

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 4 major categories: Student Leadership Academy, Fine Arts and Languages Academy, Career and Technology Academy, and Sports and Recreation 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).

Career and Technology Academy: Students will have the opportunity to explore their interests, passions, and skills while making personal connections to career possibilities. Offerings may include Foods, Sewing, Woodworking, Quiltmaking, and Computer Coding.

Sports and Recreation 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 Grizzlies, 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 Career and Technology Academy; Programs of Excellence

Students interested in the science, technology, resources, business, and human services Academies.

Coding

Challenge: How can we use computer science to create usable apps and program-specific tasks?

Computer science first is a programming course that involves block-based and theme-based coding using Scratch. These skills students will then apply to making their own digital games.

Robotics: Robot Construction and Programming

Challenge: How can we use computer programming to accomplish real-life tasks using robots?

The study of robotics incorporates all four pillars of STEM. In this course, we will be using Vex IQ robots which is a snap-together robotics system designed from the ground up to provide the opportunity for students to become engineers. In this course, students will not only build robots but also program them to pass different levels of challenges.

Beginner 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, a study into specific food choices and how we are able to feed ourselves a diet that is healthy, and nutritious. Kitchen and food safety will be the starting point of this class. Students will then be challenged to use a select amount of ingredients to make nutritious and delicious meals.

***This class is open to anyone who has not taken a foods class at Deer Meadow before.**

The cost for this Academy is \$30 per semester

Advanced Foods

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

This class is designed to be an advanced class for students who have already taken their kitchen and food safety in Beginner Foods. More advanced meal prep and recipes will be tackled in this course. Students will be given more responsibilities in the kitchen, and face more difficult cooking tasks.

***This class is open to anyone who has completed Kitchen and Food Safety the modules in Beginner Foods.**

The cost for this Academy is \$30 per semester

Quilting

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

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, 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.

There will be a \$40 fee for this academy.

Cosmetology

Challenge: How can I explore topics related to esthetics and beauty for personal use as well as for a future career option?

This course will focus on developing the basic knowledge and skills in the cosmetology industry. Some topics of instruction will include basic nail care, hair braiding, skin care, and makeup application.

Course Cost: Students will be charged a \$10 fee 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.

Driver's Education

Challenge: How can I prepare to safely navigate the rules of the road?

In this class, students will have the opportunity to learn and review the rules of driving in Alberta. Students will prepare to write their class 7 driver's test (learner's license) by study and practice.

Recreational Therapy

Challenge: How can I improve my mental health through fun and recreation?

In this class, students will go to the Mountain View Lodge seniors facility to take part in activities designed to help maintain one's mental health. They will get to participate in, run, and design activities for the residents to help brighten their days. Students will get a glimpse into the world of hospitality and care as they interact and visit with the residents of the lodge.

Woodworking

Challenge: How can I learn to build using tools?

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

Gardening

Challenge: How can I learn to grow my own food and beautify the space around me?

In this class students will learn about how to prepare, plant, and maintain a garden space. They will have the opportunity to get their hands dirty while beautifying our school grounds. Students will be able to use a variety of tools to plant and maintain a garden space.

Industrial Arts Shop

Challenge: How can I learn to safely plan, prepare, and construct shop projects?

Students will learn how to cut and prepare material safely in order to complete designs in a safe shop setting. This program will take place at the Community Learning Campus (Olds College/Olds High) shop and will involve bus transportation.

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

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.

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. This is a self-motivated option that requires students to take responsibility and initiative for their learning. There are lots of opportunities to develop life long skills.

Leadership

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

Cheers and chants, building relationships, organizing sock hops and pep rallies, building connections in the community, activities with the grade 5's and OES, talent show, spirit days, and helping people in our school, the community, and the province. You are required to demonstrate how to be the best person that you can be and to do things that are helpful to others. If this seems to be something that you are interested in then come on out and be a leader at DMS. You need to be ready to step out of your comfort zone and participate in planned activities.

Home Alone

Challenge: How can you become more responsible and more reliable 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 to your resume!

There is an additional \$20 fee which covers the cost of the Red Cross book.

Yearbook

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

This academy will allow students to plan, design, and publish the 2023/2024 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.

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.

Comic Art

Challenge: How can I use my creativity to develop and create an original cartooning character?

Come design, sketch, and develop an original comic cartooning character. In this class you will sketch and design your own comic book character while looking at different comic styles and techniques. You will understand the creative process and development of a cartoon from brainstorming to creating a final draft.

Zentangle Art

Challenge: How can I use my creativity to explore the unique designs of zentangles?

Discover the world of artistry through the design of Zentangles. Whether you are a seasoned artist or a complete beginner, this course is designed to unlock your creativity through the unique designs of zentangles.

Art - Sketching

Challenge: How am I able to explore my artistic side through sketching, while focusing on the Seven Elements of Art?

This course is designed to introduce students to the foundational principles of art through the practice of sketching and drawing. Students will focus on one or more of the Seven Elements of Art: line, shape, form, value, texture, space, and color. **Students will need their own sketchbook for this class.** If a student does not have their own sketchbook, one will be provided for them.

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 2nd and 3rd 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 6, May 29), and perform in the concert band. *Students will also have the opportunity to participate in the band trip at Camp Caroline for two nights (Feb 7-9) for a cost.* **Band is a full year commitment.**

Introduction To Ceramics

Challenge: How can I use clay to demonstrate my creativity and create functional pieces of art?

Discover the magic of clay in this academy class! Unleash your creativity as you embark on a hands-on journey into the world of pottery and sculpture. In this engaging course, students will learn the fundamental techniques of working with clay, from shaping and molding to glazing and firing. Explore your artistic potential, express your unique ideas, and craft beautiful, functional pieces of art. Join us in this exciting adventure where imagination meets craftsmanship, and where every student becomes a clay artist in the making!

Painting/Wire Sculpture

Challenge: How can I express myself artistically through painting and wire sculpture?

The option is centered around painting and wire sculpture and offers a dynamic and engaging exploration of artistic expression. In this course, students will delve into the vibrant world of painting, learning various techniques, color theories, and compositional elements to bring their imaginations to life on canvas. Additionally, they will embark on an exciting journey into the realm of wire sculpture, honing their skills in shaping and manipulating wire to create three-dimensional masterpieces. This class not only nurtures creativity but also encourages students to think critically about form, texture, and the fusion of different artistic mediums.

There will be a \$40 fee for this academy.

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. The school has a limited number of digital cameras available for students to use.

Stress Relievers - Art Edition

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

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, calming art/drawing (such as mandalas, sketch notebooks, painting, ceramics, calligraphy), journaling, self-care practice, and positive self talk. This option is all about relaxation, awareness, and art!

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**

GOG ~ "Great Old Games"

Challenge: Why did your grandparents spend so much time outside horsing around? How did they find enjoyable things to do when camping and without technology? Can you learn to be a good sport and follow "house rules"?

Have you ever wondered what people do when there is no Wifi or electricity? Have you ever wondered what your grandparents did for fun? This academy provides experiences with different selections of games including dice games, cards, outdoor games, picnic-type games, board games, and interactive games with friends. Some of the games include charades, anti-I-over, bocce ball, ladder golf, crib, rummy... There will be an opportunity to challenge peers, young and old with visits to the elementary school to teach the students a game and heading to the senior lodge to run a card tournament and a bingo afternoon.

Soccer

Challenge: How can I improve and develop my soccer skills and performance?

Come join whether you are a beginner player or a seasoned athlete! Students will participate in skills lessons and drills to further develop their soccer abilities. Students will participate in practices and scrimmage games against each other.

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.

Baseball and Softball

Challenge: How can I grow and develop my skills in baseball and softball?

The goal of this class is to grow and develop the fundamental skills for the game of baseball and softball. Students will be taken through not only physical skills but also some mental components to the game. Students who are interested should be experienced in the sport.

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**

Cooperative Games

Challenge: How can I use the multisport development belief to enhance my skills in sports

The goal of this class is to grow and develop the fundamental skills and strategies for team cooperative games. Students will be active participants in a variety of cooperative games.

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 grow and develop my skills in golf?

The goal of this class is to grow the interest in the sport of golf. Students will be taken to the local course to be exposed to the sport or to develop their already existing skills.

The fee for this Academy will be \$25.00

Rec Pursuits

Challenge: What activities and environments can I discover and enjoy to stay active?

This class will be used to seek out alternate ways to stay active, outside of our traditional activities. Be prepared to be both outside and inside, and most of all to BE ACTIVE! We hope to spend most of our time outside of the classroom, so be prepared to get outside! You will learn how to plan and prepare for activities in less popular environments.

Stress Relievers - Move It!

Challenge: How can I help to take care of my emotional and mental health, as well as, learn to self-regulate, and take care of and manage my emotions through physical activity?

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/anxiety/depression affect the brain and information and supports that are available. Activities and practices this option may include are breathing/calming methods, yoga, walking, running, games, sports, journaling, self-care practice, and positive self talk. This option is all about movement for relaxation and awareness!

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

Grizzlys Hockey Academy

Grizzlys Hockey Academy will be offered again this year in terms 1 & 2. Participants will commit to all academy periods 5-8 on Tuesdays and Thursdays for the term.

Please see the following page for pricing and information.

***Participants will need to complete the registration at the website listed on the flyer:**

<https://go.teamsnap.com/forms/398591>*



TRIUMPH SKILLS ACADEMY

GRADE 7 & 8

SPEED DEMON SKILLS PROGRAM

OUT-THINK * OUT-PACE * OUT-PLAY

The Triumph Skills Academy program will help grow a young player's game by exposing them to the most effective techniques and tactics to take their game to the next level. The Speed Demon Skills program is an all-encompassing execution plan for success in today's aggressive, attacking, and fast-paced game of hockey.

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

Term 1 - Oct 24 to Dec 14, 2023

Tuesday and Thursday - \$200

Term 2 - Feb 1 to Apr 4, 2024

Tuesday and Thursday - \$225

(No Academy on Non School Days)

*Facilitated By: Olds Grizzlys Coaches and Players

Register at:

<https://go.teamsnap.com/forms/398591>

For more information: 403-507-9167 or
email admin@oldsgrizzlys.com

