



## Middle School: 5th and 6th Grade Courses & Electives Catalog

### 5th and 6th grade MORNING CLASS OPTIONS

#### **AppMakers Academy**

AppMakers Academy is an introductory class designed to equip students with the essential skills to code their own mobile applications. This course takes students on a journey through the fundamentals of app development, covering key concepts such as block coding and user interface. Students will gain hands-on experience by creating functional prototypes. By the end of the class, students will have the knowledge and confidence to create working mobile apps of their own.

#### **Building Our Bridge To Success**

With the basics of glue and toothpicks, students will build a functioning bridge which will be tested for strength and durability. We will first discover what shapes, designs and structures are best suited to support the most weight. Through trial and error, research, collaboration and some teenage creativity, each student will design and build their own unique bridge. Our class will culminate with each of us testing our bridges pound by pound on the way to the ultimate goal of being able to support the max weight of 25lbs! Who's will be able to pass the test?

#### **Law and Order: Who killed Pikachu?**

Are you a true crime fan? Come help us solve a mystery! This course will require no prior knowledge and will include the science topics of chemistry, physics, and biology. You will use your observation skills, collect evidence, and run experiments to analyze ink, blood spatter, fingerprints, tire tread, glass density, flammability, and other keys that will help you solve the mystery. Help us catch a murderer.

#### **Make Your Own T-Shirt**

Did you ever wonder how they make t-shirts with your favorite logo or character or image? Or create and print designs on fabric? Or make posters? It's all done with Printmaking! This class will teach you how to do several different kinds of printing techniques: including silk screen, block print, mono print and multicolor prints. Your designs will be printed on many materials including wood! Walk away with your very own printed t-shirt!

#### **Minecrafting Sustainable House Design**

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

#### **Mini MarCom**

How would you like to be a part of the Marketing Department at MICDS and be in charge of all the Weekly News Stories, Instagram Pics, Tweets, Facebook posts, etc. about our Winter Term activities? If you like to run interviews, write stories, or take pictures, this is the course for you. By the end, you will be a published author or photographer!

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

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

### **RAMS can Swim!**

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

### **STOMP: Unleash Your Inner Rhythm**

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

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## **5th and 6th grade AFTERNOON CLASS OPTIONS**

### **Crossing Borders**

Let's travel! Participants of this course will have the opportunity to research cultures within the United States and around the world! They will research traditions, dress, foods, dance, and possibly connect with students at other schools and in other countries. Informal presentations will be given individually or in groups to share what they have learned. By the end of this course, participants will be able to share information on a new culture.

### **Fun with Sewing and Digital Poster Design**

In this exciting course, students will embark on a creative journey to learn the art of sewing and digital poster creation. Through hands-on activities and interactive lessons, students will develop foundational sewing skills while exploring the world of digital design. During the sewing portion of the course, students will learn essential techniques such as threading, pattern making, fabric selection, cutting and preparation, sewing stitches, assembling fabric pieces, adding patches, and finishing touches. They will create fun and functional sewing pieces. In the digital poster creation segment, students will discover the power of digital design tools and explore Canva to design eye-catching posters. Students will unleash their creativity to create visually captivating posters highlighting their sewing projects. At the end of the course, students will not only have acquired valuable sewing and digital design skills but also developed a sense of pride in their creations. They will gain confidence in their ability to express themselves artistically and understand the potential of combining traditional crafts with digital tools. Join us for a thrilling journey where sewing and digital art unite to create stunning results!

### **Humans of MICDS**

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

## **Maker**

Have you ever wanted to learn how to use power tools, 3D printers, laser cutters, CNC machines, vinyl cutters, or sewing machines? This is the place to do it! Maybe you already know how to use some or all of these tools and want to explore a project of your own, GREAT! By the end of the Maker course, participants will complete a project of your choosing using one or more of the tools described above. Can't wait to see you there!

## **The Science of Minecraft**

Students will explore multiple worlds in Minecraft: Education Edition, during which they will complete various chemistry and physics challenges. During the first part of the course, students will focus on chemistry by creating atomic models of various elements and compounds. Once complete, students will chemically react their pure substances to create new substances that they can use in their worlds. Students will also learn how to use Tynker to create atomic models that they can import into their Minecraft worlds and 3D print. After focusing on chemistry for some time, students will then turn to the physics of Minecraft. To do this, students will have the choice to create redstone contraptions or roller coasters by using their new knowledge of electricity and energy.

## **The Muggles of Messing**

Did your letter to Hogwarts never arrive? Check out Hogwarts MICDS-style this Winter Term. Get sorted into your house, and experience a variety of mini-classes inspired by those from Hogwarts. You'll practice a little bit of Herbology, History of Magic, Study of Ancient Runes, Care of Magical Creatures, and more!

## **Using Legos OR Minecraft to capture Historical Moments**

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

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

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

## **Wild About Animals!**

Embark on an exciting journey into the captivating world of animals! Dive into the wonders of the animal kingdom, gaining a deeper understanding of the diverse creatures that share our planet. This project-based course will use a blend of interactive lessons, hands-on activities, and captivating discussions, students will explore the fascinating aspects of domestic animal care, animal biology, behavior, ecology, and conservation.

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## **5th-8th Electives**

### **Audio Design Studio**

Music is everywhere and vitally important to how we interact with the world...from the ringtone on your phone, to the track that accompanies your favorite podcast, fast food ad, and movie. Don't believe me? Check out this video: <https://youtu.be/Tj-GZJhfBml>. During this elective, we will explore how audio is mixed and edited for personal and commercial use. You will learn how to design your own ringtones, mixtapes, and soundtracks.

### **Book It!**

Do you enjoy reading and wouldn't mind some extra time for it? Then come join us! It doesn't matter whether you like fantasy, science-fiction, romance, adventure, biography, mystery, or history... All genres are welcome! So grab your favorite book and come sprawl out in a chair, on the floor, or in a corner and settle in with whatever book interests you. By the end of this elective, it's highly likely you'll have finished an extra book or two.

### **Breakout Room Design**

Do you enjoy unlocking mysteries? Do you enjoy the challenge of answering clues? Breakout rooms, always known as escape rooms, are a popular activity for people of all ages. They encourage collaboration, communication, creativity, and critical thinking. They are also a lot of fun! Although breakout rooms are typically experienced in the "real" world with physical objects, they can also be enjoyed at school using lock boxes, clues, and locks - physical and virtual! In this class, you will learn how to design and build a breakout game.

### **A Brief, Fun History of the St. Louis Cardinals**

11 World Series Championships, 18 times in the World Series, and more than 20 players in the Baseball Hall of Fame... Come join this class on the incredible history of the St. Louis Cardinals and learn more about players such as Albert Pujols, Stan Musial, Bob Gibson, Ozzie Smith, and my all-time favorite, Willie McGee. Eat popcorn and Cracker Jack while watching exciting videos of the unforgettable 2011 World Series victory and even get on a Zoom call with a representative of the current St. Louis Cardinals baseball team -- possibly an announcer/broadcaster, a sportswriter or even a current or former player or coach! By the end of this elective, participants will have had a blast learning about the incredibly rich and exciting history of the St. Louis Cardinals baseball team!

### **Building With Blocks**

Do you love legos? Did you play with wooden blocks, Lincoln logs, or bristle blocks when you were younger? Are you curious about building with household items like sugar cubes and cereal boxes? In this elective, you will learn fundamentals of architecture so that you can build better. We will have design and building competitions, or you can stay in "creative" mode and apply your learning in free builds.

### **Card Sharks**

Get ready to take on your friends as opponents in exciting, strategic, traditional card games! During this elective you will learn how to play, strategize, and practice games like gin rummy, euchre, president, etc. By the end of this elective, participants will have the strategic thinking and understanding of new games to be considered a true card shark.

### **Couch to 5K Training**

Have you ever wanted to run in a race but you just don't know where to begin? In this elective we will begin the process of training for a 5K race (3.1 miles). It will be a gentle introduction to get the body moving and you will leave with a full plan to track your progress. Not only will you begin your running journey, but we will talk about setting goals, rest, recovery, and proper nutrition.

### **The Decorating Den**

Do you like to design, decorate, and make things a little "extra"? In this elective we will be using Mod Podge and various mediums to add a little spice to your everyday items. Let's get your creative juices flowing and give your vases, boxes, mugs, pictures frames, or whatever you choose, a little flair.

### **Dungeons and Dragons**

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

### **Eras Tour Ensemble**

Calling all Swifties! Want to learn how to play some beginner level Taylor Swift songs? Bring your guitar and capo and be ready to join the Eras fun. Participants should come with at least beginner-level guitar experience.

## **Football 101**

You'll have an opportunity to learn the basics of football! This elective will teach you every position on the football field, basic offensive schematics, basic defensive schematics, and even special teams (kicking plays)! By the end of this course/elective, participants will be creating a football play designed for a specific purpose.

## **Hands Games**

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

## **Hoop Challenges**

Like playing knock-out? Around the world? H.O.R.S.E? Or even 3-point contests? We do it all! By the end of this elective, you will have sharpened your hoop skills through a series of mini-games!

## **Instrument Design**

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

## **Leadership for Student Leaders**

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

## **Learn Ukulele!**

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

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

## **Mahjong**

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

## **Mankind: The Story of All of Us**

In this elective, we will view the History Channel's "Mankind: The Story of All of Us," an 8-part series highlighting the progression of the human race. We will watch and reflect on episodes covering: Inventors, Iron Men, Empires, Warriors, Plague, Survivors, Speed, and New Frontiers.

## **Monopoly**

Put your Monopoly skill and luck to the test by participating in various competitions.

## **The Music Listening Experience**

Bring a device and some headphones and come and relax by listening to some music. Suggestions for listening will be given so you can expand your horizons and possibly discover something new.

## **Open Art Studio**

Whether you choose Art Rage, clay or want to paint like Monet (Moh-nay), sign up here and put freedom in your day! Open studio time is to relax and unwind; it really is "one of a kind". Practice your skill or learn the tricks of the trade, come to the studio and your dreams will be made. By the end of this elective, you will be more creative for sure and find for your stress, art is a cure!

### **Origami Station**

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

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

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

### **Poddy Talk: Podcasts-n-School**

In this elective, students will seek out podcasts, and companion videos, related to academic subjects (guidance provided), and create reviews and a ranking system for teachers, parents, and peers to consider. We will also explore how to inject the use of podcasts at MICDS.

### **Puzzles and Games Unplugged**

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

### **Relax, Reset, Re-charge!**

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

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

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

### **Wake Up with Theater Games!**

Need to start your day with big movements and lots of noise? Warm-up your face, voice and body and then switch it up with your favorite theatre games.

### **Why Knot Fish?**

Join this elective on a quest to hook you on the art of fly-fishing. Participants will learn fly-fishing basics like knot tying, casting, and an understanding of fish habits and habitats from around the world.



## Middle School Winter Term: 7th and 8th Grade Courses & Electives Catalog

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

#### **The Little Mermaid - Disney Jr. Musical**

Life here is better, down where it's wetter, take it from me.... Over the course of our two week Winter Term we will learn, put together, and perform the Disney Jr. Musical: The Little Mermaid. Singing, Dancing, and Acting on stage will be the focus of our time together and by the end of the course, participants will PERFORM the musical in the Freeman Theater for students, teachers, and family members.

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

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

Interested in playing with and caring for children of all ages? In this course you will learn about children's needs at different ages, fun activities and games that are appropriate for children, how to market yourself as an awesome babysitter, and be trained in CPR! \*Note: training does not guarantee certification. Our time will be balanced between having fun (testing out different foods that are safe for children, planning and playing games, and interacting with children) and becoming well-informed as a babysitter (knowing how to change a diaper, being able to respond appropriately when a child is choking, and how best to support the parents of the children you are babysitting by completing household chores). By the end of Winter Term you will be in high demand by local families looking for excellent babysitters!

#### **Crossing Borders**

Let's travel! Participants of this course will have the opportunity to research cultures within the United States and around the world! They will research traditions, dress, foods, dance, and possibly connect with students at other schools and in other countries. Informal presentations will be given individually or in groups to share what they have learned. By the end of this course, participants will be able to share information on a new culture.

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

Do you enjoy learning about military battles and strategy? Do you enjoy learning about the causes and effects of wars? Do you enjoy watching historical documentaries and creating your own movies? This course will explore important wars that have impacted our world in the last few hundred years. Much of the course will focus on watching historical documentaries about these important wars. By the end of course, students will identify a war they want to study and create and produce their own documentary movie.

### **Fun with Sewing and Digital Poster Design**

In this exciting course, students will embark on a creative journey to learn the art of sewing and digital poster creation. Through hands-on activities and interactive lessons, students will develop foundational sewing skills while exploring the world of digital design. During the sewing portion of the course, students will learn essential techniques such as threading, pattern making, fabric selection, cutting and preparation, sewing stitches, assembling fabric pieces, adding patches, and finishing touches. They will create fun and functional sewing pieces. In the digital poster creation segment, students will discover the power of digital design tools and explore Canva to design eye-catching posters. Students will unleash their creativity to create visually captivating posters highlighting their sewing projects. At the end of the course, students will not only have acquired valuable sewing and digital design skills but also developed a sense of pride in their creations. They will gain confidence in their ability to express themselves artistically and understand the potential of combining traditional crafts with digital tools. Join us for a thrilling journey where sewing and digital art unite to create stunning results!

### **Game of Wars**

Why are some teams better than others (New England Patriots, Golden State Warriors, Tampa Bay Lightning, St. Louis Cardinals & Blues of course)? How could the success of these organizations be related to battle tactics used in war? Game of Wars will be a study of the connection between warfare tactics and athletic strategies. You will dive into various battle tactics from different wars while also engaging in discussion based around given athletic strategies strengths and weaknesses. You will have opportunities to develop leadership, communication, and collaboration skills while examining these strategies as a team. The final student product will be a combination of warfare proposal and football plays to use at MICDS.

### **Human Cheat Codes: Nutrition, Sleep, & Recovery**

This course will cover how to eat, sleep, train, and recover in order to perform optimally in the classroom and on the playing surface. Students will look specifically at what is offered for lunch at MICDS and how to make the best daily choices. Class project to team up with the nutrition staff on campus to help make/taste high nutrition value foods. Education about the benefits of sleep for cognitive and athletic performance. Education and experiential labs about proper recovery practices versus money grab gimmicks.

### **Humans of MICDS**

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

### **Intro to Debate**

Learn to win every argument, every time. Debate is the art of researching an argument, learning to defend and block attacks against it, as well attacking your opponent's argument. It teaches many valuable skills, and is a lot of fun. If you are interested in law, business, politics, marketing, sales, broadcasting, or any other career in which public speaking is important, consider this class.



### **K-POP Storytelling Across Media**

Who is Billie Love? Why does the Red Force need to be purified? What happened to the Nightmare Book? If you are unfamiliar with questions like these, you might be missing out on the rich storytelling worlds of contemporary K-Pop! In this course, students will explore the epic storyworlds of two major K-Pop groups through songs, music videos, fashion, and other media. Along the way, students will learn how K-Pop artists use different types of media to build a lore around their music and tell complex stories across their albums and performances. By the end of this course, students will develop an appreciation for the culture of K-Pop as they extend the world of a chosen K-Pop artist with a media presentation of their own set in that artist's storyworld!

### **Maker**

Have you ever wanted to learn how to use power tools, 3D printers, laser cutters, CNC machines, vinyl cutters or sewing machines? This is the place to do it! Maybe you already know how to use some or all of these tools and want to explore a project of your own, GREAT! By the end of the Maker course, participants will complete a project of your choosing using one or more of the tools described above. Can't wait to see you there!

### **The Science of Minecraft**

Students will explore multiple worlds in Minecraft: Education Edition, during which they will complete various chemistry and physics challenges. During the first part of the course, students will focus on chemistry by creating atomic models of various elements and compounds. Once complete, students will chemically react their pure substances to create new substances that they can use in their worlds. Students will also learn how to use Tynker to create atomic models that they can import into their Minecraft worlds and 3D print. After focusing on chemistry for some time, students will then turn to the physics of Minecraft. To do this, students will have the choice to create redstone contraptions or roller coasters by using their new knowledge of electricity and energy.

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### **Seldom Scene MS**

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

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

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

### **What Science? How Do Science?**

Have you ever wanted to prove to someone that your ideas are right and true? How would you like to always be the winner in an argument? Believe it or not, science is the perfect vehicle for knowing what is, and is not, true about reality. But what is 'knowing'? How do we know what we say we know? Ya know? What is truth, and are some truths truthier than other truths? Through a variety of interactive games and activities, students will learn about logic, logical fallacies, evidence based reasoning, and the scientific method. More importantly, students will learn how to think critically, instead of just memorizing a bunch of facts and calling it "science."

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

In this course, participants will explore the financial decisions made in adult life: choosing a career, college choices, buying or renting a home, paying taxes, saving for emergencies, and planning for retirement. Participants will learn the ins-and-outs of how to maximize their money and to win the game of life. By the end of this course, participants will have a solid understanding of adult financial decisions and be able to make informed choices with their own money.

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## **7th and 8th grade courses: AFTERNOON CLASS OPTIONS**

### **AppMakers Academy**

AppMakers Academy is an introductory class designed to equip students with the essential skills to code their own mobile applications. This course takes students on a journey through the fundamentals of app development, covering key concepts such as block coding and user interface. Students will gain hands-on experience by creating functional prototypes. By the end of the class, students will have the knowledge and confidence to create working mobile apps of their own.

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

Interested in playing with and caring for children of all ages? In this course you will learn about children's needs at different ages, fun activities and games that are appropriate for children, how to market yourself as an awesome babysitter, and be trained in CPR! \*Note: training does not guarantee certification. Our time will be balanced between having fun (testing out different foods that are safe for children, planning and playing games, and interacting with children) and becoming well-informed as a babysitter (knowing how to change a diaper, being able to respond appropriately when a child is choking, and how best to support the parents of the children you are babysitting by completing household chores). By the end of Winter Term you will be in high demand by local families looking for excellent babysitters!

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### **Character Creation - 10 Hundred Style**

Calling all artists! This class is designed around the work of the artist Ten Hundred. He makes really cool, very colorful, 2-dimensional art. In this course, we will use his work to inspire our own personal expressions. We will draw and paint, using pencils and paint OR any art generating programs that work for this. At the end of these 2 weeks, you will have improved your drawing, painting and/or tech skills, developed your creative process, made a piece of artwork, had lots of fun and thanked yourself Ten Hundred times for taking this course!

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

Have you ever wanted to design costumes or props for a musical? Have you ever wanted to create them? This class is for you! We will work with the musical group (Little Mermaid) and create costumes and props for their production. We will learn how to design and create costumes, and build props with various materials. Walk away with your first IMDb credit!

### **Intro to Debate**

Learn to win every argument, every time. Debate is the art of researching an argument, learning to defend and block attacks against it, as well attacking your opponent's argument. It teaches many valuable skills, and is a lot of fun. If you are interested in law, business, politics, marketing, sales, broadcasting, or any other career in which public speaking is important, consider this class.

### **K-POP Storytelling Across Media**

Who is Billie Love? Why does the Red Force need to be purified? What happened to the Nightmare Book? If you are unfamiliar with questions like these, you might be missing out on the rich storytelling worlds of contemporary K-Pop! In this course, students will explore the epic storyworlds of two major K-Pop groups through songs, music videos, fashion, and other media. Along the way, students will learn how K-Pop artists use different types of media to build a lore around their music and tell complex stories across their albums and performances. By the end of this course, students will develop an appreciation for the culture of K-Pop as they extend the world of a chosen K-Pop artist with a media presentation of their own set in that artist's storyworld!

### **Law and Order: Who Killed Pikachu?**

Are you a true crime fan? Come help us solve a mystery! This course will require no prior knowledge and will include the science topics of chemistry, physics and biology. You will use your observation skills, collect evidence, and run experiments to analyze ink, blood spatter, fingerprints, tire tread, glass density, flammability, and other keys that will help you solve the mystery. Help us catch a murderer.

### **Mini MarCom**

How would you like to be a part of the Marketing Department at MICDS and be in charge of all the Weekly News Stories, Instagram Pics, Tweets, Facebook posts, etc. about our Winter Term activities? If you like to run interviews, write stories, or take pictures, this is the course for you. By the end, you will be a published author/photographer!

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

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

### **RAMS Can Swim!**

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

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

### **STOMP: Unleash Your Inner Rhythm**

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

### **What Are My Rights as an American?**

In the United States can I say what I want in a public space -- even if most people disagree with it or find it offensive? Why do I have the right to practice any religion that I want --- or follow no religion at all? (Or why can I create my own religion if I want to?) What is the 2nd Amendment and why does it allow me to own a gun(s)? Can the police come into my house and search for illegal items without a reason? Why should a suspected criminal have rights such as "You have the right to remain silent, anything you say can and will be used against you in the court of law....."? Why does a suspected criminal have the right to a trial by a jury of their peers? If you value the rights/freedoms granted to you in the U.S. Constitution, this Winter Term course is for you!

### **What Science? How Do Science?**

Have you ever wanted to prove to someone that your ideas are right and true? How would you like to always be the winner in an argument? Believe it or not, science is the perfect vehicle for knowing what is, and is not, true about reality. But what is 'knowing'? How do we know what we say we know? Ya know? What is truth, and are some truths truthier than other truths? Through a variety of interactive games and activities, students will learn about logic, logical fallacies, evidence based reasoning, and the scientific method. More importantly, students will learn how to think critically, instead of just memorizing a bunch of facts and calling it "science."

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

In this course, participants will explore the financial decisions made in adult life: choosing a career, college choices, buying or renting a home, paying taxes, saving for emergencies, and planning for retirement. Participants will learn the ins-and-outs of how to maximize their money and to win the game of life. By the end of this course, participants will have a solid understanding of adult financial decisions and be able to make informed choices with their own money.

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## **5th-8th Electives: CHOOSE 5!**

### **Audio Design Studio**

Music is everywhere and vitally important to how we interact with the world...from the ringtone on your phone, to the track that accompanies your favorite podcast, fast food ad, and movie. Don't believe me? Check out this video: <https://youtu.be/Tj-GZJhfBml>. During this elective, we will explore how audio is mixed and edited for personal and commercial use. You will learn how to design your own ringtones, mixtapes, and soundtracks.

### **Book It!**

Do you enjoy reading and wouldn't mind some extra time for it? Then come join us! It doesn't matter whether you like fantasy, science-fiction, romance, adventure, biography, mystery, or history... All genres are welcome! So grab your favorite book and come sprawl out in a chair, on the floor, or in a corner and settle in with whatever book interests you. By the end of this elective, it's highly likely you'll have finished an extra book or two.

### **Breakout Room Design**

Do you enjoy unlocking mysteries? Do you enjoy the challenge of answering clues? Breakout rooms, always known as escape rooms, are a popular activity for people of all ages. They encourage collaboration, communication, creativity, and critical thinking. They are also a lot of fun! Although breakout rooms are typically experienced in the "real" world with physical objects, they can also be enjoyed at school using lock boxes, clues, and locks - physical and virtual! In this class, you will learn how to design and build a breakout game.

### **A Brief, Fun History of the St. Louis Cardinals**

11 World Series Championships, 18 times in the World Series, and more than 20 players in the Baseball Hall of Fame... Come join this class on the incredible history of the St. Louis Cardinals and learn more about players such as Albert Pujols, Stan Musial, Bob Gibson, Ozzie Smith, and my all-time favorite, Willie McGee. Eat popcorn and Cracker Jack while watching exciting videos of the unforgettable 2011 World Series victory and even get on a Zoom call with a representative of the current St. Louis Cardinals baseball team -- possibly an announcer/broadcaster, a sportswriter or even a current or former player or coach! By the end of this elective, participants will have had a blast learning about the incredibly rich and exciting history of the St. Louis Cardinals baseball team!

### **Building With Blocks**

Do you love legos? Did you play with wooden blocks, Lincoln logs, or bristle blocks when you were younger? Are you curious about building with household items like sugar cubes and cereal boxes? In this elective, you will learn fundamentals of architecture so that you can build better. We will have design and building competitions, or you can stay in "creative" mode and apply your learning in free builds.

### **Card Sharks**

Get ready to take on your friends as opponents in exciting, strategic, traditional card games! During this elective you will learn how to play, strategize, and practice games like gin rummy, euchre, president, etc. By the end of this elective, participants will have the strategic thinking and understanding of new games to be considered a true card shark.

### **Couch to 5K Training**

Have you ever wanted to run in a race but you just don't know where to begin? In this elective we will begin the process of training for a 5K race (3.1 miles). It will be a gentle introduction to get the body moving and you will leave with a full plan to track your progress. Not only will you begin your running journey, but we will talk about setting goals, rest, recovery, and proper nutrition.

### **The Decorating Den**

Do you like to design, decorate, and make things a little "extra"? In this elective we will be using Mod Podge and various mediums to add a little spice to your everyday items. Let's get your creative juices flowing and give your vases, boxes, mugs, pictures frames, or whatever you choose, a little flair.

### **Dungeons and Dragons**

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

### **Eras Tour Ensemble**

Calling all Swifties! Want to learn how to play some beginner level Taylor Swift songs? Bring your guitar and capo and be ready to join the Eras fun. Participants should come with at least beginner-level guitar experience.

### **Football 101**

You'll have an opportunity to learn the basics of football! This elective will teach you every position on the football field, basic offensive schematics, basic defensive schematics, and even special teams (kicking plays)! By the end of this course/elective, participants will be creating a football play designed for a specific purpose.

### **Hands Games**

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

### **Hoop Challenges**

Like playing knock-out? Around the world? H.O.R.S.E? Or even 3-point contests? We do it all! By the end of this elective, you will have sharpened your hoop skills through a series of mini-games!

### **Instrument Design**

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

### **Leadership for Student Leaders**

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

### **Learn Ukulele!**

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

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

### **Mahjong**

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

### **Mankind: The Story of All of Us**

In this elective, we will view the History Channel's "Mankind: The Story of All of Us," an 8-part series highlighting the progression of the human race. We will watch and reflect on episodes covering: Inventors, Iron Men, Empires, Warriors, Plague, Survivors, Speed, and New Frontiers.

### **Monopoly**

Put your Monopoly skill and luck to the test by participating in various competitions.

### **The Music Listening Experience**

Bring a device and some headphones and come and relax by listening to some music. Suggestions for listening will be given so you can expand your horizons and possibly discover something new.

### **Open Art Studio**

Whether you choose Art Rage, clay or want to paint like Monet (Moh-nay), sign up here and put freedom in your day! Open studio time is to relax and unwind; it really is "one of a kind". Practice your skill or learn the tricks of the trade, come to the studio and your dreams will be made. By the end of this elective, you will be more creative for sure and find for your stress, art is a cure!

### **Origami Station**

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

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

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

### **Poddy Talk: Podcasts-n-School**

In this elective, students will seek out podcasts, and companion videos, related to academic subjects (guidance provided), and create reviews and a ranking system for teachers, parents, and peers to consider. We will also explore how to inject the use of podcasts at MICDS.

### **Puzzles and Games Unplugged**

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

**Relax, Reset, Re-charge!**

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

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

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

**Wake Up with Theater Games!**

Need to start your day with big movements and lots of noise? Warm-up your face, voice and body and then switch it up with your favorite theatre games.

**Why Knot Fish?**

Join this elective on a quest to hook you on the art of fly-fishing. Participants will learn fly-fishing basics like knot tying, casting, and an understanding of fish habits and habitats from around the world.