

2024-2025 REGISTRATION GUIDE



Highlands Intermediate School
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Notice of Language Assistance

If you have difficulty understanding English, you have the right to receive language assistance at no cost to you. Please contact your school's principal for more information.

(Traditional Chinese / 繁體中文) 如果您理解英語有困難，您有權得到免費的語言幫助。請聯繫您的學校校長以獲得更多信 息。

(Simplified Chinese / 简体中文) 如果您理解英語有困難，您有權得到免費的語言幫助。請聯繫您的學校校長以獲得更多信息。

(Japanese / 日本語) 英語の理解に困難を える方は、無料で言語支援を受ける権利があります。詳細につきましては学校長にお問合わせください。

(Hawaiian / 'Ōlelo Hawai'i) Ina pilikia oe i ka hoomaopopo i ka olelo Pelekania, he kuleana no kou e lawelaweia oe i ke kokua olelo me ka uku ole. E hui kuka me ke poo kumu o kou kula no kekahi ike hou aku.

(Korean / 한국어) 영어를 이해하는데 어려움이 있는 경우, 무료로 통역 지원을 받을 권리가 있습니다. 더 자세한 정보는 학교장에게 연락하십시오.

(Chuukese / Kapasen Chuuk) Ika epwe weires ngonuk omw weweiti fóós un Merika, mi wor omw pwúúng omw kopwe angel aninnisin aweween fóós esapw kame. Kose mochen kékkéeri ewe meinapen ewe sukkun (Principal) ren tichikin pworausau.

(Ilokano / Ilokano) Nu narigat mo a maawatan ti Ingles, karbengam nga umawat ti tulong ti lenggwahe ket awan bayad na dayta a serbisyo. Para ti kanayonan nga impormasyon, mabalin a kontakem ti prinsipal ti eskwelaan yo maipanggep iti dayta a serbisyo.

(Samoan / Gagana Samoa) Afai e faigatā ona ē malamalama i le Igilisi, e i ai lau aiā e maua ai le fesoasoani tau gagana e aunoa ma se tupe e te togoti ina. Fa'amolemole fa'afeso'ota'i le pule o lau aoga mo nisi fa'amatalaga.

(Tongan / Lea faka-Tonga) Kapau 'oku faingata'a ke mahino kiate koe 'a e lea faka-Papalangi, 'oku 'i ai ho' o totonu ke ke ma'u ha tokoni fakatonulea 'ikai totongi. Kataki 'o fetu'utaki ki he puleako ki ha toe fakaikiiki ange.

(Tagalog / Tagalog) Kung nahihirapan kang Intindihin ang Ingles, karapatan mong makatanggap ng tulong para sa lenggwahe at libre ang serbisyong Ito. Para sa karagdagang impormasyon, maari mong kontakin ang prinsipal ng iyong paaralan tungkol sa serbisyong Ito.

(Cebuano / Sugboanon) Kon kamo adunay kalisud sa pagsabut sa Iningles, naa moy katungod sa pagdawat sa tabang sa pinulongan nga walay gasto kaninyo. Palihog kontaka ang prinsipal sa inyong eskwelahan alang sa dugang nga impormasyon.

(Vietnamese / Tiếng Việt) Nếu quý vị thấy khó khăn trong việc hiểu tiếng Anh, quý vị có quyền nhận được sự hỗ trợ ngôn ngữ miễn phí. Vui lòng liên hệ hiệu trưởng của trường quý vị để biết thêm thông tin.

(Spanish / Español) Si tiene dificultad para entender Inglés, tiene derecho a recibir asistencia lingüística sin costo alguno para usted. Comuníquese con el director de su escuela para obtener más información.

(Marshallese / Kajin Majôl) Elaññe ejabwe am melele kajin Pāille, ewōr am jimwe ñan jibañ ko ikijien ukok ilo ejelok wōnen. Jouj im kōjjelāik lok principle eo an jikuul eo am ñan melele ko rellap lok.

HIGHLANDS INTERMEDIATE SCHOOL

Vision Statement

All Highlands Intermediate School graduates will be responsible and productive citizens that can adapt to a constantly changing world.

Mission Statement

All Highlands Intermediate School staff will:

- provide rigorous instruction and relevant learning opportunities.
- develop self-awareness through college and career exploration.
- promote a sense of community and personal growth.

School Identity

All staff and students embrace the characteristics of a COLT.

- C - Creative
- O - Optimistic
- L - Loyal
- T - Tenacious

Highlands Intermediate is known for its:

- Pre-Academy Program
- STEM initiatives
- diverse array of electives
- parent & community partnerships

Highlands Intermediate School was constructed in 1959 in the midst of a growing suburb and is located directly off the H-1 Freeway. Highlands Intermediate School was accredited by the Western Association of Schools and Colleges in July of 2017.

Students have equal access to courses, programs, and services of this school without regard to gender, ethnicity, national origin, sexual orientation or disability. Federal law requires this school to enroll non-immigrant alien students.

HIGHLANDS INTERMEDIATE SCHOOL
Summary of the Academic Program

Highlands Intermediate School’s academic program as regulated by the Board of Education for all Intermediate/Middle schools in Hawaii include:

Grade 7

Language Arts
 Integrated Social Studies
 Math
 Interdisciplinary Science
 Academy Wheel
 Study Skills
 Global Electives: 1 year OR
 2 semester courses

Grade 8

Language Arts
 Social Studies
 Math
 Interdisciplinary Science
 Academy Course
 8th grade Academy Seminar
 Global Electives: 1 year OR
 2 semester courses

Global Elective Courses – For 7th Graders

Year Courses

Beginning Band
 Beginning Chorus
 Beginning Ukulele

Year Courses

SciOly/HOSA Dir Research
 Expl in Media Prod A/B
 Reading Workshop

Semester Courses

Intro to General Art
 Intro to Crafts

Academy Courses – For 8th Graders

Culinary Arts, Health Services, Leadership

Culinary
 Education and Leadership
 Health Services
 Tourism & Hospitality

Business & Design

Explorations in Media
 Fashion Design
 Graphic Design
 Music Production

Technology & Design

Aquaponics
 Computer Systems
 Marine Science
 STEM8
 Wood Work

Global Elective Courses – For 8th Graders

Year Courses

Beg Band
 Inter Band*
 Beg Chorus
 Inter Chorus*
 Inter Ukulele*
 Leadership Training

Year Courses

Body Conditioning A/B
 Intro to Japanese A/B
 Advanced Media C/D*
 Yearbook*
 SciOly/HOSA Dir Research*

Semester Courses (Choose 2 = 1 Year)

Intro to Crafts and Design
 Intro to Art and Design
 Gen Art A
 Physical Ed (PE)
 Body Conditioning A
 Team Sports
 FACS (Basic Cooking)
 School Service*(counselor’s sign)

***requires a teacher signature (see description)**

Program Changes

Program changes will be very difficult to make once registration is completed. Program changes will be made only for the following reasons:

1. Special classes offered in the year; for example, SMC.
2. Computer/clerical error.
3. Changes in IEP.

Promotion Guidelines

Highlands Intermediate School's promotion policy requires students to pass all courses in order to be promoted to the next grade.

Special Programs

Highlands Intermediate School is a public school and therefore has an obligation to provide a program of studies for all students.

Special Education Programs

The school offers a Special Education Program for students who may struggle with a variety of disabilities. Students may be enrolled in a range of settings as listed below:

- Mainstream-General courses taught by the general education teacher.
- Inclusion-General courses taught by the general education teacher and a special education teacher in a grade level class.
- Resource-Modified general courses taught by a special education teacher.
- Fully Self-Contained-Courses taught by a special education teacher that focuses on the various skills and concepts necessary to build a basic foundation for independence. This may include Daily Living Skills Instruction and/or Community-Based Instruction.
- Deaf and Hard of Hearing-Coursework available for students who, due to their disability and communication mode (sign language), are unable to access and/or complete the course requirements without specialized assistance.

EL Program

Highlands provides services to English Learners (ELs) to help our non-English speaking and limited-English speaking students with their academic work and language acquisition. Services are available after test results for proficiency in English and the student's first (native) language identifies the need for such services. Non-English speaking students may be placed in our EL classes.

Honors Program

Highlands offers an Honors program in math for high-performing students who seek a more demanding math curriculum. Entry into the Honors program requires the student's current math teacher to complete the Honors Application Form and meet a scoring criteria for each grade level.

CSAP Program

The school also offers a Comprehensive School Alienation Program for those students identified by the Student Support Team as meeting the criteria set forth by the DOE's Office of Compensatory Education. Students are recommended for this program based on a history of non-attendance to school, failures, disciplinary referrals, and a lack of motivation.

After School Sports Program

Students engage in competitive sports activities such as basketball, volleyball, soccer, track, cross-country, and futsal with other middle schools in the Leeward district.

Intramural Sports Program

Students engage in competitive sports activities such as basketball, volleyball, soccer, and ultimate frisbee during the lunch recesses on campus. Students challenge other students in our school.

Tutoring Program

Each team offers tutoring during the course of the week. Many of the teams offer after school tutoring, while some offer tutoring before or during the school day (recess or lunch). Tutoring arrangements can be coordinated through respective team counselors.

Recognition Program**National Junior Honor Society**

Highlands Intermediate School has been a charter member of the National Honor Society since 1985 with a membership of about 25-30 students each year. Students are selected for this honor if they are able to maintain an GPA of at least 3.5 and have shown good character and leadership qualities as determined by their teachers' recommendations.

PTSA Recognition/Awards Program

The Highlands Intermediate School's PTSA annually recognizes students for their accomplishments by sponsoring an Awards Night in May. Students are recognized for their outstanding achievements in leadership, service, academics, and the performing arts. Community members and organizations, as well as area politicians are active participants and sponsors of this activity.

Seventh Grade Required Courses

Language Arts

LCY0200 English Language Arts, Grade 7 (Year)

English Grade 7

This course teaches the skills involved in developing the language arts skills of reading, writing, listening, and speaking. These skills are taught and practiced directly through various units of study.

EL English

This course is designed to help non-English speaking students learn to speak, read, and write in the English language through content-based instruction. Placement is based on whether a language other than English is spoken at home and results of the WIDA-ACCESS language proficiency screener and teacher recommendation.

LRH0610/LRH0620 Reading Workshop A/B (Year)

This course is designed to provide remediation in English Language Arts, including: reading foundational skills, vocabulary, and comprehension. Specific reading strategies will be taught. Students will take Reading Workshop in addition to their English classes.

Social Studies

CHR0710 Integrated Social Studies, Grade 7 (Year)

In this course, students will extend their inquiry to explore the changes, and events that shaped Hawai'i and its people during the Monarchy Era. In addition, students will use critical thinking skills to explore contemporary issues, challenges in the Pacific island nations, territories, environment, and population, by using research and project based learning to analyze the impact of cultural values, traditions, and tourism.

Science

SIM0733 Interdisciplinary Science Gr 7 (Year)

This is the second course in a sequence of three yearlong inquiry and laboratory-based courses. Students will be working with the Next Generation Science Standards (NGSS) to study physical, life and Earth/Space sciences. In addition to learning about the practices used by scientists, there will also be a focus on the design and engineering process with special attention to how human activity affects our planet.

MMX0750 Mathematics

(Year)

Honors Math 7

This is an accelerated class that not only develops skills in each of the mathematics strands, but also emphasizes pre-algebra and problem-solving skills. Upon successful completion of this course with a B or higher and meet requirement of placement exam, students are recommended for Honors Algebra in 8th grade. **Prerequisite: Teacher Recommendation and placement testing.**

Mathematics, Grade 7

This course utilizes curriculum that aligns with statewide standards and supplemental resources to help students with problem-solving and computation skills. Topics covered include an understanding of proportional relationships, basic computation with rational numbers, expressions, and equations, elementary statistics, and geometry.

TYM0100 Career Pathways Wheel

(Year)

This course allows for learners to experience shorter-term modules on different career pathways. Each module focuses on informing learners about a specific industry pathway, careers found in it, and how they can pursue a career journey in the industry pathway when in high school and beyond. Through a combination of activities, projects, and hands-on learning, learners will understand the relationship between their personal interests required for careers.

Study Skills

XAG0012 Study Skills

(Year)

This course will help students learn necessary skills to make them more successful learners and individuals. The following concepts may be covered: organization, note-taking, academic vocabulary, goal-setting, effective communication, introduction to college and career options, and various learning strategies. Students will earn 0.5 credits upon successful completion of this course.

**TMG0402A Careers & Tech: Technology Education -
SciOly, SciFair, UW Robotics, HOSA (Directed Research) (Year)**

This course is open to both 7th and 8th grade students who enjoy science. This class is a doorway to many science-based after school activities such as Science Olympiad and HOSA-Future Health Professionals. Problem and project based learning are incorporated into the curriculum. The instructor will spend time during class to guide students in their respective choice of events. Students will be exposed to career opportunities associated with the events that they select as their course of study. Many of the activities are complemented with after school sessions and weekend tournaments. While there is no prerequisite for this course, students should be willing to go the extra mile. Those that spend extra time outside of class find this course beneficial in developing their career pathway.

XMD0012A/XMD0012B Explorations in Media Production (Year)

Are you creative, enjoy working with others in a team, like using technology, and want to tell stories that make a difference? Sign up for the Explorations in Media Production class and learn the basics of telling compelling visual stories through video. Thanks to innovations in social media just about anyone can become an influencer, but that doesn't happen overnight. It takes dedication, hard work, and a desire to learn and improve through repetition. Great videos capture the attention of the audience and can be informative, inspirational, and entertaining. Be a part of the great stories that we tell at Highlands Media. **Prerequisite: Submit a short video stating your name, why you want to be in Highlands Media, and what you find most interesting about Media. Send your video to: Jacob.Tamaye@k12.hi.us.**

Eighth Grade Required Courses

Language Arts

LCY0300 English Language Arts, Grade 8 (Year)

English Grade 8

This course teaches the skills involved in developing the language arts skills of reading, writing, listening, and speaking. These skills are taught and practiced directly through various units of study.

EL English

This course is designed to help non-English speaking students learn to speak, read, and write in the English language. Placement is based on student scores on the WIDA Screener, observation, and teacher recommendation.

LRH0710/LRH0720 Reading Workshop A/B (Year)

This course is designed to provide remediation in English Language Arts, including: reading foundational skills, vocabulary, and comprehension. Specific reading strategies will be taught. Students will take Reading Workshop in addition to their English class.

Science

SIM0833 Interdisciplinary Science Gr 8 (Year)

This is the third course in a sequence of three yearlong inquiry and laboratory-based courses. Students will be working with the Next Generation Science Standards (NGSS) to study physical, life and Earth/Space sciences. In addition to learning about the practices used by scientists, there will also be a focus on the design and engineering process with special attention to how technology impacts human life and how human activity affects our planet.

Social Studies

CHU0800 Social Studies, Grade 8 (Year)

In this course, students will extend their inquiry to explore and gain understanding of the foundations of American government and society (American Revolution to Reconstruction) through research, document based questioning, and project based learning. Students will develop critical thinking skills as they learn to evaluate a variety of sources, evidence, and perspectives to gain a deeper understanding of the foundation and evolution of the United States.

Mathematics

(Year)

Honors Algebra (MAX0800 Algebra 1)

This is an accelerated course equivalent to Algebra 1 in high school. Topics covered include solving equations and inequalities, polynomials, factoring, complex rational expressions, radicals, linear and quadratic equations and graphs, and associated word problems. This class moves at a quick pace and high school credit is earned upon successful completion of the class. Upon passing the SBA, EOC exam, and earning a grade of B or higher, students are recommended for Geometry during their freshman year in high school. **Prerequisite: Teacher Recommendation and placement testing.**

Mathematics, Grade 8 (MMX0850)

This course utilizes curriculum that aligns with statewide standards and supplemental resources to help students with problem-solving and computation skills. Topics covered include an understanding of 2-dimensional figures and 3-dimensional objects, square and cube roots, order of operations, laws of exponents, transformations, statistics, linear functions, and an introduction to Algebra I.

Academies

(Year)

Eighth grade students will choose one Academy course. The Academy course choice will be based on student interest as determined by a career/college survey that each student takes in December. Participation in the HIS Academies will prepare students for their selected high school academy in 9th grade.

Guidance (Academy Seminar)

TXM0100

Exploring Careers

(Year)

This Academy Seminar course focuses on developing a learner's career literacy and career exploration knowledge and skills. Through hands-on learning and self-reflection activities, the course focuses on career exploration, building learner self-awareness, and understanding the relationship between career interests and appropriate learning pathways and credentials needed to achieve different interests.

Academy Courses for Grade 8

TMG0302B Introduction to Wood Work (Year)

This is an introductory course designed to inform students about careers in building and construction. Students will be able to employ tools safely, explain building systems and materials, and interpret basic construction drawings to complete projects, demonstrating proper measurement and application of mathematical concepts. (Technology & Design Academy)

TMG0502 Introduction to Computer Systems and Technology (Year)

This course is designed to introduce 8th-grade students to the fundamental concepts and principles of Artificial Intelligence (AI), computer networks, cybersecurity, and basic HTML web design. This comprehensive course aims to provide students with a solid foundation in these essential technology domains, enabling them to develop a deeper understanding of the digital world and its applications. Throughout the course, students will engage in interactive activities, practical exercises, and collaborative projects to reinforce their learning. They will also be encouraged to think critically and ethically about the impact of technology on society. By the end of the course, students will have a solid understanding of AI, networks, cybersecurity, and basic HTML web design, setting them on a path towards further exploration and specialization in these exciting fields. Having LOGIC skills and MATH skills is a strong advantage for students. (Technology & Design Academy)

TMG0102A Aquaponics (Year)

This is an introductory course designed to inform students about careers in natural resources and understand the important role that agriculture plays in the 21st century. Upon completion of the course, students will have foundational knowledge of various agriculture-related fields, ecosystems, plant systems, animal systems, renewable resources, and ecology. (Technology & Design Academy)

TMG0102B Marine Science (Year)

What are aquatic and terrestrial natural resources, and who takes care of them? Students will learn about our natural resources from the rainforest watershed to the reefs, to the deep sea. Students will participate in hands-on activities and will reflect on businesses and occupations in this sector, and they will ultimately plan secondary and postsecondary steps to further pursue the occupational pathways within them. This course will cover both physical and biological components of the ocean. Topics include: Waves, Currents, science of surf, plants and animals of the sea including those found in the intertidal zone, deep ocean and coastal environments and the interrelationships among these topics. This class will cover the National Science Education Ocean Literacy Standard Principles for 8th grade. (Technology & Design Academy)

XEP0100 STEM (Year)

The goal of this STEM Academy course is to foster a learning environment in which students are guided to produce original ideas, objects, and structures using concepts and skills from math, science, and technology. Various STEM projects will engage students in collaborative problem solving requiring rigorous mathematical and scientific methods as well as writing skills. Students have the option to select various science events such as crime busters, meteorology, disease detectives, ecology, anatomy and physiology as their emphasis of study. This course will also introduce students to current technology and allow them open-ended creativity in solutions. Career opportunities in the engineering field are emphasized. In addition to daily homework and/or projects, assessments (tests) are given regularly. Students who are self-directed learners and quality producers are recommended for this course. (Technology & Design Academy)

FVB0100 Introduction to Graphic Design (Year)

This course provides classroom and laboratory experiences in the major areas of graphic design and production. This course includes an introduction study of the elements and principles of design, character design, layout, photography, advertising, and production techniques. Emphasis is on the creation of refined and targeted designs that serve a defined purpose and audience. (Intermediate Business & Design Academy)

TMG0202B Introduction to Fashion Design (Year)

This is an introductory course designed to inform students about careers in fashion and craftwork design. Upon completion of the course, students will be able to explain the impact of fashion and craftwork on art, explain and utilize design elements, and create simple fashion or craftwork design artifacts. A student will also be able to describe various occupations and outline the steps necessary to advance in specific careers. (Intermediate Business & Design Academy)

XMD0012E/F Introduction to Creative Media (Year)

This is an introductory course designed to inform students about careers in creative media, including digital design and digital film production. Upon completion of the course, students will be able to explain what comprises the creative media industry sector, explain principles of digital design and its influences, demonstrate basic knowledge of digital camera and video equipment, and create a digital photo collection using design and equipment knowledge. A student will also be able to describe various occupations and outline the steps necessary to advance in specific careers. (Intermediate Business & Design Academy)

TMG0402B Music Production (Year)

The media production course will introduce you to various ways that media production is being used in the 21st century. Students will be introduced to music and video recording techniques as well as editing strategies. Students will be creating music videos, podcasts, and a PSA to be shared on various platforms. (Intermediate Business & Design Academy)

TMG0302A Introduction to Health Services (Year)

This is an introductory course designed to inform students about careers in the Health Services field. Using a multi-disciplinary approach, students will gain essential knowledge, skills, and attitudes in healthcare systems. Career opportunities in the healthcare industry are emphasized. Topics include healthcare exploration, foundations of medical terminology, nutrition, and medical math. Upon completion of the course, a proficient student will have foundational knowledge of various medical careers, foundational healthcare skills and basic nursing assisting skills. As part of a student's program of study, students will complete problem based projects related to health. As a culminating project for the course, students will do a college and career plan. In addition to daily homework and/or projects, assessments (tests) are given regularly. Students who are self-directed learners and quality producers are recommended for this course. (Culinary Arts, Health Systems, & Leadership Academy)

TMG0302C Introduction to Culinary Arts (Year)

This is an introductory course designed to inform students about careers in the food prep and service industries or related fields, basic nutrition and cooking concepts, and the history and influence of culture on food. Upon completion of the course, students will demonstrate proper safety protocols in a kitchen and proper use of equipment and supplies. The student will also correctly convert measures and have foundational knowledge of nutrition and cooking techniques and the role of culture in food creation. (Culinary Arts, Health Systems, & Leadership Academy)

TMG0202C Introduction to Hospitality, Tourism, and Management (Year)

This is an introductory course designed to inform students about careers in the hospitality and tourism industries, including business concepts, sustainable practices, and the influence of culture and communications. Upon completion of this course, students will have foundational knowledge of different sectors of the hospitality industry, including industry influences, and the importance of sustainable practices. Students will also learn about job qualifications, benefits, and how to deal with customers. (Culinary Arts, Health Systems, & Leadership Academy)

XLP0011A Introduction to Careers in Education (Leadership) (Year)

This is an introductory course designed to inform students about careers in education and learning support professions including teaching, counseling, and areas of specialization in education. Student leaders develop and apply techniques of leading, planning, organizing, conducting, and evaluating, including problem-solving and critical thinking. Upon completion of the course, students will have foundational knowledge of human development, understanding of course standards and curriculum, the history of public education, and required ethical and professional responsibilities. (Culinary Arts, Health Systems, & Leadership Academy)

Global Electives for Grade 8

FVB0075 Introduction to Crafts and Design (Semester)

This course emphasizes the development of each student's positive self-concept, problem-solving, visual communication, and creative potential through the integration of various modes of expression in both two- and three-dimensions. This course emphasis is on crafts and design, focusing on functional and cultural art, various artists, media, techniques, applications and sustainability. Tentative projects include printmaking, weaving, sculpture, ceramics, sustainable artworks, and environmental projects.

FVB0150 Introduction to Art and Design (Semester)

This is an exploratory course that introduces a variety of art media, techniques and applications. The art elements and principles are emphasized in solving visual problems. Drawing with color pencils, logo design, and product designs like posters and comic books are just some of the projects students will do in this course.

FVB0200 General Art A (Semester)

This course is designed for students who have successfully completed 7th grade Intro to General Art class and want to continue in applying the elements and principles of art and design working with a variety of 2D and 3D media techniques. **Pre-requisite: Art teacher approval.**

FMB0400 Beginning Band (Year)

This is a year course for students who want to begin playing a brass, woodwind or percussion instrument and perform in an ensemble for an audience. Band instruments are provided, however, students will need to purchase their own band kit and band workbook through the Band program. Immediately prior to performances, students will be required to spend additional non-class time (before or after school) to rehearse as a large ensemble.

ENROLLMENT IN SUMMER SCHOOL BAND IS HIGHLY RECOMMENDED.

FMB0700 Intermediate Band (Year)

This is a year course for students who have fulfilled the requirements of Beginning Band and aspire to advance their musicianship. In addition to class work, students are also required to log 150 minutes of individual practice per week. Immediately prior to performances, students will be required to spend additional non-class time (before or after school) to rehearse as a large ensemble. **ENROLLMENT IN SUMMER SCHOOL BAND IS HIGHLY RECOMMENDED.**

Pre-requisite: Band teacher's approval.

FMC0500 Beginning Chorus (Year)

Beginning Chorus is a year course designed for students who wish to develop their vocal skills. Students will sing alone and with a group in unison and two-part harmony. Music notation and symbols are introduced. Compositions and arrangements from a variety of cultures, styles, and periods are performed in concert.

FMC0800 Intermediate Chorus (Year)

Intermediate Chorus is a year course designed for 8th grade students who have fulfilled the requirements of Beginning Chorus. Students will build on skills and knowledge gained from Beginning Chorus. Students will sing alone and with a group in unison and two-part harmony. Student will further their solfege, music notation and music dictation skills.

Pre-Requisite: Beginning Chorus.

FML0800 Intermediate Ukulele (Year)

This year course is designed for students who have fulfilled the requirements of Beginning Ukulele and desire to further develop ukulele techniques through performance of various musical styles. Students are required to perform at both our Winter and Spring Concerts.

Pre-requisite: Ukulele teacher approval

PBP0110 Body Conditioning A (Semester)

Students in this course will have physical education through individual, partner and group activities. Students will challenge themselves, learn, and get in shape while engaging in unique non-traditional movements. Students must be ready to work hard and engage in activity every class session. Students may be required to purchase stability ball, light and medium dumbbells. Uniforms and athletic shoes are mandatory.

PBP0120 Body Conditioning B (Semester)

This is a physically intense and demanding course that will revisit modes of conditioning learned in Body Conditioning A. In Body Conditioning B, students will be more self-directed and in addition to the training, will be required to do research into different training variations of the systems introduced during the semester. Water bottles to stay hydrated and sunscreen for outdoor protection are strongly advised.

Pre-requisite: Body Conditioning A

PEP0035 Physical Education B (Semester)

This course is designed to accommodate students who are at the intermediate level of skill development. It provides for mastery of the basic and fundamental skills involving the use of the body in sports techniques, maintenance of “fitness” through a well-balanced program of activities, and application of desirable personal/social concepts in all physical education experiences.

PTP0630 Team Sports A (Semester)

This course is designed for students to strengthen physical movement forms, concepts, principles, and skills through participation in a variety of team activities. Modified versions of team and individual sports could include the following: outdoor games, basketball, volleyball, soccer, team handball, flag football, and weight training. The emphasis is on the skills required to perform movement forms at a basic level, and some at the mastery level.

**TMG0402A Careers & Tech: Technology Education -
SciOly, SciFair, UW Robotics, HOSA (Directed Research) (Year)**

This course is open to both 7th and 8th grade students who enjoy science. This class is a doorway to many science-based after school activities such as Science Olympiad and HOSA-Future Health Professionals. Problem and project based learning are incorporated into the curriculum. The instructor will spend time during class to guide students in their respective choice of events. Students will be exposed to career opportunities associated with the events that they select as their course of study. Many of the activities are complemented with after school sessions and weekend tournaments. While there is no prerequisite for this course, students should be willing to go the extra mile. Those that spend extra time outside of class find this course beneficial in developing their career pathway. **Prerequisite: Teacher Approval**

TMG0301 Careers & Tech: FACS Basic Cooking Skills (Semester)

This Family and Consumer Science course focuses on Career and Life Skills standards through the study of nutrition and money management. Topics include healthy eating, food safety, sustainability, career planning, and budgeting. The goal is to show how wellness of the individual can be maintained throughout the lifespan. Literate thinking and basic math skills are emphasized in all Family and Consumer Science activities. Students will participate in a few cooking labs.

WAJ0610/WAJ0620 Intro to Japanese A/B (Year)

This class is designed for students with little or no exposure to the Japanese language. Everyday greetings, classroom expressions and numbers, and basic vocabulary are covered. Students will also acquire general knowledge about Japan, its people and their culture. Reading, writing, speaking, and listening will be practiced in this course. Students will **not** earn high school credit for this course.

XYY0620 Yearbook Production (Year)

This course is an introduction to the planning, designing, and producing of the school's yearbook. Strong organizational skills and the ability to meet deadlines are essential. Students will need to conduct interviews, take photos, and use an online program to design yearbook pages. **Pre-requisite: Yearbook teacher approval.**

