

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.

Forensic Science -

Challenge: How do forensic scientists use problem-solving to crack a case?

Activities include, but are not limited to, analysis of fingerprints, handwriting, hair and fibers, bones, and DNA gel electrophoresis. Virtual guest presentation from RCMP, Crime Scene Investigation: Crack the Case. Mystery solving activities will stimulate problem solving and critical thinking skills.

STEM

Challenge: We are going to build, learn and play with easily accessible materials to make amazing inventions that we will test.

STEM stands for science, technology, engineering, and mathematics. This is an academy that allows you to build prototypes for stomp rockets, sling shots, bow and arrows, prosthetic hands, rubber band shooters, marshmallow shooters, magic boxes and other things that lead us to understanding engineering through trial and error. **The cost of this Academy will be \$15.00**

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.

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.

GOG 'Great Old Games'

Challenge: What were some of the greatest, most enjoyable games of the 20th century and why did our ancestors enjoy them so much?

Have you ever been camping and need something to do? This is a great opportunity to learn some quick, fun games to teach your siblings and friends. You will be learning how "house rules" work and what being a good sport is whether you are winning or losing. You will gain friendships and spend quality time outside...but if it is raining there is more fun to explore indoors.

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.

Inclusive Games

Challenge: How can I include others in group-based games?

Participation in social games help focus on social interaction. Even when you're "out" you're still "in" to focus on having fun together as a group while playing games. Students will participate in games for several weeks and then work in small groups to create, present, and play a game.

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 8

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.

Leadership 7

Challenge: How can I focus on improving myself so that I can be a better leader next year? To promote self-discipline, courage, and self-confidence.

Leadership for grade 7 students will focus on self-improvement, learning about yourself, feeling better, good communication, conflict resolution, and increasing self esteem. Leadership 7 with Mrs. Martin will not overlap with leadership 8 with Mrs. Hoppins, so students are free to take Leadership both years.

Yearbook

Challenge: How can we integrate photography and technology to produce a yearbook for Deer Meadow School?

This academy is a **2 term commitment** that will allow students to plan, design, and publish the 2022/2023 yearbook for “the Meadow”, leaving their personal touches on a piece of EDMS history.

Using digital website planning and design, students will work together and with staff to collect photos and design a memory for Titans to enjoy forever.

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.

Art

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

This academy is about developing your skills of painting with acrylics and watercolors, using chalk pastels, and we will even get one or two sculptures created. We will be exploring landscapes, animals and other topics that we are inspired to create, and learning from other artists' techniques.

Band

Full Year Commitment

Tues/Thurs 6-7

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

Band academy will be combined for the rest of this year. It is a commitment to be in band for the school year. Now that students have the basic skills learned, we will start more advanced music to learn and perform.

Requirements: a commitment to practice, to take part in the spring concert, and perform in the Kiwanis Music Festival. A student entering this course must have successfully completed grade 6 band.

Calligraphy

The art of writing

Calligraphy is the art of decorative writing. It is a very old art form that also includes decorative symbols and marks using inks of black, gold and other colors. You will be practicing the art of handwriting and creating art with inspirational quotes using traditional calligraphy pens and ink.

Cosmetology

Challenge: How can we explore topics related to Esthetics and Beauty, both for personal use and as a future career option?

This course is intended to introduce students to and allow them space to discover for themselves basic nail care & art, haircare and basic updo's, beginner skincare, and age-appropriate makeup application. **Course Cost: Students will be charged a fee (to be determined) to cover the cost of consumables. In order to keep costs as minimal as possible, students will be asked to provide their own cosmetics that cannot be sanitized for class use or that must match their own skin tone (mascara, foundation, concealer).**

Drawing

Challenge: Developing skills of 3 dimensional drawing.

In this academy we will be practicing and expanding your skills of drawing. The focus will be on creating 3 dimensions from a 2 dimensional surface, proper shading and texture techniques.

Drumline

Challenge: How can a bunch of musicians play rhythms on drums together to create a performance?

Drumline offers students an opportunity to play percussion instruments together. We will be working on different rhythms and drumming techniques. The music is based more on rhythms and grooves than on melody or harmony like traditional music. No musical experience is necessary for drumline.

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

Gardening & Landscaping

Challenge: How can we enhance our school grounds and promote sustainability within our school gardens?

In this academy, students learn about basic gardening/horticulture and the need to consider regional climates, water availability and exposure to sunlight. Students have the opportunity to plan and design a garden that may thrive in Alberta, and will also continue to care for and maintain our school's raised flower beds where we are growing perennials, annuals and vegetables. Come and be a special part of making a beautiful difference that our entire school community will enjoy and benefit from for many years to come.

Horse Therapy

Challenge: how can I become a leader through care of animals?

Equine therapy is a process of leadership and self-discovery through care of horses. Students from any level of horsemanship experience will learn something new. No horse experience required. Students will not be riding horses. The work for care of horses and haltering will all be ground-based, mindful, reflective experiences to promote self-discovery while working with animals. Most days will be in the classroom, with field trips. (Number of trips still being organized and to be determined).

Maximum of 16 students.

Cost for Horse Therapy: \$40

Intro to Guitar

Challenge: How can I express myself musically with a guitar? What skills do I need to become a lifelong guitar player?

This guitar class is meant for beginners who have always wanted to start learning guitar. We will learn some melodies to pick and chords, as well as how to read chord shapes and tabs. These skills will give you the foundation to continue learning guitar on your own, as music can be a lifelong skill and hobby.

Jazz Band

Two-Term Commitment

Challenge: How can I continue to develop my band skills while learning to play Jazz music and working in a jazz band setting?

Jazz band will offer a different selection of instruments and music to students. With two blocks a week, students will continue learning to play an instrument in a slightly different style of music from regular band. The main instruments for jazz band include saxophone, trumpet, trombone, and rhythm section (one of each: drums, guitar, bass, piano) but other instruments are welcome in jazz band too. Some musical experience is necessary to join jazz band.

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.**

Music Videos

Challenge: How can you express emotions and ideas by making a music video?

In Music Videos academy, students will be working in small groups to create a music video. This will involve a few steps including choosing a song, analyzing the song, coming up with a storyline for the video, filming, and then editing the video to go with the song. Students will be learning the editing skills as we go through the process.

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.

Quilting

Challenge: How can I develop new creative skills using fabric?

Class Description: You will learn the fundamental basics of how to properly and safely use quilting tools and equipment needed for measuring, cutting, and piecing. In this class, we'll put together basic quilt blocks where you will learn proper piecing, and seam allowance, as well as ironing and pressing, squaring, and sizing techniques. This class will work its way up to creating a baby blanket quilt.

Cost: There will be a \$40 fee to cover the cost of materials and machine maintenance.

Sewing Projects

Challenge: How can I develop new creative skills using fabric?

Class Description: In this class you will learn about different fabrics and the fundamental basics of how to run a sewing machine. Throughout this class you will make different projects like bags, pin cushions, and other neat crafts.

Cost: There will be a \$10 fee to cover sewing machine maintenance. Students will be asked to purchase or bring material for projects.

Shop Class

Challenge: How can I learn to build using tools?

Class Description: In this class students will learn tool safety and about possible future careers. In addition, students will use a variety of tools to complete small building projects.

Cost: There will be a \$40 fee to cover the cost of materials and tool replacement/maintenance.

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.

STOMP

Challenge: How can I create music with others using common, everyday items?

Stomp uses non-traditional musical instruments to create music driven by beat. Working together with classmates, students will work towards a performance with exciting musical rhythm. Musical experience is a bonus, but not necessary as the music performed will be using unique instruments and all students will be learning how to read the music.

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!

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 water polo, 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**

Ball Hockey:

Challenge: How can I find enjoyment from ball hockey in a recreational fashion?

In this academy, students will practice a variety of hockey skills such as shooting, dribbling, passing, and faceoffs to enhance their hockey skills. Putting together those skills, students will play in games with students of all skill levels. Elite hockey players should look towards enrolling in the Grizzlies Hockey Academy. Prerequisites: good sportsmanship and an understanding that this is a program with students of all skill levels.

Badminton

Challenge: How can I improve my athleticism and gain a deeper understanding of the game of badminton 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 badminton. Emphasis will be placed on learning the proper technique for the serve, smash, clear, drop and net shots. As well, participants will acquire knowledge about badminton rules, terminology and strategy related to playing both singles and doubles.

Basketball

Challenge: How can I explore my interest in Basketball while taking my skills and knowledge to a new level?

Students will develop fundamental skills to build the foundation for future success as a basketball player. Classes will be run like an actual basketball practice; fundamental skills (shooting, passing, ball handling, defending, rebounding) will be developed through dynamic active drills that focus on proper technique. Team tactics and strategies will also be introduced.

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.

Golf

Challenge: How can I explore my interest in golf while taking my skills and knowledge to a new level?

Golf Academy students will have the opportunity to learn the game of golf while using the facilities at the Trail Creek Golf Course. Basic skills, safety, golf etiquette and rules will be covered throughout the semester. **The cost for this Academy will be \$25.00**

per semester. You will need to make sure you have Golf clubs, Tees and Golf balls.

Outdoor Education

Challenge: How can I build an appreciation of nature through an experiential learning process?

Outdoor Education offers students curriculum based 'beyond the indoor classroom' learning experiences. Activities in the outdoor environments, an appreciation for nature and human impacts on outdoor environments as well as knowledge and skills needed for outdoor activities are the key aspects that must be balanced. A variety of cooperative tasks, environmental education lessons, and fieldtrips will provide the balance in the course. **The cost for this Academy will be \$25 per semester.**

Students will require:

- fully functioning bicycle with approved bike helmet
- good running shoes
- basic swimming capabilities (1 length of the pool)

Outdoor 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, team play, and sportsmanship. As well, participants will acquire knowledge about volleyball rules, terminology, strategy and officiating.

Ping Pong

Challenge: How can I explore my interest in Ping Pong while learning new skills and knowledge of the game?

This Academy will teach students the necessary rules, skills, and techniques to improve their ability in the game of Ping Pong.

Students will bring their own paddles.

Track and Field

Challenge: How can I explore my interest in Track and Field Events while taking my skills and knowledge to a new level?

Description: Students will develop fundamental skills to build the foundation for future success as a Track and Field athlete. Students will be introduced to all events and given the opportunity to try each one.

Triathlon Academy

So, do you want to Tri, have fun and exercise at the same time? Then the triathlon academy is for you. In this academy, participants will train in swimming, biking and running. In June you will put all your hard work and training together and complete a final fun triathlon. Participants will also learn about proper sports nutrition, strengthening techniques and stretching exercises.

Prerequisites:

- Swim one full length of the pool without stopping
- Have a fully functioning bicycle with approved bike helmet
- Running shoes in good condition
- Swim suit

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**

