

École HS Grenda

Passion Exploration Round 2



Selection Booklet

2025-2026

Passion Exploration occurs every Wednesday.

You have the choice of taking TWO 50 min options or just ONE 100 min option.

All passions have a maximum participant limit. If the limit is exceeded, a lottery will be held, and names will be drawn.

50 MINUTE OPTIONS

If you want one of these, you will have to choose another one to back on to it.

BEGINNER BAND

BEGINNER BAND **Beginner Band is a Full Year Course (not open to new students mid-year).

*****Required additional practices Friday morning 8:00am - 8:50am**

Interested in learning to play a brass or woodwind instrument and be part of an ensemble? Beginner band will be offered during passion time on Wednesdays as well as one morning rehearsal each week before school (Friday mornings). When students choose band as one of their passion blocks, they will still have a second block in which to choose other passion options. In beginner band you will learn how to play a brass or woodwind instrument, how to read music, and play as part of an ensemble. Once students have taken beginner band for a year, they can then join advanced band in future years, and have opportunities for more variety in instrument options, more performing opportunities, and possibly even touring. For beginner band, We are hoping to have one or two performance opportunities throughout the year, as well as opportunities to collaborate with music students at George Elliot Secondary and our intermediate band here at Grenda. Once we have a list of interested students, we will organize instrument rentals for students. Please feel free to email Ms. Bone for more information: taylor.bone@sd23.bc.ca

CHOIR

Do you want to hone your vocal skills and/or learn how to sing? Interested in being part of an ensemble and stepping out of your comfort zone? Choir will meet for 50 minutes per week during passion block, allowing students to also choose a second passion option as well as choir. This fall, the choir will participate in a fall choir day retreat with other middle school choirs from across the district. We will work on vocal warmups and exercises, developing our voices in a healthy way, and learn some music with harmonies that we will perform at events throughout the term, including remembrance day and a winter concert. All levels of abilities are welcome - if you don't think you know how to sing and want to learn, this course is for you!

CODING AND PROGRAMMING

If you like creating your own computer games or playing games that others have created, then this Passion is for you! Coding encourages you to use logic and algorithms to create a program. It trains your brain to think deeply, identify problems, break things up and then put the pieces together for a solution. Coders of all levels are welcome, from beginner to expert. We will be exploring coding programs such as Turtle Academy, Scratch, Snap and Angry Birds.

COSMETOLOGY

In this 50 minute Cosmetology passion course students will learn basic manicures and nail care, along with beginner hair styling skills such as braiding, simple up-dos, and safe use of hot tools for straightening, curling, and waving hair.

CROCHET

This fun and creative enrichment activity will teach you how to crochet. You will learn the basics and possibly leave with a completed project or at the very least on your way to completing one! Who knows, you may even start a collection to sell at a market! If you already know how to crochet feel free to join this activity and start or continue a project you are working on. You may even pass on some tips and tricks to others participating! All are welcome! ***A small fee will be charged for materials and supplies.***

DANCE

Love to dance—or just curious to give it a try? Whether you're already hitting the studio, freestyling in your room, or busting moves down the hallway, this passion block is for YOU! For 50 minutes a week, we'll get moving with fun warm-ups, learn an awesome group routine (to perform or film), and build a supportive dance crew right here at H.S. Grenda. No experience needed—just bring your energy and a willingness to join in. Everyone's welcome, and every class is a chance to grow, groove, and shine!

DOODLE DEN

Step into the *Doodle Den* and let your imagination run wild! This is your chance to relax, draw, doodle, and create whatever comes to mind—no art skills required. Whether you want to sketch cartoons, design patterns, or just let your pen wander, the Doodle Den is the perfect place to chill, express yourself, and have fun with friends. Come see how relaxing (and awesome) doodling can be!

FLEX SUPPORT

Are you in need of extra time to wrap up assignments or level up your skills? Flex Support offers a focused and quiet workspace for you to work towards your learning goals. Teacher support is also available for when you have questions or need assistance. Whether you are working on mastering tricky concepts, catching up on missing assignments, and/or receiving extra support, this passion block is here to support you on your learning journey.

GRENDA LEADERS

Be part of shaping the spirit of HMS! From supporting and planning school-wide events like spirit days, celebrations, recognitions and student voice, to helping run the school café, Grenda Leaders play a big role in creating traditions and building a positive school culture. Join a team of passionate leaders, make lasting memories, and leave your mark on our community!

For students enrolled in **Grenda Leaders as a Grade 8 elective**, there will be even more opportunities to step up! You'll have the option to take the lead on *bigger events* such as spirit assemblies, Connect 4 Days, grade 6 celebrations, Grenda Games Day, and more! It's your chance to put your leadership into action, take on new responsibilities, and create unforgettable moments for the whole school.

MULTISPORT

Are you interested in a variety of different sports? Do you play a variety of sports already, on a team, in a club, or maybe in your backyard? Do you want to unleash your inner sport hero, have more time to practice your athletic skills, or want to try different sports for the first time? Then this is the passion block for you! For 100 minutes per week, we will play, discover and engage in a wide variety of sports in a supportive and fun environment. All level of athletes are welcome. Come try new things, meet new friends, or practice a difficult technique, all while staying active and healthy!

SOCCER

Whether you're a seasoned player or just starting out, this is your chance to develop your game, learn new techniques, and experience some competition. This is an opportunity for you to work on skills and play scrimmages. Get ready to make some new friends, show off your footwork and score some goals on the field!

YEARBOOK

Are you interested in preserving the memories of École H. S. Grenda Middle School? Do you like to take photographs and tell stories? Do you like scrapbooking and graphic design? Then this passion block is for you! For each passion block, we will work on a yearbook taking photos of various events happening around the school and putting them into a layout and captioning them so that our memories of this great year will be preserved forever. This book will be sold to the whole school at the end of the year and your legacy as yearbook editors will be forever captured in the pages of the yearbook. Everyone is welcome, and you are expected to participate each day to the best of your abilities. So excited to share my passion for photography, photo editing, digital scrapbooking, creativity, and documentation of history.

YOGA

Any sport you play will benefit from practicing yoga. We will focus on specific growth goals and building healthy bodies and minds. practice is generally intended to build strength and stamina, to improve flexibility, coordination, balance, and to relax the body. Yoga is a disciplined method for attaining goals and techniques for strengthening the mind and body.

100 MINUTE OPTIONS

ACTIVE CHALLENGE

Love to move and try new sports? Join **Active Challenge**, a high-energy passion where we will explore a wide variety of physical activities while building perseverance, confidence, and strength. We'll run, bike, stretch, and train with strength and mobility work, unwind with yoga, and play sports like lacrosse and soccer. Students will also enjoy exciting field trips to **Crave** and the **pool** for lap swimming.

Students will be encouraged to challenge themselves at their own pace, and those who wish can sign up for the **Lake Country 5 km (Sunday, June 14)** or the **Cherry Blossom Triathlon (Sunday, May 3)**. Participants should be able to swim and have a bike they can bring to school. Get ready to move, try new things, and have fun being active. ***A small fee will be charged for field study opportunities .***

ART OPEN STUDIO

Do you love exploratory art, but wish you had more time for creating your own ideas? Join Ms. Miles for Art Open Studio! All centres will be open and Ms. Miles will support you to bring your ideas to life. Just bring your focus and imagination!

BASEBALL

Batter up! Do you play on a team in the community? Do you love throwing the ball around in the backyard? Or simply love watching the game? École H.S. Grenda has been named an official affiliate school of the Toronto Blue Jays! During this passion block, ball players (baseball, softball and slo-pitch) will practice the skills and fundamentals of the game, through practice plans developed by the Blue Jays organization. Hit, run, throw, we will do it all! Even if the weather brings us inside, we will be able to further our knowledge of the sport and dive deeper into the strategies and rules of the game. Step up to the plate and join the École H.S. Grenda Baseball Community!

DRAMA

Drama Passion is a fun and creative space where students explore the world of theater through acting, improvisation, and storytelling. Members build confidence, teamwork, and communication skills while learning the basics of stage performance and theatrical production. Students participate in games, rehearsals, and mini performances that encourage imagination and self-expression in a supportive and inclusive environment. No prior acting experience is required—just a willingness to take risks and have fun!

FOODS FROM AROUND THE WORLD

Have you ever wondered what a teenager in China might eat for breakfast? Or how to make your favorite dish from the Mexican restaurant your family likes to eat at? During this passion block we will be making dishes from different countries and learning about the food culture of that country. We will be tackling more involved recipes and cooking techniques than those used in Foods exploratory. Priority will be given to students who have not yet taken Foods From Around The World or Advanced Baking.

FOOTBALL

Learn the fundamentals of football while building teamwork and confidence on the field. Explore different positions, key plays, and strategies that make the game exciting. Practice essential skills like passing, catching, running, and defending. Whether new to the sport or experienced, this course helps you grow your game.

JEWELRY MAKING

Are you interested in learning about making jewelry? Maybe you have tried a few different methods and want to delve deeper into the art. From simple to more complex, we will work through learning how to make different types of jewelry using many materials. We may explore jewelry making using threads, natural materials, metal, findings, beads, wood, resin, polymer clay and more. Come join us as we learn, explore and create together in the fine art of jewelry making. ***A small fee will be charged for materials and supplies.***

LITTLE-BUDDIES

Do you like to work with little children? Are you thinking you might want to be a Kindergarten or primary teacher? Do you need some ideas for the kids you babysit? Then this passion exploration is for you. We will combine learning about working with little children and practice what we've learned by visiting Peter Greer and Davidson Road Elementary to work with a variety of primary classes. Come join us, learn to play, think and discover together!

MINIATURES MAYHEM: Tabletop Games

Do you want to command an army of space marines, or mutant monsters, or superheroes on an epic battlefield... but without needing an actual battlefield? Welcome to the world of tabletop miniature games! In this class, you'll learn how to build, paint, and battle with tiny warriors that pack a big punch. Imagine a game of strategy mixed with dice rolling, rule-bending, epic storytelling, and the occasional dramatic betrayal (all in good fun). You'll explore games like Warhammer 40,000, Fantasy Football (Blood Bowl), and Marvel: Crisis Protocol, where imagination, planning, and a little luck decide the fate of your armies. By the end, you won't just know how to command troops and superheroes—you'll also have painted your own miniatures, little works of art ready for battle. Whether you're here for the tactics, the painting, or the thrill of shouting "FOR THE EMPEROR!" across a classroom, this class is your ticket to the most epic tabletop adventures in school.

ROBOTICS

In a group of 4, you will build and program a basic robot to do a series of tasks. Use sensors, attachments, and computer coding to make the robot move and interact with other objects. No previous robotics experience is needed but a growth mindset, group cooperation skills, and a willingness to try, try, and try again are necessary. *This passion group will have the chance to compete against other schools doing similar robotics challenges in our district. For a quick video of what some of the tasks are, watch <https://youtu.be/ErDj8myI Tg>*

TOOLS, TRADES AND TINKERING

Do tools intrigue you? Have you always wanted to see the inside of an engine, or investigate "what makes things work" but didn't have the tools, space, or equipment to work with? During your passion exploration time this year you could improve your fix-it abilities while experimenting with materials like metal & wood and how they fasten together. You could use electric motors or small engines to bring old machines back to life or give them a new purpose. Maybe you want to learn, fix the broken lawn mower at your house, or tune your bike up for riding season. If you or anyone in your family has tools, equipment or experience they could lend us, please let Mr. Olson know :) ***Parent Permission form must be completed before participating in Tools, Trades and Tinkering.***