

North Shore Middle School
Grade Eight
Academic Program Guide

E³



2017-2018

Rigorous Learning, High School Readiness!

Dear Parents,

We believe that a robust academic program challenges students to think deeply about what they are learning, inspires students to seek out new ideas, and prepares students for the challenges the outside world offers. In talking to parents, teachers, and students in our community, our values about education become abundantly clear. We want our children to excel as:

- **Communicators**
- **Collaborators**
- **Thinkers**
- **Problem solvers**
- **Innovators**
- **Individuals committed to themselves and others**

With that in mind, our teacher's work throughout the school year and over the summer to carefully design curriculum and units of study aligned with the New York State Common Core Learning Standards and the specific abovementioned values held by our unique North Shore community. All of this work occurs under the leadership and direction of our administrative team, with an eye towards enriching and enhancing the quality of student learning throughout our school.

If you have questions about any of our programs, please feel free to contact any member of our administrative curriculum team at **277-7301** as follows:

Principal Curriculum Leader: Robert Dennis

Humanities Teacher Leader: Seth Gordon

STEM Teacher Leader: Amy DiMeola

Director of World Languages and ENL: Ana Aguiar-Mady

Director of Fine & Performing Arts: Dalia Rodriguez

Curriculum Leader for Family & Consumer Science: Rachel Green

Asst. Director Special Education: Joseph Kistingner

Director of Health & Physical Education: Don Lang

***STEM** stands for Science, Technology, Engineering, & Mathematics

We are proud of the academic program our school offers your children. We want North Shore Middle School to be a place where learning is challenging, joyful, and inspiring for our students. At the same time, we always strive to improve the quality of our work with your children and we are eager for your feedback and comments. As you continue your journey with us, please do not hesitate to reach out to me directly if you are experiencing anything less than what is described within the pages of this academic program guide.

Sincerely,

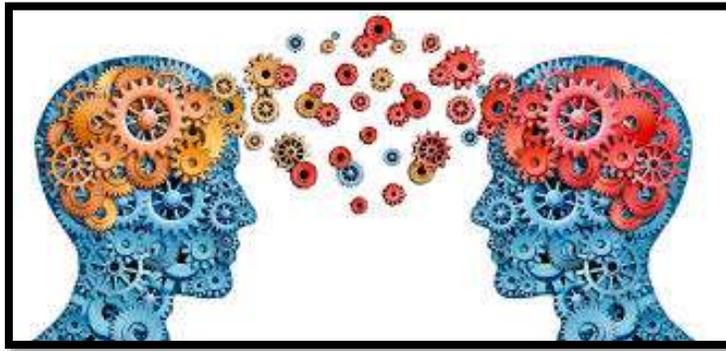
Mr. Robert Dennis, Principal

Everyone Matters, Everyone Cares, Everyone Learns!

Table of Contents

Grade 8 Program Overview.....	4
The Academic Core.....	5
Regents Living Environment.....	5
Regents Algebra.....	5
English 8	5
Social Studies 8	5
World Languages	6
Music, Physical Education & Wellness	7
Grade 8 Enrichment Elective Program	8
Science & Math Electives	8
Technology & Engineering Electives	9
Humanities Electives	11
Family & Consumer Science Electives	13
Fine Arts Electives.....	14
Performing Arts Electives	15
Health & PE Electives	16
Additional Programming & Student Services	17
Enrichment	17
Academic Support Services	17
Homework Center	18
Lunch & Learn	18
Morning Support	18
Extra Curricular Activities	18

Grade Eight Program Overview



“Rigorous Learning, High School Readiness!”

Our grade 8 program recognizes the significant developmental growth of our middle level students and is designed to challenge our students to take on high school credit bearing coursework in a caring and supportive middle level atmosphere. As such, we continue to organize students onto teams and we continue to focus on grade level essential questions that will prepare our students to be: **Communicators, collaborators, thinkers, problem solvers, innovators, and individuals committed to themselves and others.**

In addition, we are well aware of the demands that our high school IB program will present to our students when they move from middle school to high school. As a result, we purposefully gear our curriculum and approach to teaching grade eight students in a manner that focuses and supports the IB Learner Profile. IB learners are:

- Inquirers
- Knowledgeable
- Thinkers
- Communicators
- Principled
- Open-minded
- Caring
- Risk-takers
- Balanced
- Reflective

In addition, It is our goal to support our students in moving on from our middle school successfully passing three high school level courses: Regents Algebra, Regents Living Environment, and level I High School Language.

We also want our 8th grade students to be excellent readers, writers, and communicators, guaranteeing their success in high school and beyond.

This is why our theme for 8th grade is simple and to the point, ***“Rigorous learning, high school readiness!”***

THE ACADEMIC CORE



Living Environment: All of our students take the **NYS Living Environment Regents** exam at the end of grade eight. To prepare for this, students are provided with 62-minute periods for Science every day in 8th grade. The goal of our program is not only to push all of our students towards mastery of the science content but also to help students better understand the world around them, how their bodies work, and that the study of Science is unbelievably exciting!

Algebra: Our 8th grade students take the NYS Common Core Algebra Regents exam at the end of grade eight. To prepare for this, students are provided with 62-minute periods for Math every day in 8th grade. The goal of our program is to push our students towards mastery and to help students see how mathematics is part of the world around us. If students gain a strong foundation at this level, it will show when students take on Geometry and Algebra II at the high school level.

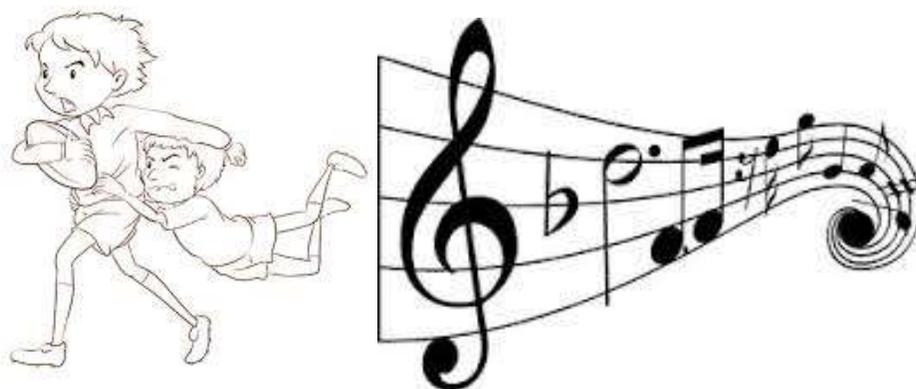
ELA 8: In their last year at the middle school, we push our students to read and write as much as possible, focusing on analytical skills, comparative skills, and the ability to develop and support strong arguments with evidence from the texts they read. We continue our work with the Teachers College Reading and Writing program but with an eye and additional focus on preparing our students for the rigor of high school level English classes. Therefore, we push students to write as much as possible while in school but increasingly push them to write and read more at home. Our teachers still provide coaching and mentoring for 8th grade readers and writers but since our ELA periods

are 41-minutes we expect students to seek out individual conferences to further advance their reading and writing skills. Student readers will engage in critical reading of non-fiction, open genre book clubs, short stories, dystopian literature and various other challenging texts. We are also committed to teaching writing and research skills through literary essays, feature articles, historical fiction and argument based writing to further develop their voice and craft. It is our belief that the more students are given a voice and greater autonomy to research, read, and write about things they care about in middle school, the better prepared they will be for a life of reading, writing, communicating, and success!

Social Studies 8: In the US History from the Civil War to the Present students learn how our nation rebuilt after the Civil War, underwent an industrial revolution and progressed through a series of social, political and economic reforms and ultimately became a major influence in our world today. Students will look deeply at our past to understand our present, focusing on issues of social justice, government & politics, foreign relations & war, and the role economic policies played in shaping our world. By incorporating the New York State Common Core shifts for Social Studies, it is our goal to engage in student centered learning practices where reading, writing, and research skills are fostered and American history is “uncovered” through student inquiry and the interpretation primary and secondary sources. We also want our students to understand their role as active citizens in our government and how their voices can make a difference at the local, state, national, and international levels. Social Studies 8 meets every day in 41-minute learning periods.

World Language 8: Provides our students with the opportunity to communicate in the target language (French, Italian, Latin, Mandarin and Spanish) through interpersonal speaking and writing, presentational speaking and writing and interpretative reading and writing. The goal of our World Language 8 program is to celebrate all that students have learned thus far by pushing their thinking and communication skills further. Our challenging curriculum requires that students speak in the target language, make connections to their community and the world, and become more global-minded, as they learn about cultures other than their own. Students take the FLACS A Proficiency Exam at the end of the year and will be ready for our high school Level II course in ninth grade. World Language 8 meets daily in 41-minute learning periods.

MUSIC, PE & WELLNESS



Physical Education 8: Students participate in PE every other day for 41-minute periods in grade 8. Units of study are congruent with the NYS Physical education program, focusing on team sports, individual sports, and healthy living through a wide range of athletic exercise routines.

Music 8: Students have the opportunity to take music every other day for 41 minutes in one of four areas: Band, Orchestra, Chorus, or Digital Music. Each course is unique and focused on the National Music Standards, promoting musicianship, music appreciation, and creativity in the arts. Students are encouraged to participate in a variety of music opportunities outside of the school day such as Jazz Band, Chamber Orchestra, and the Chamber Choir. Students in Band, Orchestra, and Chorus also participate in two to four different concerts throughout the school year.

Wellness 8: All students participate in this quarter long class as the final part of our middle school health curriculum. Wellness 8 meets for 45 consecutive days, for 41-minute periods. Students learn about sexually transmitted diseases, the effects of drugs and alcohol on adolescent brains, and the poor decision-making that usually goes hand in hand with these at risk behaviors. Students also learn about diseases associated with poor eating habits as well as the negative impact of tobacco use. As students progress through their final year in middle school, our goal is to arm them with as much information as possible to make the wisest decisions possible as they head towards high school.

GRADE 8 ENRICHMENT ELECTIVES



8th Grade Elective Program: As a specially designated C-2 Status School, students at North Shore Middle School are able to select 3 different 45-day elective courses in 8th grade. The belief here is that when students are provided with the autonomy to select a course of interest, their engagement levels skyrocket. In addition, we feel that our 8th grade students are more able to choose courses that match their interests in a variety of fields such as Music, Art, Health, Family & Consumer Sciences, STEM, and the Humanities.

Furthermore, each elective course is designed with a focus on future careers or skills needed to succeed in our 21st century world, enabling our students to live as: **Communicators, collaborators, thinkers, problem solvers, innovators, and individuals committed to themselves and others.**

STEM Elective Courses

Microbes, Disease & the Human Body: During this advanced biology class, students will be enriched by exploring human body systems and examine how the body responds to diseases. We will investigate the history of human biology and research famous diseases that have made an impact in history. We will learn basic microbiology techniques, such as culturing bacteria and Gram Staining for microscopic identification. Student will give oral presentations of their findings and participate in bioethical debates and Socratic Seminars.

Science Research: Do you want to enter the Long Island Science Fair? This is the class for you! During this Science Enrichment elective, students will be challenged by investigating scientific experimental design and learn research methods. Students will complete an independent science research project. In doing so, they will learn to define independent and dependent variables, construct hypotheses, carry out controlled experiments, analyze data and use their graphing skills to make valid conclusions. Students will conclude this elective with an oral presentation of their research as well as a presentation of a research poster board. Students may choose to continue their research and enter LI Science Congress and/or LI Science and Engineering Fair held in the spring.

STEM Investigations: In the words of Albert Einstein, “Failure is success in progress.” Throughout this hands-on course, serious math and science students will incorporate mathematical understandings with scientific investigations as they experiment and challenge what we believe about natural phenomena. Through what material does sound travel most effectively? Do pavement cracks follow a specific pattern? These are a few questions STEM Investigation students have tested and deliberated – join this course and find out what we will test out next! Our investigations will be driven by the mindset of a STEM thinker as we “*Build, Create, Destroy, Explore, Design, and Solve.*” Students will be required to utilize technology, public speaking skills, and data analysis to share and argue the outcomes of each investigation. If you enjoy challenging yourself in math and science, this course is for you!

Computer Design Workshop: This course which is part of the national middle school Project Lead the Way engineering curriculum will introduce students to 3D computer solid modeling using state of the art graphic design software. Students will learn how to solve design and construction problems by creating realistic three dimensional models using a computer as your drawing board and pencil. The images created by students will look so real that they will seem as though you could pull them off the computer screen. Students will learn how to sketch out solutions to problems, develop images on a computer and eventually produce a set of plans and build models in the technology classroom that look as though they were produced by professional architects and engineers. This class will be held in our computer-learning center located in the technology lab.

Engineering and Structures: Why do most buildings stand up for long periods of time? Why do they sometimes fall down? Why do some houses look beautiful inside and out while others do not? In this course students will use the computer as their drawing board and design a house using the software program 3D Home architect. Students will play the role of architect and design their own fully furnished dream house on the computer. You will learn about architectural plans, exterior and interior design concepts, foundation, framing, plumbing and electrical systems. All students will learn how to safely use the basic hand and power tools located in the technology lab and construct a small-scale model of one of the rooms in their dream house. Students will also act as engineers and learn about different types of structures such as bridges and skyscrapers and eventually design, construct and test a small bridge that they created in class. The class will be held in our computer-learning center located in the technology lab.

Inventors Workshop: Have you ever wanted to invent something of your own? Design it, draw it, and then build it? Well then this is the course for you!

We focus on mechanical advantages and utilize the six simple machines to achieve group-oriented goals. We follow in the steps of American cartoonist Rube Goldberg, an absolute genius when it came to making a seemingly simple operation the most humorous, outlandish, and complicated event. We design, draw, and then produce “Rube Goldberg” devices utilizing the six simple machines to develop a maze of operations triggering one another to complete a secret final task. Other projects involve gears and gear ratios to maximize the speed of electric motors to race “Speed Demons” which are student designed and built wooden racecars.

Robotics and Automation: Welcome to the high tech. world of the 21st century. This course which is part of the national middle school Project Lead the Way engineering curriculum will introduce students to the fascinating world of robotic design and automation. Students will solve every day simple engineering problems by building models, machines and gadgets using Fischer-Technik (*high tech LEGOS*) supplies and equipment. Students will learn how to work with different types of mechanical devices such as gears, levers, pulleys and motors to simulate machines such as robotic arms, elevators, sorting, storage, and conveyer belt systems. All devices will be controlled by student designed simple user friendly computer software programs that will operate sensors, motors and other electrical and mechanical devices (*really cool stuff*). This class will be held in our computer learning center located in the technology lab.

Transportation and Vehicles: This course which is part of the national middle school Project Lead the Way engineering curriculum will introduce students to 3D computer solid modeling and model building using state of the art graphic design software and the tools in the technology lab. Students will learn about different types of current transportation systems and then design air-powered dragsters and magnetic levitating vehicles on the computer and eventually build their individual designs in the technology lab. The dragsters will be powered by compressed air and race down a drag strip at 30 mph! The magnetic levitating vehicles will float effortlessly down a track powered by a small electrical motor. Besides using the computer as your drawing board, all students will learn how to safely use the basic hand and power tools located in the technology lab. The class will be held in our brand new computer-learning center located in the technology lab.

Viking Explorers: ***Please note this is a HALF YEAR ELECTIVE COURSE.** This year, dive into underwater exploration and become part of the team that designs, builds, and drives underwater robots. Explore your local waterways; see the unseen; discover Long Island, your home, like never before.*

Viking Explorers is a science and technology collaboration with an emphasis on Long Island waterways. The foundation of the course is based on underwater robotics and environmental education and preservation. While

the direction of the course is student-lead, the basic elements include design and construction of underwater ROV's, exploration into local environmental and political issues affecting our natural habitat, and using technology and engineering to positively influence the health of our local waterways. It is recommended that students enrolling in this course be self-motivated, have a strong interest in STEM, be an effective collaborator and also be flexible with adopting other roles and tasks beyond the builder; writer, researcher, data analyzer, manager of multimedia and more.

Humanities Elective Courses

Creative Writing: Find Freedom in Your Words! What makes us write? What inspires us? What inhibits us? How can writing liberate us? This course is not about conclusions, thesis statements, citing evidence, etc. This course is about YOU and finding yourself as a writer! Students will explore their writing through a writing notebook. The course is designed for students to understand themselves as writers and consider meaningful ways of writing. Students will begin in a writing notebook and, through various stages of the writing process, complete a final creative writing piece.

Dystopian/ Sci-Fi Book Club Elective: Do you love to read? Do you have a favorite author? Do you love to discuss and debate? The Book Club elective is designed for students who want to spend more time reading, discussing books, and exploring titles and genres that are of interest to them. All levels of readers are invited to join Book Club, where we will choose a book to read together over the course of the semester. The teacher will facilitate and participate in book club discussions, however, this is a course that is designed to be student-led—from choosing the book title for the course, to leading the discussions during class.

I Love History! World War 2: This class is for history lovers that can't get enough! This class spends more time examining the people, events, leaders and decisions that made World War 2 a defining moment in world history that still impacts our world today! You will get a much more in-depth look into history than ever before by reading books, watching movies and studying the moves that won the war!

Justice: What's the Right Thing To Do? This course will use philosophic ideas of human nature, civic virtue and moral decision making and apply them to our everyday world. We will debate such topics as affirmative action, the selective service act, drone warfare, the death penalty, immigration policy and more. We will learn how our opinions on these issues relate to principles of the Enlightenment and our views of how our country and world should be. The course work will also be based on the most popular course at Harvard University, Professor Michael Sandel's, Justice: What's the Right Thing To Do?

Mindfulness: Do you find yourself frequently stressed or anxious? Do you find your mind racing with everything you deal with each day? Do you wish for quiet breaks during the school day, or a way to clear your head and recharge for the rest of your day? Consider signing up for the mindfulness elective, a judgment-free place where you can learn how to practice feeling present in each moment and how to give your mind a rest.

***National History Day Project:** Do you love history? Do you want to create a project that can win a local, state or national award? Well, this course is for you. In this course students will explore a major theme in history by conducting research and designing a final project that will compete in a school-wide competition. Winning entries will be showcased and entered into the Long Island History Day competition at Hofstra. Students will choose their own research topics, read related books, write a research paper and may create either a documentary, tri-fold exhibit, website or create a group acting/singing performance to showcase their learning and research. Students will meet with a National History Day advisor at different times throughout the year to refine research and prepare the final project. To learn more about this course, check out the National History Day Website <http://nhd.org>.

Newsroom: Have you watched the news and thought, “I would like to do that when I grow up?” Why wait? Start today! Do you want to be a sports reporter, political reporter, news anchor, weatherman, or do the local news? This course is for you. Here you will work on creating a video newscast where you create the feature stories!!

Pop Culture of the 20th Century: This course is designed for students who would like to expand their knowledge of 20th century American history and culture by studying the art, music, books, movies, television shows and celebrities that helped shape and define a generation. From Marilyn Monroe to Madonna; from The Public Enemy to The Breakfast Club; from “Leave it to Beaver” to “Seinfeld”/“Martin”; from “Rock Around the Clock” to “Smells Like Teen Spirit”; these are people, movies, television shows and songs that changed the way Americans looked, felt and thought. This course is designed for those students who are looking to expand their knowledge of history and their understanding of American culture today.

Presidential Power: The Personalities and Politics of the Executive Branch- Since the creation of the Constitution, each presidential administration has brought a different perspective of what the American presidency should be. This class will serve to analyze the ever changing history of the presidency from the nominating process, to foreign and domestic policies. We will study how many Constitutional Principles and world events have helped shape presidential decision making. The course will also address issues of war and peace and how both power and politics have helped the presidency evolve.

Public Speaking: TED TALKS: When you speak, do people listen? After taking Public Speaking, they certainly will! Whether you want to be a politician, a news anchor, or simply someone who knows how to persuade an audience, this course is for you. In this class you will learn the skills necessary to speak in public with command and charisma. This course aims to develop students' skills and confidence in the areas of public speaking, debate, research, and creative performance through performances, and other public speaking activities in a low pressure, joyful environment. Students will develop their own speeches, arguments, and presentations for the purpose of practicing and enhancing their ability to use their voice to inform, teach, inspire, and call others to action!

Social Media: Social media has become a dominant force in today's communication world. Twitter, Facebook, Snapchat, Instagram and many more play an important role in our society. In this class you will examine how others use social media, how you can use social media tools effectively and the ethical and social issues that are involved with social media posts. You will learn to be a critical consumer and creator of social media that thinks before hitting SEND!

Viking Voice Newspaper: Would you like to write for a newspaper as a political writer, sports reporter or have your own editorial? Would you like to create your own comics, crosswords, cartoons, blogs or write for social media? Did you ever wonder what it takes to be a journalist? In this class you will learn the art of journalism and develop your voice and interests by contributing articles and editorials for our online student newspaper, the *NSMS Viking Voice!*

Family and Consumer Sciences Electives

Crafty Creations: Do you have the makerspace mindset? Do you enjoy using skills that you have learned in FACS over the years? Do you appreciate the concepts of repurposing, reusing, and upcycling old stuff? If so, this class is for you! Design, create, work with your hands, and turn trash into treasure! Turn a favorite old t-shirt into a keepsake pillow...use your old bed sheet to sew a new pair of pajama pants...weave a basket out of magazines...make plastic bags into yarn and then use the yarn to make anything you desire! The possibilities for DIY (do it yourself) creations are endless! Why not harness the power of creativity and craftsmanship while making our world a cleaner place? Student creativity is at the very heart of this course!!!

Cooking: Did you know about 50% of the sugar we consume is hidden in processed foods and excess sugar increases our risk for disease? By cooking your own food instead of buying pre-made food, you decide what does into

your food. Are you interested in taking control of what goes into your body by creating your own delicious food? If so, this class is for you! In this course, students will have the opportunity to explore the world of healthy eating while working in the kitchen. Most class sessions will be devoted to labs where students learn a variety of food preparation techniques used for breakfast, lunch, dinner, snack, and dessert recipes.

Baking: In this course, students will explore many different techniques that will introduce them to the science, skill, and creativity involved in baking. Students will learn how to bake a variety of goods ranging from muffins, to soft pretzels, to cakes...all from scratch! This course is ideal for anyone with interested in a culinary career or who enjoys expressing their artistic side through food. Most class sessions will be devoted to labs where skills and creativity are evaluated and then, of course, taste tested.

Fine Arts Electives

Studio Art: Please note this is a FULL YEAR ELECTIVE COURSE.

This course meets the high school prerequisite for upper level art classes. Students experiment with the media and techniques used to create a variety of two and three dimensional artworks through the development of skills in drawing, painting, printmaking, collage, plaster and clay. Students practice, sketch, and manipulate the structural elements of art to improve mark making and/or the organizational principles of design in a composition from observation, research, and/or imagination. Through the critique process, students evaluate and respond to their own work and that of their peers.

2D Design: Drawing, Painting and Printmaking Learn to draw and paint what you see. Discover the “tricks of the trade” that will help you to create the illusion of depth. Sharpen your eyes to see the amazing color, line and texture all around you. Learn the skill of manipulating space, creating colors and tonal values. Throughout this course, students will build on the skills and concepts previously learned, by exploring various two-dimensional techniques. Possible mediums include: Acrylic paint, Tempera paint, Pen and Ink, Mono-printing, Charcoal, Pencil, Oil Pastel, Linoleum cutting, and Rubbings.

Fired Up! Intro to Ceramics: Ceramics is the art form of working with clay that is air dried and fired at very high temperatures. Students will continue to deepen their understanding of the elements of art, while exploring the medium of clay. In this class, students will create hand built projects and have the opportunity to work on the potter’s wheel. In addition, students will experiment with a number of glazing techniques. This class will provide students with the opportunity to express themselves three dimensionally and create unique ceramic pieces of art!

3D Design: Experimental Sculpture: Create extraordinary pieces of art Work with exciting materials such as clay, metal, plaster, wire, and sand. Develop creativity and problem solving skills. Mold, carve, assemble and cast incredible pieces of art. Concentrating on art as a reflection of society, students will investigate the indigenous art of cultures from around the world, enhance their knowledge of the elements of art, and develop important problem solving skills.

Digital Photography

This course will help students understand the fundamentals of digital photography, while deepening their understanding of the elements of art and principals of design. Four areas of instruction will be emphasized: How cameras work, how composition works, how lighting works, how to use Adobe Photoshop editing software. Students will learn photography using digital cameras and computers and produce an accomplished portfolio of work. Say Cheese!

Performing Arts Electives

Theater Workshop: Did you ever go to a play, see a movie, or watch a TV show and think... "I can do that!" Well, here is your chance to find out. Students will spend ten weeks learning the basics of monologue reading, scene acting, stage movement, blocking, and directing, all while gaining greater confidence in public speaking skills and having fun!

Electronic Music Production: Have you ever wondered what's going on behind the DJ table? What are all of those lights and switches? What are they using those computers for? How do they make those crazy sounds? The computer age has opened up a new frontier in the music world. Today, a single person can create a recording that makes millions start dancing, while live sound production has created hundreds of specific jobs at every concert you attend. In this class we will use Multitrack Recording Software, iPads, MIDI keyboards, as well as live sound equipment like mixing boards, microphones, amps and speakers to complete projects that inspire your own creativity, while learning about the hardware and software of music composition and sound production as well as the important people and events which have paved the way for the music that we hear today. Expect to publicly perform a class electronic composition, and have the experience of working live sound during concert season!

Music of the Globe: Are you an "air drummer" or a "table tapper"? Do you find yourself wondering what *other* instruments are out there with which to make music? In this performance ensemble, we will harness the power of your internal rhythm machine to explore the music of various cultures from

around the world including Ghana, Mali, India, and the Caribbean. You'll learn to play more than 6 different instruments in the first week of class, and from there, the sky is the limit! This class will include a group performance at one of either the Winter or Spring concerts. You'll begin to hear the influence of traditional music from around the world in today's pop, and create your own original music.

Rock Band 8: Also known as Rock Academy, this 10-week elective culminates in a **live performance**. We'll prepare a rocking set, working together to learn about what it takes to form a band, making group decisions (like repertoire and arrangement) as well as rehearsal and improvisation techniques. All instrumentalists and singers welcome, no matter what instrument. This class will require some practice at home.

Health and Physical Education Electives

Honors/Advanced PE: This class is designed for the **outstanding physical education student** who wants to play hard and win. Indulge in large game activities such as football, basketball, soccer, ultimate games, or team handball. As an **honors physical education student**, be prepared to go outside at any time of the year –winter, spring, or fall! All students who enroll in this class must have an A+ running average in PE as well as teacher recommendation.

Yoga: An Experience for the Body and the Mind. Experience the rich benefits of yoga with this therapeutic and balanced yoga class. This class will introduce you to various types of yoga, as well as the benefits of different forms of yoga. Develop flexibility, strength, and a deepening awareness of one's inner self. Come relieve the stress of daily life while learning postures and proper breathing techniques.

Insane Fitness is a course designed for all students looking to increase their physical fitness, improve their athletic ability and learn the cutting edge techniques of the exercise community today. Utilizing a mix of Insanity, CrossFit, yoga, P90X and tried and true ways to increase muscle, this course will work for all levels of physical conditioning and help the students develop lifelong habits of physical fitness.

Basketball Training: In this course students of all basketball abilities would be given the opportunity to enhance and develop their basketball skills. Students would learn the essential fundamentals of basketball. Students enrolled in this course will learn cutting-edge basketball workouts and drills. This course is for all students, of any ability, who have a love for basketball and are interested in enhancing their skills.

ADDITIONAL PROGRAMMING & STUDENT OPPORTUNITIES

Enrichment Services: While our middle school does not have dedicated Enrichment specialists, as is the case in our elementary school system, we do provide a wide range of enrichment opportunities for our students. We strongly believe that the best approach to enriching a student's learning experience at the middle level is by differentiating instruction within the context of a given classroom. In English, teachers will push students to read the most challenging books and will also provide individualized coaching to push students as writers. In Social Studies, our teachers will provide a wide range of choices and opportunities as students complete a variety of challenging research projects throughout the school year. In math, students are pushed to explore problems with "low floors and high ceilings," in other words problems that have entry points for all learners and can be taken to complex levels of thought. In Science, student lab experiments and projects are open-ended experiences that allow students to take their work to any level. If students are willing to take on enrichment challenges, our teachers are eager to provide and support them.

By providing enrichment services in this manner, students who are ready for a challenge, at any given time in their academic career, are afforded the opportunity to do so. If you feel your child would benefit from additional enrichment opportunities or services, please contact your child's guidance counselor to discuss available opportunities in the appropriate subject area (277-7303).

Academic Intervention Services: We want all of our students to be successful learners within our school. At different times, students may need additional support. We offer academic support services for struggling students on an as needed basis. We use teacher feedback, student grades, or NYS assessment scores to determine which students need support in certain subject areas. If you feel your child needs support but is not getting the support they need, please contact your child's guidance counselor immediately (277-7303) so we can set up a meeting to discuss the wide range of support options that your child may need. A few ways we can support your child are as follows:

Homework Center: For students that need additional help with homework, we offer a homework center after school on Monday through

Thursday from 3-4pm. This center is staffed by one teacher and two teaching assistants and provides students with a level of support that allows students to be successful in completing their homework. Parents should contact their child's guidance counselor to determine if this type of service is appropriate.

Lunch & Learn: For students not doing homework or completing assignments, we have a lunch and learn program. Students falling behind are "invited" to bring their lunch to a classroom staffed with a teaching aide. They can complete assignments on their own or with guidance from the teaching aide.

Morning Support Classes in ELA & Math: In February, we provide students with midterm assessments in each subject area. Students that do poorly on their ELA or Math assessment are offered the opportunity to come in one morning a week to get additional Math or ELA support.

Algebra & Living Environment Morning Support: Grade 8 Students that fail the Algebra midterm or Living Environment Midterm exam are provided with morning support classes two times per week for 41 minutes through the June Regents exam.

EXTRA CURRICULAR ACTIVITIES: In addition to our after school athletics program, grade seven students are encouraged to participate in a wide array of after school clubs and activities. A club fair is held after school during the second week of school for the purpose of sharing with students the variety of activities available to them. Below is a list of most activities that will be available to our eighth grade students:

StagE3 (Drama Club)	Viking Voice (Newspaper)	Yearbook
French Club	Spanish Club	Italian Club
Mathletes	Science Olympiads	Math Olympiads
Rocketry Club	Chess Club	Mock Trial
Club		
Student Government	Art Club	Builders Club
Chamber Choir	Chess Club	Gay Straight Alliance
Morning Chorus	Jazz Band	Jam (rock & roll) Club
	Chamber Orchestra	Organic Gardening
Robotics	School Store Club	Ski Club
Technology Club	Science Research Club	