



Option Classes



Dear Parents/ Guardians,

We are starting quarter 3 of option classes at Spring Glen Jr. High. As such we would like to communicate with you what we are offering this quarter. Please visit with your student and help them pick the best option for them.

Monday/Wednesday

- **Art**
 - Unleash the artist within with our captivating Art Exploration Option Class. Led by our talented instructor, Mr. Selk, this class offers an inspiring journey through various artistic mediums, encouraging self-expression and fostering a love for creativity.
- **Bread Making**
 - Calling all aspiring bakers and dough enthusiasts! Discover the art and science of bread making in our enticing Bread Making Option Class. Led by our skilled instructor, Mrs. Pitcher, this class promises to fill your kitchen with the aroma of freshly baked success.
 - Note - Those who have already taken this class will be asked to choose another.
- **Band (Gr. 6)**
 - Students are taught how to play an instrument.
- **Strength and Conditioning**
 - Empower your fitness journey with our invigorating Strength and Conditioning Option Class! Guided by our expert instructor, Mr. Cronkite, this class is designed to build resilience, boost endurance, and sculpt a stronger, healthier you.
- **Guitar**
 - Unlock the magic of music with our Beginners Guitar Class at Led by our skilled instructor, Mrs. Demes, this class welcomes aspiring musicians to embark on a melodious journey, mastering the basics of guitar playing in a fun and supportive environment.
- **Native Studies**
 - Embark on a cultural journey with our enlightening First Nations Studies Option Class at. Guided by knowledgeable instructors deeply rooted in indigenous heritage, this class invites students to explore the rich tapestry of First Nations cultures, histories, and contemporary perspectives.



Option Classes



Tuesday/Thursday

- **Painting**
 - Unleash your child's inner artist with our captivating Watercolor Painting class, offered as an exciting option this semester! Led by our talented instructor, Mrs. Bevans along with Mr. Bob Ross. This class is a vibrant journey where creativity knows no bounds.
- **Books Vs Films**
 - Embark on a literary adventure like never before with our exciting option class, "Books vs. Movies." Led by our passionate instructor, Mr. Cronkite this class invites students to explore the fascinating realms of storytelling both in books and on the big screen.
- **Archery**
 - Get ready for an exhilarating and skill-building experience with our Archery Option led by our instructor Mr. Selk. This class hopes to transform students into archery enthusiasts, combining focus, precision, and the joy of hitting the bullseye.
- **Agriculture**
 - Step into the world of sustainable farming and agri-innovation with our Agriculture Option Class. Led by experienced instructor Mr. Barfuss. This class invites students to explore the fundamental principles of agriculture, from soil to harvest.
- **Green House**
 - Embark on a journey of sustainable living and botanical beauty with our Greenhouse Gardening Option Class! Led by knowledgeable instructor, Mrs. Demes, who is passionate about cultivating green spaces. This class invites students to discover the wonders of greenhouse gardening, from nurturing plants to creating your very own oasis.
- **Band 7-9**
 - Students will learn to play a variety of songs on a musical instrument. They will also perform at different points throughout the year. This is generally students with at least some previous band experience.
- **Hot Lunch Program**
 - Students will learn basic kitchen and meal preparation skills by preparing food for our hot lunch program.