

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!

Thursday Electives

Math Buddies (Mrs. DeVane): In Math Buddies, students will work with first graders playing math games. We will take time to learn the games and how to help the students learn from them. The goals of the class are to give middle schoolers the opportunity to be leaders and stewards to our first graders, to reinforce number sense, and to make math fun!

Literary Magazine (Ms. Lowdon): Do you like to write creatively? Draw? Illustrate what others write? Sign up for the Literary Magazine Elective! Your work will be published in the next edition of the CCS Literary Magazine.

Culinary Arts (Mrs. Jordan): Want to learn to cook? Intro to Culinary Arts allows you the opportunity to learn, engage and be inspired by nutritional cookery while gaining both essential life skills, confidence-building experiences and creativity! This class is specially designed to develop an understanding of food hygiene, knife skills and safety, nutrition and basic skills in the kitchen in a fun and creative way. You will also be discovering the flavors of the world. You will learn how to create delicious essential recipes that will prepare you for independent life. This class takes a hands on approach utilizing kitchen tools and equipment, tasting and experimenting. There is a maximum of 12 students to ensure everyone has immediate access to equipment and ingredients.

Chess (Mr. Drury): Students will learn and practice their skills by playing against each other in class.

Elect to Collect (Mr. Garland): Do you collect sports cards, Pokémon, Autographs, Fossils, Comic Books, rare toys, etc.? This elective is the place for you. We will look at the effects auctions, grading, and even COVID had on prices of various collectibles. You will have the opportunity to introduce others to your collections and may even find a new passion. We will explore the business of collecting through the documentary: King of Collectibles: "The Golden Touch", and also look at Pawn Stars, and American Pickers. We will also see how fraud has crept into the collecting marketplace and ways to avoid it. We will watch exciting finds on YouTube like box breaks, to show how it "fans the flames" on the market. Finally, we will analyze EBAY as a tool for appraisals. Let's get collecting!!

Wearable Art (Mrs. Devlin): Students will learn basic jewelry-making techniques using a variety of media and tools.

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CCS CHORUS (Ms. Wisbey): Do you want to learn to sing in a choir? Students will practice by singing at mass to earn church service. Other opportunities may include visiting the Music Resource Center, attending UVA chorus rehearsals, or others. No musical experience needed!!

