	In this elective, students will have hands-on opportunities to explore science, technology, engineering, and math (STEM). Activities will include design challenges, experiments, forensic science, technology, gardening, architecture, and more. We will also invite guest speakers to share their experiences working in STEM fields.	\$25	B	3
Science Fiction Book Club	Students will choose a popular science fiction novel to read during this trimester. Discussions will focus around whether the “science” described in the book is viable or not. If the book has been made into a movie, the class may also compare and contrast the two versions.		A	2
Strategy	Students will learn the rules and strategy		B	2

Games	for several card and board strategy games.			
Typing/Keyboarding	Students will use an online program to build this skill that is becoming more and more crucial to students' success.		A	1,2,3
Arduino	Basics: Learn to design electric circuits with the Arduino board, and to program the Arduino to control inputs and outputs from switches and LED's. Advanced: Students who complete the basics course in trimesters one or two can register for an advanced class in trimester 3.	\$40 (3 rd trimester advanced class only)	B	1,2,3
Mathletes	Calling all problem solvers! This elective is designed to build your problem solving skills. Students will work as individuals and in teams to solve daily challenges and will have the opportunity to participate in math competitions against other schools		A	1,2,
Math Homework Help	Do you need extra support to be successful in your math class? In this elective, Ms. Dychus and Mrs. Crespo will show you how to organize your homework, ensure you are showing proper work, and help you correct mistakes. Students are expected to work on homework, test corrections, or be reviewing for tests.		A	3
Journey Around the World	Do you love to travel? Come explore the world with us one country at a time! We'll learn about different cultures, landmarks, customs, foods, music, and more, both at popular travel destinations and places off the beaten path. Discover exciting new places and plan the ultimate travel adventure!		B	1,2
Who wants to be a millionaire ?	Students will use a well-known curriculum, Foundations in Personal Finance (which has been adapted for middle school students), written by Dave Ramsey. It is more than a class on how to balance a checkbook; it is a class on how to make your money do what you want, rather than wondering where it went. It teaches students how to budget, how to identify their own money personality, how	\$25	B	1,2,3

	to save money and avoid debt, and then to enjoy buying the things they want debt-free. The principles taught in these lessons can result in wealth and will allow them to do some really awesome things like giving it to worthy causes.			
Teacher Assistant	In this elective, you will be assigned to a teacher or other staff member to help with any tasks they need. For example, you could be helping younger children with their homework, helping with experiments in a science lab, running errands for the office, helping a teacher with small projects like bulletin boards or paperwork.		A, B	2,3
Clutter Clinic	Clutter Clinic is designed to meet the needs of students that are falling behind academically due to ongoing struggles with organization and planning. During this elective students will learn organizational and time management skills, check into their Grade Link accounts for late and missing work checks, organizer their binders and lockers, and have time to work on missing/late assignments. This class is by INVITATION ONLY. If you would like your student to be considered for this class, please email Mrs. Simpson: dsimpson@bfacademy.org		A, B	3

6th Grade Health

Physical and Personal Wellness

1. Access valid and reliable information to enhance healthy eating behaviors
 - a. High rates of obesity
 - b. Advertising accurate vs inaccurate information
2. Healthy family and peer relationships
 - a. Dealing with conflict/ feelings
 - b. Healthy relationship and overall wellness
 - c. Technological advances and relationships
3. Relationship between feelings and actions
 - a. Healthy relationships
 - b. Expectations, boundaries and personal safety
4. Positive health behaviors throughout lifespan
 - a. Important determinants of mortality
 - b. Physical activity impacts on physical, mental and cognitive health

Emotional and Social Wellness

1. Understand mental and emotionally healthy
 - a. Why feelings affect behavior
 - b. Person control / express feelings
 - c. Mental health problems- anxiety, depression

Prevention and Risk Management

1. Analyze factors that influence alcohol and tobacco use
 - a. Social networks for positive decision making
 - b. Affects by heredity, environment and lifestyle
2. Demonstrate ability to avoid alcohol, tobacco, other drugs
3. Demonstrate self-management skills to reduce violence
4. Advocate for safety and prevent unintentional injuries

7th Grade Health

Physical and Personal Wellness

1. Analyze factors that influence healthy eating behaviors
 - a. Eating disorders—signs and symptoms
 - b. Family habits, peers, societal norms on eating
2. Demonstrate healthy food choices
 - a. Healthy diet for one and unhealthy for another
 - b. Restrictive diets
3. Compare and contrast healthy and unhealthy relationships
 - a. Family, peer, dating
 - b. Impact of technological advances
4. Internal and external factors that influence relationships
 - a. Internet and media influence on decision-making
 - b. Families, peers, society influences on attractiveness and relationships
5. Define sexually transmitted diseases (STDs), human immunodeficiency virus (HIV), and acquired immune deficiency syndrome (AIDS)

Emotional and Social Wellness

1. Communication skills to express feelings appropriately
 - a. Verbal and non-verbal communication skills
 - b. Expressing feelings
 - c. Setting boundaries for responsible decision-making and positive self-image
2. Self-management skills to prevent/ manage stress
 - a. Affects of anger and happiness on your body
 - b. Healthy coping strategies
 - c. Personal stressors at home, with friends, and school

Prevention and Risk Management

1. Consequences of using alcohol, tobacco, and other drugs
 - a. Physical and cosmetic effects of tobacco and alcohol

- b. Social, emotional, financial consequences of addiction
 - c. Positive relationships and habits can mitigate use of substance abuse
- 2. Safety procedures for variety of situations
 - a. First response procedures for injuries and emergencies
 - b. Creating emergency plan
 - c. Basic first aid

8th Grade Health

Physical and Personal Wellness

1. Describe physical, emotional, mental and social benefits of developing strategies to resist peer pressures
 - a. Verbal and nonverbal communication skills
 - b. Sexual harassment
 - c. Developing personal standards for dating situations
2. Analyze how certain behaviors place one at greater risk for HIV/AIDS, STD, or unintended pregnancy
3. Signs and symptoms of HIV/AIDS/ STDs
 - a. Medical advances for prevention and treatments
4. Disease prevention
 - a. Social and health consequences on popular fads
 - b. Genetic and science influences
 - c. Disease transmission and outbreaks
 - d. How immune system functions

Emotional and Social Wellness

1. Resources for help with mental and emotional health concerns
 - a. Patient confidentiality
 - b. Mental disabilities and illness stereotypes
 - c. Seeking help for stress and anxiety
2. Internal and external factors influencing mental and emotional health
 - a. Dealing with biases
 - b. Effects of alcohol and drugs on dealing with feelings
 - c. Avoiding negative peer pressure
 - d. Maintaining personal values and feelings

Prevention and Risk Management

1. Influences on alcohol, tobacco, and drug use
 - a. Addictive substances
 - b. Teen brain vs. adult brain

- c. Relationship between use of drugs and alcohol and poor decision making
 - d. Overcoming addictions
 - e. Harmful effects of alcohol, tobacco and drugs on human body
- 2. Analyze validity of images of alcohol and tobacco
 - a. Social media's effects on substance use
 - b. Distinguishing between accurate and inaccurate information
- 3. Decision making skills toward peer pressure
 - a. Expressing intentions to be alcohol, tobacco and drug free
 - b. Role playing situations
- 4. Factors influencing violent and non-violent behavior
 - a. Peaceful behavior vs. non-violent behavior
 - b. Verbal and nonverbal sexual harassment
 - c. Recognizing behaviors that are perceived as sexually coercive
 - d. Effects of technology and sexual exploitation and harassment
 - e. Culture, media and social influences on violent and non violent behavior

Be a Member of the BFA Yearbook!

Student Application

Please fill out the application if you are interested in being in the BFA yearbook elective class. This elective is all year, so you are committed to three trimesters. Being a part of yearbook is being a part of creating a keepsake that families will cherish for years to come!

Please only fill this out if this is something that truly excites you!

Please return this application to: Mrs. Simpson

Student Name: _____

Student Grade: _____

Years at BFA: _____

Computer Use: Previous experience is not required- but please check the programs you have used before:

_____ Microsoft Word

_____ Google Documents

_____ Google Forms

_____ Photoshop

_____ iPhoto-or other photo editor

_____ iMovie

_____ Aurasma

_____ Walsworth Online Design

Photography Skills: Previous experience is not required- but please answer the questions below:

Have you ever used a digital camera? YES NO

Have you have used a DSLR camera? YES NO

Do you like to take pictures of family and friends? YES NO

Essay: On a separate sheet of paper that you need to attach to this application, please answer the following question:

Why are you interested in joining yearbook? What kind of skills do you have that will help in creating the 2015-2016 yearbook?