

PRINT Student LAST NAME

PRINT Student FIRST NAME

Student Date of Birth MONTH/DATE/YEAR

- **Locker:** need a bottom locker? (Recommended if student is shorter than 5 feet) Circle one: **YES NO**
- **Required courses:** Math, English/Literature, Science, Social Studies, and **one semester of:** Health.

- **Elective offerings:** write your choices in the boxes below.

Write in choices in order of preference:
1 st
2 nd
3 rd
4 th
5 th
6 th

Semester Courses

Year-long Courses

Intermediate Art	Beginning Band
Beginning Spanish	7 Band
Intermediate Spanish	7/8 Percussion
Conditioning	Beginning Orchestra
Intro to Coding	Intermediate Orchestra
Intermediate Coding	Boys Choir
Robotics	Girls Choir
Pathways	Office Aide
Peer Buddy	Library Aide
TA (Teacher Aide)	AVID Elective
PE (Physical Education)	Seminar Math Support

--Read descriptions below--

SOME COURSES HAVE PREREQUISITES!

STUDENT SIGNATURE

PARENT/GUARDIAN SIGNATURE

DATE

DATE

Description of elective courses:

Intermediate Art	In this course, students will explore Art using a variety of materials including drawing, painting, wire, tissue, clay, chalk and colored pencils. Students will design and maintain an Artist Sketchbook. All projects will be sent home throughout the semester. No prior experience required. \$3.00 Art fee required.
Health	This course focuses on gaining current knowledge about selected health topics. Communication, decision making, goal setting, and negotiation skills will be taught in this course. Disease prevention and media awareness will be integrated throughout the course. Drugs: physiological and psychological effects of alcohol, prescription drugs, marijuana, and tobacco; chemical dependency and refusal skills Family Life and Sexual Health: abstinence, adolescence, anatomy and physiology, birth control, healthy relationships, puberty, sexual harassment, sexually transmitted diseases, and HIV/AIDS education Mental Health: self-esteem, understanding emotions, positive body image, building healthy relationships, stress awareness, dealing with depression and suicide, and understanding eating disorders. Nutrition: USDA My Plate, food groups, basic nutrients, eating a balanced diet, explore fast foods. One semester course – Required.
PE (Physical Ed)	Physical education will be an introduction to fitness activities, lifetime sports, and skill components. Fitness activities will be designed to enhance and build the student’s five components of fitness (1-cardio fitness 2-respiratory fitness 3-muscular strength and endurance 4-flexibility 5- composition. No prior experience required.
Conditioning	The Athletic Conditioning Class is designed to improve the overall development of the athlete’s physical capacities and fundamental movement skills. Additionally, to improve Agility, Balance, Coordination, Speed, Jumping, Throwing, Catching, Kicking, Striking with an implement. The course will be comprised of 15-Boys and 15-Girls. Priority will be given to multi-sport athletes first.
Intro to Coding (computer science)	This is an introductory course, that uses different online coding apps (code.org , Scratch, Khan Academy, etc.) to explore the possibilities of what you can do with computer programming. No previous experience is required.
Robotics	In this course students will learn about various robotics in our world, and how ALL the different aspects of STEM are all useful in the fields of robotics and technology. The project designs and objectives will be constructed from the PCS Edventures Lab components. This course will also provide an introductory unit of VEX IQ; students will get an overview of the different subsystems within the VEX system and how they interact together. Students will then put this knowledge into practice as they follow step-by-step directions to build their first robot. Prerequisite: Engineering.

Beginning Band	The first level of the band program at VMS. You will learn fundamental music skills necessary to read and perform music. Students will have the opportunity to choose and learn a woodwind, brass or percussion instrument. Students will be required to perform at a number of concerts throughout the year. No prior musical experience required.
7 Band	Concert Band is for students who have prior experience playing their band instrument. The program will focus on improving music reading skills, a greater understanding of meters and key signature, accidentals, rhythms, tonguing, phrasing, dynamics and music ability in general. The course will endeavor to take the students from where they are when they come in, to as far as they can comfortable go during the year. Several performances are included in grades for this course. Previous experience preferred.
7/8 Percussion	
Beginning Orchestra	Beginning Orchestra is the first level of orchestra at VMS. Learn to play violin, viola, cello, or bass. Students will learn about music history, theory, rhythms and musicianship in addition to learning to play an instrument in this year long course. Students will perform at several concerts and community events throughout the year. No experience is required.
Intermediate Orchestra	Intermediate Orchestra is the second level of orchestra at VMS. Students may join this class with one year of experience playing violin, viola, cello, or bass. Students will learn about music history, theory, rhythms, and musicianship in addition to learning more advanced bowing and music. Students will perform at several concerts and community events throughout the year.
Boys Choir	7th/8th Grade Boys Choir is a performance-based class for 7th and 8th grade boys. This class is for those wishing to extend their vocal ability, music theory knowledge and sight singing skills in a choir setting. Students will be required to perform at a number of concerts throughout the year.
Girls Choir	7th Grade Girls Choir is a performance-based class for 7th grade girls. This class is for those wishing to extend their vocal ability, music theory knowledge and sight singing skills in a choir setting. Students will be required to perform at a number of concerts throughout the year.
Peer Buddy	In this class, the student peer buddy is expected to work and teach student(s) with significant disabilities during academics (reading, writing, math), and/or social skills. They are expected to be a role model for behavior. Must be comfortable with change, keeping confidentiality, be flexible, willing to learn, and have a passion to help others. This is NOT a teacher aide course. The student is expected to work with students during entire period. By application.
TA (Teacher Aide)	As a TA, you will assist the teacher with various duties. You may be asked to tutor an individual or small group of students. Teachers will expect you to exhibit trustworthiness, honesty, and great leadership qualities. By application.
Office Aide	Office aides will be trained on how to greet parents and patrons coming in to office. They will be trained on how to answer incoming calls in a professional manner that may include writing out messages for office support and or district office staff, and for parents that need a message sent to their students. Office aides will be expected to deliver messages and run errands between the main and 8th grade buildings. You will be expected to exhibit trustworthiness, honesty, and great leadership qualities, and have good attendance. By application.
Library Aide	During this year long course, you will become familiar with the Dewey Decimal System that is essential in locating and re-shelving library books. You will assist the librarian and/or teachers with various duties. Great people skills are a must as you will be assisting your peers. Regular school attendance important. By application.
Pathways	This course is designed for students who are new to Vallivue School District this year or within the past year to help you adjust to our school wide AVID systems. You will learn how to take Cornell Notes, interact with those notes; how to keep your binder organized; how to utilize your planner; and introduced to AVID strategies being used in all of your classes. Counselor invitation.
AVID Elective	AVID (Advanced Via Individual Determination) AVID is a sixth-through twelfth-grade elective to prepare students in the academic middle, for four-year college eligibility. The AVID elective supports academic instruction, tutorial support, and motivational activities. The curriculum based on rigorous standards is based on writing as a tool of learning, the inquiry method, collaborative grouping, and academic reading. You must be enrolled in at least one advanced core class and maintain a 2.75 GPA. By application.
Seminar Math Support	Seminar math support is designed as a <i>second</i> math class. The instructor will re-teach and pre-teach Common Core Standards based on results of the <i>iReady</i> diagnostic test, ISAT scores, and teacher recommendation. This will be in place of one year-long elective course. Counselor approval.
Spanish	Semester course offered with Beginning Spanish for those who have no exposure to the Spanish language; students who have completed Beginning Spanish or who have knowledge of the Spanish language can sign up for Intermediate Spanish the second semester. If you have any questions about which class would be a better fit for you, make a comment on the registration form.

-----All offerings subject to change without notice, based on availability and enrollment. -----