

See the Term 2 Enrichment offerings below. Please use the selection form found at the following link to make your choices:

https://docs.google.com/forms/d/e/1FAIpQLScB7VHfODx3c764n_46rvJENTom-fHbsVQozungg2xSKRYCEA/viewform?usp=sf_link

HALF MORNING COURSES

H1 - LOVE OF LANGUAGES: Want to learn a new language? Maybe you're trying to learn one right now, but you can never seem to find the time to practice? Join other language-learners in the Duolingo Language enrichment! Whether you are trying to learn Spanish, German, Korean, or a completely different language, this is the place for you! Each week you will have time to individually practice your language using Duolingo, but we will also explore the culture of your chosen language through movie scenes, music, and food! (Shaffer)

H2 - FASHION DESIGN: Do you have an eye for fashion? Do you love reading fashion magazines, blogs, etc. or find yourself dreaming up outfits in your head? Well this may be the course for you! We will be exploring the elements and principles of fashion design and different fashion trends throughout various decades. As we gather inspiration, you will have various opportunities to apply your knowledge through the creation of mood boards, collages, design sketches and your own fashion portfolio. You will need to have/bring your own sketchbook. (Marees)

H3 - MYTHS AND MONSTERS: Do you love Greek and Roman myths? Or maybe you're more interested in Japanese legends or Norse stories? No matter what kind of mythology you're interested in, Myths and Monsters is the group for you! This enrichment explores mythologies from around the world. We'll discuss heroes and monsters, read legends, explore Norse runes, and dive into a mythology of your choice. (Shaffer)

H4 - IMPROV GAMES: Would you like to develop your acting skills in a fun and spontaneous environment? Improv Games Enrichment offers an exciting opportunity to practice acting spontaneously with others and have a lot of laughs! We'll learn the techniques of improvisation by engaging in entertaining acting games without the need for memorization, script, sets, or rehearsal. Be prepared to erupt in laughter! (Norbraten)

H5 - SEW AMAZING: Unleash your creativity in this sewing enrichment! Explore the art of sewing. You will learn how to sew using our brand new sewing machines, by hand and have the opportunity to learn embroidery as well. Choose from an array of projects, including a trendy pencil case, a cozy rag quilt, vibrant wall hangings, a stylish tote bag, a personalized pillowcase, or even your own fashionable scrunchies! The options are unlimited. No previous sewing or embroidery experience required. There is a **\$10 fee** for materials and fabric. (McCabe)

H6 - CANYON CUP CREW: Ron Firebird needs you! Join the Canyon Cup Crew and plan and run events as part of the CMS inter-community competition tradition! From kindness initiatives, weekly theme competitions, community fundraisers, intramurals, and the Canyon Cup Olympics - you will be at the centre of the action. Plan and help run the Canyon Cup as part of the CREW! (Klinger and Hayhurst)

H7 - YOGA: If learners enjoy yoga and flexibility work then this course is an opportunity to improve your yoga practice and experience new poses and postures. This course consists of both seated and standing poses and movements. There are four sections to this class. 1. Warm Up. 2. Standing Postures. 3. Floor and Finishing Postures. 4. Relaxation and Mindfulness. Learners do not need any yoga experience to be successful in this course. There will be professional guest instructors as well! (Klinger)

H8 - GUITAR!: Do you want to learn to play the guitar? Join us for these introductory lessons with Noel Wentworth from Wentworth Music. Noel is an accredited music teacher with his Licentiate in Music Teaching. Each week, learners will gain knowledge and practice a combination of popular guitar basics including: chords, strumming, picking, tablature and basic sight reading. Learners must have their own guitar and must be willing to practice at home throughout the week - the school has several available to borrow. There is a **\$80 fee to cover the instructor's time**. (Bourdon)

H9 - JEWELRY 101: Channel your creative energy by learning how to design and create your own jewelry. Learn how and when to use different pliers, how to use wire and beads to create almost anything you can imagine and how to do basic jewelry repair from someone who had their own jewelry making business for over 10 years! Mrs. Hidalgo created jewelry for everything from weddings to everyday wear and is excited to learn about different styles as well! Feel free to bring old or broken jewelry you'd like to reclaim or repair! **Fee of \$10** for supplies. (Hidalgo)

H10 - 3D MODELING AND PRINTING: Embark on an exciting adventure in 3D printing! In this hands-on course, students will learn the fundamentals of 3D printing technology, from designing their own creations using computer software to bringing them to life with a 3D printer. Through interactive lessons, students will grasp the principles of modeling and slicing, gaining practical skills in transforming digital concepts into tangible objects. Join us as we explore the innovative world of 3D printing, sparking creativity and unleashing the power of imagination! **There is a \$5 fee for materials** in this enrichment. (Withers)

H11 - SPILL THE TEA AND WRITE: Get cozy, sit down, enjoy some tea and just write. Join other promising creative writers in attempting the impossible.. the world's greatest story. Let go of writing assignments and start writing from your soul! In this enrichment, we will explore who you are as an author and allow your words to take you where you want to go. Use your peers and your teacher to get feedback to grow. Let's travel the world together through story! (Irwin)

H12 - CLAYMATION: Let's create and pose characters in clay, then animate them in short videos! We'll learn skills for clay sculpting and modeling, wireframe animation basics, stop-motion animation using digital tools, and some basic principles of keyframe-"tween" animation sequences. If you like *Chicken Run*, *Wallace & Gromit*, or *The Nightmare Before Christmas*, this class is for you! (Wells)

H13 - WARHAMMER: Join us on an epic journey into the realms of strategy and miniature warfare in our new Warhammer enrichment! Students will delve into the captivating universe of Warhammer, where they'll learn the rules of the game, assemble and paint intricate miniature armies, and engage in thrilling battles on imaginative landscapes. Join us for a dynamic and engaging exploration of tabletop gaming that combines skill, artistry, and the joy of commanding armies in a fantastical world! **\$20 fee** for supplies/figures. (Withers)

H14 - ALL SPORT: Want to get active and try something new each week? Want to develop your skills, fitness and knowledge beyond the sports you already play? In 'All-Sport' the focus will be on fun and participation by all as we explore a variety of activities, which could include badminton, pickleball, volleyball, soccer, handball, cricket, basketball, moshball and/or a field trip (possibly skating or bowling). Come learn some new sports that will keep you active for your whole life! (Fecht and Hayhurst)

H15 - AMIGURUMI CROCHET: Make toy or keychain versions of your favorite animals, characters, or Pokémon. These are fun to collect, and make great gifts that friends and family will treasure. Amigurumi-style crochet is a great hobby for people who love cute things, or anyone who likes to work with their hands. (Wells)

H16 - STRENGTH AND CONDITIONING: Improve your mental and physical health! Learners will be introduced to a variety of strategies that will improve their knowledge base in the world of fitness. Open to both novice fitness enthusiasts, and experienced high-level athletes. We will focus on optimal movement patterns, mobility/flexibility practices, basic nutrition knowledge, recovery techniques and injury prevention. Learners will be active every week, and need to wear appropriate PHE clothing and bring water. Participants will be taught how to properly use barbells, dumbbells and kettlebells in a variety of movements. (Greer)

H17 - MINECRAFT BUILDERS: Gaming can be fun...and educational! If you join the Minecraft enrichment session, you will enjoy one of the most successful video games of all time, while also building your knowledge and skills in a variety of different subject areas. Through cooperation and competition, you will tackle challenges and problems while you explore and build a virtual world. Please consider bringing your own mouse for the optimal experience! (Banting)

H18 - MAKING CENTS OF MONEY: Money, money, money! We all need it, we all want to make it, and we want to keep as much of it as possible! Come on out and learn about earning money, saving money, managing your money well, smart spending, investing your money, debit/credit cards, and debts/loans. Activities include weekly challenges, online activities, and online games. Students will take part in a simulated investing challenge where they build their portfolio and (hopefully) watch it grow. There will be a cash prize for the winner that they can use to invest in the real world! (Fecht)

H19 - CHESS: Want to learn how to play chess, or improve the skills you already have? This is a great way to learn, play and refine your skills. Come join Chess! (Mahan)

H20 - DANCE FOR BEGINNERS: Learn to dance – Ballet, Jazz, Hip-Hop, and more! This term, we will be covering the absolute basics of a variety of dance styles, taught by teachers and expert guest instructors. Newbies are welcome and encouraged! Come move to the music and have fun! (Dewolff)

H21 - FRENCH FUN: Bienvenue! French Fun Enrichment is an opportunity for students to immerse themselves in French culture and cuisine with a focus on learning to communicate in French. This course will promote enthusiasm towards the enjoyment of learning French language and culture. As students at CMS will have intensive 6 week blocks of French at some point in the year, this is an opportunity to have fun with French before, during, or after their scheduled French weeks. (Henderson)

H22 - YEARBOOK: Have you ever dreamed of being a magazine editor? You can help design and create our CMS Yearbook! Have fun taking photos, writing articles, and using special software to share our story. If you like graphic design, interviewing others, photography, and you are willing to commit to something big, join Yearbook! (Irwin)

H23 - INTERIOR DESIGN: Are you a creative kid that has an eye for design? Do you love decorating spaces and moving furniture around? Here is your opportunity to learn more about Interior Design. In this course, you will be learning trends in design, how to make a floor plan, design a space for a “client”, arrange furniture and so much more! (Marees)

H24 - KNITTING AND MACRAME BASICS: Come and learn how to knit a cozy project! In this course, students will learn the basics of knitting including how to cast on, knit, purl and finish projects. We will start with a very basic project to master the skills and then students will be given a chance to choose a project of their own, which is suitable to their skill level. There will be all new macrame projects to take on! (Micklos)

H25 - SING!: Learn to sing in this brand new music enrichment! This term, we will explore vocal control, breathing, pitch, rhythm, harmony, and enunciation. This enrichment will culminate in a final singing performance if students wish, with songs chosen by students. (Dewolff)

H26 - VIDEO PRODUCTION: Have you ever wanted to produce, film, and edit your own videos? If so, the Video Production Enrichment is for you! This workshop is an exciting opportunity for you to express yourself creatively, collaborate with others on fun and exciting projects, and develop skills involving technology and filmmaking. (Norbraten)

H27 - CODING BASICS: Do you want to learn and experiment creating animations and games using block coding? You will be introduced to 'block' coding and gain some introductory skills using Scratch, Code.org and others. You will also get a chance to interact with a micro:bit, which is a programmable device that allows you to get hands-on with coding and digital making. The goal is for you to take risks, teach and learn from one another, and most importantly, have fun creating and exploring! (Dean)

H28 - BASKETBALL: Get set for the basketball season by building your skills and challenging your friends to be the best baller you can be! Outside professional coaches will help develop your game and leave you ready to take on LeBron. (Taylor and Ellis and Outside Coaches)

H29 - CATAN CLUB: Picture yourself in the era of discoveries: after a long voyage of great deprivation, your ships have finally reached the coast of an uncharted island. Its name shall be Catan! But you are not the only discoverer. Other fearless seafarers have also landed on the shores of Catan - the race to settle the island has begun! Spend your morning playing Settlers of Catan and build your skills of collaboration, achieving consensus and executing a strategy! Beginners and experts are welcome. (Harvey)

H30 - CREATIVE LETTERING: Grab your sketch-book and learn how to **LETTER**. We will explore the art of typography. We will doodle and play with special letter techniques. We'll try our handwriting, calligraphy and transform our favorite quotes into digital art. Using sample pages full of fun lettering styles and decorative touches, we will create written art and dream up our own designs. Let's get TRENDY! (Harvey)

H31 - ANATOMY OF AN ACTION SPORTS FILM: Dive into the exhilarating world of action sports films in this course where students will explore the unique and thrilling genre of action sports. This genre of films captures the intensity and beauty of extreme athletic endeavors such as surfing, skateboarding, snowboarding, mountain biking, and more! This dynamic and engaging class is designed for film enthusiasts, action sports lovers, and anyone passionate about the fusion of adrenaline-pumping action and cinematic storytelling. In this class, students will get the opportunity to build an in-depth understanding of the action sports film genre, learn about different cinematic techniques, examine narrative structure in film, participate in analysis of different films, and get the chance to create their own action sports film. Whether you're an aspiring filmmaker, sports enthusiast, or film critic, this course offers a unique opportunity to explore the intersection of athleticism and cinematic storytelling! (Irwin)

FULL MORNING COURSES

F1 - SKATING SKILLS: Come experience the thrill of gliding over the ice with the wind in your hair! Students will participate in 8-one hour sessions at Capital News Centre. Instruction will be provided by a certified coach of 20 years experience for the first 30 minutes of each session, and students will be able to skate freely during the second 30 minutes. Students will be introduced to correct posture, c-cuts, starts, stops, strides, pivots and turns. All participants must come prepared with a CSA approved helmet, ice-skates (available for rent at the facility), and appropriate activewear. This is a great way for beginners to build confidence on the ice, or for intermediate skaters to build their skills, in a setting with lots of space and no other skaters!

There is a fee of \$120 for this enrichment to cover transportation and ice-time rentals.

(Nichols)

F2 - FIRST AID - LEVEL ONE: First aid is a valuable life skill - you can help save a life! In this course you will take part in a level one first aid certification course. Topics will include CPR, recognizing and managing spinal injuries, managing and treating minor wounds, use of AEDs (automatic external defibrillator), and everything else needed to help others when they need it most. Certification is a useful tool for future jobs and volunteer positions. There is an **\$80 fee to cover course materials and certification by an outside instructor with experience as an EMT and Firefighter.** (Mansley)

F3 - MAD BATTERS: Do you like cooking shows? Do you like baking desserts? Maybe you like art, or maybe you just want an excuse to have dessert before dinner? In this class we will be diving deeper into skills required for making advanced cakes and confectionery (sweets) with a focus on the visual aspects of cooking and baking. While initial recipes will be chosen by the teacher to teach fundamental skills, recipe selections will be chosen with student input, with more freedom for student choice and interest. **There is a \$40 fee to cover the cost of extra ingredients, materials, and required tools.** (Magliocchi)

F4 - KARATE: Looking to try the art of karate? Want to learn the techniques and discipline of a highly respected and recognized martial art? Learn Traditional JKA Karate from World level instructor Sensei Paul Atkin at the Kelowna Karate & Fitness dojo. Classes are specifically designed for middle school age and level to create the perfect environment to be successful. At the end of the course, students have the option of taking a belt exam - there is an extra fee for the belt exam process (\$45). There is an extra waiver to be signed from the dojo, and there is a **fee of \$150 to cover the cost of classes/instruction and transportation.** (Stephen)

F5 - SOCCER - INDOOR: Do you love the beautiful game? Some call it soccer, and around the world it's called football, but no matter what you call it, come out and play with us! From beginner to competitive, come learn new skills, level up the skills you have, sharpen your technique, work on some speed and agility and play in scrimmages. Soccer boots and shin guards are suggested, but athletic gear (runners, athletic clothing) at a minimum are mandatory. Classes will be run indoors at the Capital News Centre fields with instruction by teachers with university and professional (Vancouver Whitecaps Women's Team) experience. **Fee of \$90 to cover transportation and field rentals.** (English and Buchan)

F6 - OUTDOOR EDUCATION: Want the best of both indoor and outdoor adventure? Enjoy the beauty of the Okanagan in winter, with a refreshing full morning hike or snowshoe, and a delicious hot chocolate to go! On alternate weeks, we will head to Gneiss Indoor Climbing Gym, where we will learn the sport of rock climbing from experienced instructors (4 lessons). Proper footwear and clothing (boots, jackets, hats, gloves) are required for the outdoor component of this course and students should be prepared to spend the entire morning outside. There is a **\$85 fee to cover 4 sessions (transportation and instruction)** at the climbing gym and 2 offsite hikes. Students are encouraged to bring or borrow their own set of snowshoes for outdoor days, however the school will have some spares to borrow if you don't have some. (Rubuliak)

F7 - NINJA ACADEMY, PARKOUR AND GYMNASTICS: Think fast - move fast! How do you get from point A to point B as creatively and efficiently as possible? PARKOUR! This enrichment course will give you an opportunity to improve your agility, strength, and endurance by training in gymnastics & parkour exercises. You will practice making quick decisions by navigating through obstacles that require you to run, jump, climb and get creative! It's time to overcome your fears, mental barriers and develop a deeper understanding of your own abilities! All skills and activities will be led by professional and certified gymnastic instructors from *Kelowna Gymnastix* and *Ninja Academy* in their facilities. **Cost of \$100** to cover 7 weeks of admission/coaching and transportation costs. (Watamaniuk and Brooks)

F8 - MYSTERY THEATRE: Do you love mystery movies and plays? Create, rehearse and perform a creepy cool mystery play in this exciting performance-based class that concludes with an afternoon and evening performance on March 6. Full mornings. All students registered need to be available for Wednesday rehearsals and for our performance on March 6. The session includes a field trip/workshop and a cast party after our performances. Cost **\$25**. (Gratz)

F9 - HEALTH AND SELF: Many of you have heard the phrase "Life is a journey, not a destination." Well, the same applies to your health, it's a journey to being healthy, and healthy habits are formed at a young age. Sign up to go on a journey towards physical and mental health in a supportive and motivating group on trips to Sweat Studios (for three different types of experiences) and Pranify Yoga. Learn new ways that you can take care of yourself and build up your fitness, nutrition knowledge and practice mindfulness while feeling empowered on your journey. This will be a great way to learn new skills to become in control of your health and fitness and build self-confidence along the way. Classes will be led by professional trainers/instructors certified in functional fitness/yoga for younger humans! Cost: **\$120** to help cover transportation and instructor honorariums/admission fees. (Sikic)

F10 - FUSION ART: Studio art meets culture! This will be an opportunity for students to continue developing their artistic voice through exploring new and unconventional art materials including clay, natural art materials, painting, drawing, printmaking and collage. (Buchanan and Gregson)

F11 - TRADES SAMPLER: Do you want to be a builder, home renovation expert or other tradesperson? This enrichment explores various trades skills where students will learn basic framing techniques, Pex plumbing applications, electrical wiring, exterior finishing, and interior finishing methods. Projects include building a small-scale version of a wall and floor which will have plumbing and electrical run through the framing. If time permits, the walls will be finished with exterior cladding and interior trim. Let's learn how to build! There is a **\$30 fee** for materials. (Ross)

F12 - HORSIN' AROUND: Students will travel to Roundabout Barn to take part in a unique training experience. This is a special opportunity for students to learn about proper horse care, equipment maintenance, and practice riding techniques. One of the many benefits students can gain from working with and caring for an animal can be an improved sense of responsibility, building healthy habits and confidence and problem solving. This is an outdoor enrichment, students must be prepared to wear appropriate clothing, and footwear to get dirty! Students will be working with a local farrier and horse trainers to clean stalls, care for horses and learn about horse health and anatomy. Riding instruction will be in the arena, on a lead with the instructor with mandatory helmet use. **\$120 fee** to cover the cost of the riding instruction component and transportation. (McClean)

F13 - MOTORHEADS: Come out and explore how engines work! Be a part of an enrichment that takes students to the OKM automotive shop to dig into small engines, engine models, and everything else covered in oil! Get ready to work alongside fantastic teachers and mentor students as you learn to take motors apart, put them back together and, hopefully, have only a few extra pieces leftover. Vroom! Fee of **\$40** to cover transportation costs. (Bennett)

F14 - BIG BUDDIES: If you love working with younger students, have a dream of working with children as an teacher or early childhood educator, then join us as we pair with our feeder Elementary schools to build relationships with a group of little buddies! We will work at developing lessons and learning activities, visit our partner Elementary schools, and spend time working with our little buddies to build relationships and have fun as we learn together. At the end of our Enrichment term, our little buddies will visit CMS for a wrap up middle school experience. Help build relationships and have fun! (Watson and Aujla)