



2023 RMAE

Q1 Electives Course Descriptions

Mondays	
Creative Engineering Adams	Kids will explore creative engineering ideas and build a design they come up with. We will explore aerial jenga, roller coasters, rockets, mentos cars, Rube Goldberg designs, or any engineering ideas students come up with. We will build them throughout our elective!
Keyboarding Kruse	This class is designed to teach students keyboarding, which is one of the most important skills that a student can learn. From personal to professional, students will always need to know how to type, especially in the tech-centered future. Students will learn the fundamentals of keyboarding, they will build muscle memory, and they will be challenged to complete tasks. This isn't about how fast you can type, this is about learning appropriate and effective strategies to empower you to succeed.
Laughing Matters Joyce	Students will express their creativity by creating comics and building their own comic world, developing characters and storylines. During this class, students will be introduced to historical comics and techniques.
Chess Piowar	Learn the rules, techniques, and strategies of chess! There will also be competitions with your classmates and students from all around the state! Chess is a great game to learn critical thinking skills and have fun doing it!
Ultimate Frisbee Smith	Have you ever wanted to learn how to play ultimate frisbee or improve your skills? Then join Ultimate Frisbee! We'll start with the basics and work up to playing a tournament.
Volleyball Best	Students will learn the rules, skills, and positions in volleyball. This will allow you to know if volleyball is a sport you want to play here at RMAE.
Slacklining Hudson	You will be introduced to the sport of slacklining while working on balance, strength, flexibility, and focus in a way that is challenging and fun. Slacklines will be hung at a low height, so students can safely try and fail. Students will start by working with partners for balance, eventually working towards balancing on their own.

Tuesdays	
Helping Hands Adams	Helping Hands will identify ways to and help support our community. Serving typically includes picking up trash in our community, watering Aspen trees around campus, stuffing Friday Folders, and helping in specific classrooms when needed.
Games Kruse	Shh...Students won't even realize they're learning something! This elective uses specific board games to teach executive functioning skills needed for life-skills like organization, working memory, prioritizing, persistence, and initiating tasks.
Math Counts Three Quarter Commitment (Q1, Q2, and Q3) Glaser	Students will take part in challenging problems to prepare for the nation-wide competition. We work with Martin Short, who is well-versed in problems on the MathCounts competition! Students will get to stretch their brains and challenge each other as we prepare for the competition. We're prepping for a competition through UNC, then the official Math Counts competition in the spring! Students joining the Math Counts will have this elective for Q1, Q2 and Q3.



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Green Team Smith	Do you care about the environment? Do you want to learn how to make a positive difference now? Then join the Green Team! We will work year round in the greenhouse, support recycling on campus, start a composting program, and more! If you have an idea, we can make it happen :)
Intro to WoodWorking Dunbar	Are you interested in working with wood and tools? Sign up for Intro to Fine Woodworking with Mr. Dunbar! Students will learn the fundamentals of Fine Woodworking with an introductory project that focuses on safety, tool and machine usage, and basic woodworking design. Each student will be working independently on 2 take home projects that will wrap up before the quarter is over. No previous woodworking experience is required. Note: You may sign up for this elective if you have not previously finished another woodworking class as a way to catch up on work. Please talk with Mr. Dunbar if you have any questions.
HITT Hiking Best	Students will learn how to incorporate HITT exercise while hiking in Elk Meadow. This will give you a brain break and learn a new way to stay fit in the outdoors.
Visual Journaling DeLuna	Students will learn various art related mindfulness and coping skills by creating their own personal visual journal. This journal will be a place to decompress, vent about their frustrations, and reflect on how they are feeling and what they are going through.
Piano Arnold	Students will be in a small group setting with Ms. Arnold to improve their piano playing skills. We will start at a basic level but all piano levels are welcome! You are able to work at your own pace to some extent as each keyboard has its own pair of headphones. Ms. Arnold will be able to give one-on-one instructions to help you improve at scale, and songs, etc. This allows students to branch out more than what has been allotted during the typical music class. Students are expected to sign up for this elective if they have been curious about learning more in depth on piano and are willing to be playing piano throughout the entire elective class period.

Wednesdays

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Just Bead It Adams	Students will learn a variety of skills such as beading, wire work, metal stamping, attaching snaps and closures, elastics, and more. They will put that newly acquired knowledge to use to create their own pieces of jewelry such as necklaces, earrings, and bracelets.
Kinder Reading Buddies Kruse	Reading Buddies allow our kindergarten readers to see what being a fluent reader looks like as they have a peer model demonstrating reading skills; they can also acquire a positive role model with some intentional pairing. This is not only beneficial for the kindergartners, but it also helps the middle schoolers develop social and emotional skills, like patience and empathy, as they work with their kinder buddies.
Student Council Year-Long Elective Glaser	Students will plan events, organize school-wide things, and generally gain leadership skills! We'll plan dances, spirit weeks, fundraisers, and more! This is a year-long elective and requires a commitment to all four quarters.



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National Parks Joyce	<p>In this elective, we will explore and virtually travel to some of the National Parks in the United States. Although you have probably heard of some of the more well-known parks, Grand Canyon, Zion, Yosemite, and Glacier, it may surprise you to know that there are 62 protected areas known as National Parks in the U.S. In addition, there are another 400 areas that are part of the National Park system and some that are not formal National Parks. We will look at when they were discovered and the history of each.</p>
Intro to WoodWorking Dunbar	<p>Are you interested in working with wood and tools? Sign up for Intro to Fine Woodworking with Mr. Dunbar! Students will learn the fundamentals of Fine Woodworking with an introductory project that focuses on safety, tool and machine usage, and basic woodworking design. Each student will be working independently on 2 take home projects that will wrap up before the quarter is over. No previous woodworking experience is required. Note: You may sign up for this elective if you have not previously finished another woodworking class as a way to catch up on work. Please talk with Mr. Dunbar if you have any questions.</p>
Rockettes Best	<p>Students will learn new genres of dance and practice dance performances for pep rallies and during halftime for basketball. Students will choose team captains. The captains will lead the team in stretches, new dance moves, and choreographed performances. Students will learn leadership and how to be in sync within a group.</p>
Zine Making DeLuna	<p>Students will learn the art of self-published zines (also known as fanzines). Zines can be copied and reproduced from their original "flat" to tell stories, hold poetry, give advice, teach skills, the possibilities are endless.</p>

Thursdays

Yearbook 3 Quarter Commitment Kruse	<p>Students will design and create the RMAE 2022-2023 yearbook. Producing the school Yearbook supports students' development as writers, photographers, editors, and independent users of technology. Being a member is a huge responsibility. By the end of the year students will produce a piece of history valued by students, staff, and the community.</p>
Lego Masters Glaser	<p>Each week, students will be challenged to create a story or a scene with Legos. They will have to work collaboratively and responsibly. Get ready to build some cool stuff!</p>
Dungeons & Dragons Club Joyce	<p>In this elective, you will push your imaginations to the limits! You will create characters and worlds that have never been conceived of! You will collaborate with other students, improve your storytelling skills, build friendships, and have a lot of fun doing it!</p>
Grilling Piwowar	<p>Grillin' and Chillin' for 8th Grade is here! Learn the fine art of cooking on a gas grill while enjoying the company of your Middle School classmates and the awesome view of Bergen Peak. Students determine the weekly menu and choice of Grillin' tunes. Meets once weekly. All students will take turns providing food and food service items for this elective.</p>
3D Printing Smith	<p>Do you want to use technology to solve problems? Then join 3D Printing! Local 3D Printing business owner, Jeff Zapp of American 3D Printing, will lead students through hands-on lessons using cad software to eventually 3D print their solution.</p>



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Intermediate WoodWorking Dunbar	<p>Students will expand their woodworking skills and knowledge through the design and construction of wood sculptures. This project will introduce students to several new tools and techniques, and primarily be focused on the use of woodworking power tools and machines. Students will create several different woodwork sculptures throughout the course of the quarter, all of which may be taken home. Please talk with Mr. Dunbar if you have any questions.</p>
Bear Buddies Year-long commitment Newvahrer	<p>This elective will be training for a year-long commitment as a Bear Buddy/Peer Counselor. After completing this elective, students will be able to help other students at RMAE with school and friend stressors, mediation and know when to refer students to the school counselor.</p> <p>Following the first quarter elective, there will be a once a month lunch meeting. Students will be called out of class to work with other students as Bear Buddies so they must show they are able to keep up with assigned work as well as demonstrate RMAE core virtues.</p>
Band Clarke	<p>This band/orchestra elective will be open to students who are in advanced band/orchestra which rehearses after school on a Thursday. For students who are interested in joining this group and do not already play an instrument then feel free to contact Ms. Clarke at 720 785 3695 or email her youngmusiciansacademy@hotmail.com</p>

Fridays

Trail Running Adams	<p>This elective will have an emphasis on trail etiquette, pacing, taking care of our trails, positive body image, hydration, eating healthy, appreciating the outdoors and developing a love for trail running!</p>
Film Studies Glaser	<p>Students will watch some of their favorite films through a critic's eyes! We'll be looking at how camera angles, music, sound effects, lighting, etc. affect the feel and mood of a film.</p>
RMAE News Joyce	<p>Do you want to share all of RMAE's celebrations and deliver the news? Throughout the quarter, students will showcase their writing and interviewing skills as they work on producing news articles and features that will be broadcasted daily in every classroom. Join our Good Morning Grizzlies news team!</p>
Trivia Bowl Piwowar	<p>This class is a fun and interactive way for RMAE students to reinforce the subjects they are currently learning in school. In addition to general knowledge questions, throughout the week, teachers will work together to establish questions related to the subjects being covered in the classroom. Then, students will go head-to-head in a series of fun games, showing their extensive knowledge in subjects like social studies, language arts, math, science, current events, and pop culture.</p>
Green Team Smith	<p>Do you care about the environment? Do you want to learn how to make a positive difference now? Then join the Green Team! We will work year round in the greenhouse, support recycling on campus, start a composting program, and more! If you have an idea, we can make it happen :)</p>



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Advanced WoodWorking Dunbar	Students who have completed both Intro and Intermediate Woodworking will continue on their woodworking journey by making their first piece of furniture. There will be the option for several different types of furniture, all with detailed instructions. This class will expand on previous woodworking classes by introducing more power tools and woodworking machines. All pieces of furniture that are produced may be taken home. Please talk with Mr. Dunbar if you have any questions.
Basketball Best	Students will learn the rules, skills, and positions in basketball. This will allow you to know if basketball is a sport you want to play here at RMAE.
Collaborative Art DeLuna	Students will engage in collaborative idea generation to create art that will be displayed around RMAE.