

## **Wednesday Electives**

***Library Help (Mrs. Carbone):*** Students who love organizing, join this elective to learn about how the library functions. Help shelve and organize books with Mrs. Furin to keep our library in tip top shape.

***Reading Buddies (Mrs. Fallica):*** Come be a part of something very special! Book Buddies is an opportunity to build leadership skills while working with a younger student. In this elective, Middle School students work with kindergarten or first grade students on reading and writing skills. A lasting relationship is formed and critical language arts skills are supported.

***Debate (Mrs. DeVane/UVa students):*** Charlottesville Debate League - Students from UVA will come to the school to teach students how to debate. Students will be encouraged to attend debates against other local middle school students (usually a Saturday in November). They will learn how to frame their arguments for either side, write and practice the speeches.

***Study Hall (Ms. Kowalski):*** Study hall is for students who would like to use elective time once a week for study hall time. Students can work on homework, study for quizzes and tests, read for their IRAs, or complete other schoolwork as needed. This is not a free period--students must always have something to work on.

***Becoming a Saint: Cultivating Virtue (Mrs. Sisman):*** We are *all* called to be saints. But what does it *take* to become a saint? In this class we will explore the lives of the Saints, finding the inspiration to cultivate virtue in our own lives and draw us closer to God. We will also share what we learn with our school community through displaying related art and hand lettering. The Saints were not perfect but were all in love with God, Jesus, and full of the Holy Spirit. Veni, Sancte Spiritus!

***Drawing from Life (Mrs. Devlin):*** This elective is aimed at improving observational drawing skills, Mrs. Devlin will teach students how to draw with greater realism using a variety of media and techniques.

***Ignite Change: A Self-Empowerment Transformation (Dr. Wolfe):***

“In a society that profits from your self doubt, liking yourself is a rebellious act.” ~  
Caroline Caldwell

We will explore messages we receive from different aspects of our lives. We will learn how to respond to our inner critic and how to develop and maintain confidence and

resilience. We will redefine what health means and learn how to listen to what our bodies and souls need and then we will share this knowledge with our peers through activism projects. We will dive deep into the images we see on social media and other marketing platforms and dissect the untruths these images are spreading. We will also explore mindfulness, intuitive eating and joyful movement as methods to quiet our inner critic and cultivate our self-love and self-awareness.

***Broadcasting/Journalism (Mr. Seibert and Mrs. Kerrigan):*** This elective will introduce students to the basics of media broadcast and online journalism. Students will have opportunities for reporting and editing on the news side, as well as learning the technical skills to produce a broadcast and the graphic design to publish an online school newspaper. Students will also learn the principles of good journalism and media content.

***CCS MUSIC PODCAST ELECTIVE (Ms. Wisbey):*** Have you ever been interested in music technology? Not a musician, but the world of music technology interests you? Exciting news - we are starting our first ever Charlottesville Catholic School Music Podcast! Each week, you will learn the process of starting your own podcast including setup, microphones, planning, outlining and the editing process! Middle school students will produce a podcast that will break down what songs we sang at mass, interview local musicians, and facts about your favorite musician! No musical experience needed!! Just show up and let's make a podcast!