

Deer Meadow Academy; Programs of Excellence

Philosophy: When students are engaged in learning something they are passionate about, they achieve their full potential and love learning.

Academy Foundation Principles: Programs of Excellence require that students achieve and maintain high standards to remain in the academies. Academies offered will be based on student choice; only viable programs will be offered. Students unable or unwilling to put forth the effort required to remain in an academy may be enrolled in an alternate academy after consultation with parents at the discretion of school administration.

Academy Streams / Programs of Excellence: Academies will fall under 3 major categories: Student Leadership Academy, Fine Arts and Languages Academy, and Sports Academy.

Student Leadership Academy: Focus will include: fundamental study skills, student leadership projects (community legacy opportunities), community involvement (adopt a street, seniors web surfing, food bank drives), resiliency, school climate initiatives (organizing assemblies, spirit days, intramurals, composting, recycling), school communications media (newspaper/newsletter, video arts, morning announcements), student council, global citizenship (organizing charity initiatives, awareness of issues). Partnership opportunities with Olds High School Student Leadership and Olds College will be explored.

Fine Arts and Languages Academy: Offerings may include: Band (traditional woodwind and brass), Jazz Band, Guitar, Choir, STOMP (percussion performance art), Theatre Arts, Visual Arts (painting, sketching, sculpture), French, and Spanish (when staffing allows).

Sports Academy: All students will receive instruction and training in the foundations of athletics. Core strength training, agility training, and training principles will be taught and continuously addressed. Sports psychology, ethics and nutrition will also be part of the general sports academy program. While primary instruction will come from Deer Meadow professional staff, partnerships will be explored with various community athletic organizations (Olds Grizzlys, Olds College, Red Deer College) to take advantage of their expertise. Academies may be offered in the following areas: Hockey, Volleyball, Basketball, Soccer, Softball/Baseball. Other offerings may be explored should there be student interest or qualified staff.

Costs: There is a General Academy Fee of \$40 for the year. In addition, tuition will be charged on the principle of cost recovery, with some programs costing more than others.

Transportation: Students will walk or be bussed to facilities off-site (Arena, CLC)

Deer Meadow STEM Academy; Programs of Excellence

Students interested in the science, technology, engineering and mathematics Academies.

Digital Coding

Challenge: How can we enhance our abstract and critical thinking skills through the world of digital coding?

Digital coding is part of Information and Technology and reflects 21st century learning components. This academy will enable students to create and code their own learning apps including gaming techniques using Microsoft, Google and iOS technology. This academy will also introduce concepts of real time machine coding at their appropriate level.

Human Body

Challenge: How can I make a model of a system in the human body to describe its processes?

Students will create a model of one of the body's systems (such as integumentary/skin, digestive, respiratory, cardiovascular, endocrine, musculoskeletal or nervous system) through their exploration of understanding human biology.

Science Fair

Challenge: How can I design a science experiment, innovation, or study to investigate a life science, applied science, or physical science question?

After learning the scientific method and requirements for a good experiment, innovation, or study, students will have the opportunity to create a science fair project that may be entered into the February 2023 regional science fair. The 9 challenge sub-topics recognized in Alberta science fairs are: International, Agriculture, Fisheries and Food, Disease and Illness, Curiosity and Ingenuity, Natural Resources, Digital Technology, Energy, and Environment and Climate Change.

Skills Exploration Days

Challenge Question:

Do you see everyday problems around us that you could solve with a simple machine?

In this skills academy, you and a group will be given a design challenge where you will have to come up with a prototype to solve the problem. You will get to familiarize yourself with tools and skills from plumbing to electrical to assist you in building your prototype. Near the end of academies, we will have a virtual field trip where we will get to see what other students have done as well as meet professionals from various trades. If you are in Mrs. Hoppins class please do not sign up for this academy as you are already doing it in your class. **Cost: \$20**

Space Science

Challenge: How could I explore space if I were either an astronaut or an astrophysicist?

Students will learn about space sciences before exploring the question of how they would plan a trip to survive in space.

Deer Meadow Leadership Academy; Programs of Excellence

Students interested in the Leadership Academy must demonstrate skills in organization, communication, public speaking, problem solving and taking initiative.

Career Games

Challenge: How can I explore careers that match my talents, interests, and work preferences?

This is a game about real life. Each student plays an adult character in a work role. They will discover unique personal skills and talents with respect to career choices. Students will also have an opportunity to explore some of their own work-related interests and values as an important part of career planning.

Christmas Angels

Challenge: How can we give back to our community through volunteerism?

Students will organize, promote, and actively participate in the Christmas Angel hamper programs. This will involve a direct relationship with The Olds Christmas Angel board, as well as direct classroom and community involvement. Students will help plan fundraising events, advertise for such events and toy drives, develop public speaking skills as they promote such events, while actively volunteering at various Christmas Angel events leading up to our hamper delivery.

Digital Escape

Challenge: How can we use critical thinking and problem-solving skills to create and escape an escape room?

Critical thinking and problem-solving, communication and collaboration, creativity and innovation are some of the skills you need to escape. In this class, you will try new escape rooms and eventually build your own escape room.

Home Alone

Challenge: How can you become more responsible and more depended upon in your home? You will receive the Babysitter's course certification.

Attendance is mandatory since you receive the Red Cross Babysitting Certification, as well as some helpful advice about staying home while your parents grab groceries or head to a meeting. This course allows you to complete the babysitting course during school hours and is a great addition on your resume! **There is an additional \$15 fee which covers the cost of the Red Cross book.**

H2O

Challenge: Who am I as a learner? How can I use my strengths to improve my academic performance?

Students will develop and implement a plan, based on learning styles and strengths, to work toward improved core academic performance.

Interact

Challenge: How can I have a positive impact on our world?

Students will work together to exchange ideas, build relationships and TAKE ACTION on school-wide, local and global social issues. Students will research areas of greatest need, develop project plans and carry out these plans to see the impact they can have. We will develop leadership skills, such as listening, cooperating, collaborating and public speaking.

Leadership

Challenge: How to promote to all students that they can find the courage to be leaders in school. To promote discipline and self-confidence.

Cheers and Chants, Organizing sock hops and pep rallies, Building connections in the community and helping others. If this seems to be something that you are interested in then come on out and be a leader.

Strategy Games

Challenge: How can I improve my problem solving skills, strategic thinking, and learn to work cooperatively in a team setting?

In this program, you will learn to play a variety of strategy games that will require you to use your critical thinking, decision making, and anticipation skills while working individually and sometimes collaboratively with a teammate. You will challenge others in a competitive setting where fair play and mutual respect are expected.

Deer Meadow Fine Arts Academy; Programs of Excellence

Students interested in the Fine Arts Academy must demonstrate skills in music, art, French, theatre, technology, and/or writing.

Abstract Art

Challenge: How am I able to explore my artistic side through the creation of Abstract Art?

Abstract art is a modern form of Art comprising of painting or sculpture that does not depict a person, place or thing in the natural world. The works of Abstract art represent a bit of Pablo Picasso or Paul Cezanne and they also represent a type of conceptual realism. With abstract art, the subject of the work is based on what we see: color, shapes, brushstrokes, size, scale and, in some cases, the process etc.

For example a picture may contain a very bad drawing of a man, but if its colours are very beautiful, it may nevertheless strike us as being a beautiful picture. This shows how a formal quality (colour) can override a representational one (drawing). There are varieties of Abstracts like geometric, colour, curvilinear, emotional, gestural etc.

Arts & Crafts

Challenge: How can I demonstrate my creative side using a variety of materials?

In this academy, students will create sketch book designs and craft projects using a variety of materials. They will be working with popsicle sticks, paper rolls, yarn, straws, paint, paper, and much more.

Creative Arts

Challenge: How am I able to express myself through art?

The art room is a busy place to explore through creating. Often creating art is an expression of who we are, personally or culturally, or what we are thinking. Students will begin to explore this world by using a variety of methods such as drawing, painting, and sculpture. Learning the techniques and skills with these tools as well as developing an understanding of various styles of artists' work is the focus of this class.

Band

Challenge: How can I begin to develop my band skills to improve myself as an individual and as a group?

This program is designed to be the 3rd & 4th year of the middle school band program. Grade 7 and 8 students will be combined for both classes of Band A and B. Grade 7 students will be introduced to more advanced music, which will require improved skill and technique on their instrument. Grade 8 students will continue to build on skills and technique learned last year. Requirements: a commitment to practice, to take part in the winter and spring concert (Dec. 7 and June 1), and perform in the concert band. **Band is a full year commitment.**

Drama Games

Challenge: How can I create and present a game that supports social-emotional inclusion?

Even when you're "out" you're still "in"! These drama games focus on participation, social interaction, inclusion, memory and body awareness. Students will have the opportunity to work in small groups to create, present, and play a game of their own devising.

Foods

Challenge: How can we understand and create healthy, nutritious snacks and meals for students?

This class will be a combination of a more traditional Foods Class, and a study into specific food choices and how we are able to feed ourselves a diet that is healthy, and nutritious. Students will be challenged to use a select amount of ingredients to make nutritious and delicious meals.

The cost for this Academy is \$30 per semester

Model Building

Challenge: Can you follow precise directions to skillfully and accurately create a scale model? Students will develop a product(s) which will exhibit their abilities and skills (craftsmanship) to follow precise directions and build an accurate model.

This 'hands-on' academy is designed to give students time and space to create a model(s). If you enjoy working with your hands, like building models or simply wish to try it for the first time, then this two period academy opportunity is for you!

*****Students will be asked to purchase (on their own) a model kit and all supplies needed to create it. Specific details will be handed out on the first day of class. Each model may cost \$30 to \$50 and experienced students may build two models.**

Photography

Challenge: How can I develop creativity within myself and collaborate effectively with others while participating in a variety of photography challenges?

The focus for this course will be on creative photography. Participants will be engaged in a variety of photography "challenges" aimed at fostering creativity, utilizing various types of technology, working collaboratively and having fun. Students participating in this Academy will need a digital camera and access to a computer.

Spoken French

Challenge: How can I explore spoken French by using media techniques ?

In the grade 7 and 8 Program of Excellence, students will explore French as a modern language that incorporates communicative approach using a variety of multimedia techniques to speak French in variety of situation such as like school, people around me, weather, and holidays and celebration, animals, clothing, food and nutrition, are some of them student learn to communicate faster with appropriate standard accents. In this program, mostly real life situations will be taught. Students will have opportunities to expand their bilingual skills as that might help them for their future career growth and job skills. Students will also investigate various aspects of French and Canadian culture. The program will extend to a high level of communication in coming Terms.

Stress Relievers

Challenge: How can I help to take care of my emotional and mental health, as well as, learn strategies to manage stress?

This option will focus on mental health education and practices students can use to positively impact their mental health. The content of this option is related to how stress and anxiety affect the brain and information and supports that are available. Activities and practices this option may include are breathing/calming methods, yoga, music therapy, calming art/drawing (such as mandalas, sketch notebooks, and calligraphy), puzzles, mindfulness jars and “Bucket Filling”, journaling, self-care practice, and positive self talk. This option is all about relaxation and awareness!

Ukulele

Challenge: An opportunity to explore my musical interests and skills, while making personal connections to career possibilities through meaningful learning experiences.

Do you want to learn more songs and chords on a ukulele? This program is designed for students with little to no experience on the ukulele. You will learn how to chord, strum, read tabs, and sing along to many different songs. Ukuleles will be provided by the school. Students will require a 1” binder or duotang for organizing music.

Zentangle

Challenge: How can I develop creativity within myself while learning about and applying a variety of Zentangle techniques?

If you like to draw patterns or doodle with pen and paper, you can learn to Zentangle. As the name implies, it's a Zen-like way of creating images through repetitive patterns and shapes. Zentangling is relaxing, stimulating, entertaining, and fun! Students in this class will explore a wide variety of Zentangle techniques while working on a number of creative and artistically satisfying projects. **What you will need to purchase: 1-2 regular BLACK sharpies and 1-2 fine tip BLACK sharpies Pencil, Eraser, Ruler**

Deer Meadow Sports Academy; Programs of Excellence

All Sports Academy students will receive instruction in the area of fitness and nutrition and how they apply to individual needs, while examining the importance of nutrition for optimal health and sport performance.

Aquatics

Challenge: How can I explore the different areas of aquatics to gain a deeper understanding and confidence in the water?

Students will develop swimming strokes, self-rescue skills, and some advanced lifesaving skills. Participants will also have the opportunity to experience waterpolo, aquafit, diving, synchronized swimming, and fun pool games. Prerequisite: Ability to swim with confidence in deep water. **The cost for this Academy is \$40 per semester**

Bowling

Challenge: How can I become more physically fit and develop my skills in the “life sport” of bowling?

Students will learn, set goals and further develop basic bowling skills for better understanding and enjoyment of this ‘life’ sport. Did you know that bowling is considered a life sport and that people from all over the world from all ages enjoy playing it? Do you enjoy bowling? Have you ever thought about how you might get better at it so you could: beat your parents or friends, reach a personal high score, or simply just to try it out??? If so, the Bowling Academy is for you! The class will include the basic skills of bowling along with details on etiquette and scoring, followed by practice and games! Come on Titans... let’s go BOWLING! **The fee for this academy is \$35.00**

Curling

Challenge: How can I explore the sport of curling while deepening my knowledge and understanding of the game?

This course will introduce the students to the rules, skills, strategies and etiquette of curling. The course will begin with the basic fundamentals of curling; the sheet marking, hack, stones, delivery, sweeping, strategies and scoring. No previous experience is necessary. **The fee for this Academy will be \$25.00**

Fun Fit

Challenge: How can I find enjoyment from a variety of physically active endeavors?

Students that do not have an interest in any of the sport specific Sports Academy choices will enroll in this course. All students must fulfill the Alberta Education requirement that states that students at these grade levels must have instruction in Physical Education. This class will operate like a traditional Physical Education class with a variety of units of study that introduce students to many sports and fitness activities.

Tai Chi

Challenge: How can I practice mindfulness through gentle exercise and stretches?

Students will explore the foundations of Tai Chi through a series of gentle physical exercises and stretches. These exercises connect the mind and body in a constant flow of motion. Tai Chi is a form of mindfulness as it promotes serenity throughout these gentle movements. Benefits of Tai Chi in students include: reduced stress, improved mood, better sleep, and improved cognition.

Volleyball

Challenge: How can I improve my athleticism and gain a deeper understanding of the game of volleyball through participation in a variety of drills, activities and game situations?

The goal of this class is to introduce students to the fundamental skills and knowledge of the game of volleyball. Emphasis will be placed on learning the forearm pass, serving, setting, hitting and team play. As well, participants will acquire knowledge about volleyball rules, terminology, strategy and officiating.

Grizzly Academy

Please see the following page for information.



**TRIUMPH SKILLS ACADEMY
GRADE 7 & 8
SPEED DEMON SKILLS PROGRAM**

Focus: Hockey Skill, Athletic-Motor Skill,
Athletic-Cognitive Skill & Mental Skill Development

Term 1 -October 25 to December 15 2022

Tuesday and Thursdays - \$185

Term 2- January 31 to March 30 2023

Tuesday and Thursday - \$195

(No Academy on Non School Days)

To Register Please Call
403-507-9167 or email
admin@oldsgizzlies.com

**OUT-THINK * OUT-PACE *
OUT-PLAY**

