



Flex Selection Procedures

This catalogue contains all the information about Flex Courses being offered in the coming rotation. HIVE students participate in three different flex courses that repeat three times in a nine day cycle. You can think of these as **Block A** (Day 1, 4, 7), **Block B** (Day 2, 5, 8), and **Block C** (Day 3, 6, 9), see below:

| A | B | C | A | B | C | A | B | C |
|-----------|--------|------------|-----------|--------|------------|-----------|--------|------------|
| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 | Day 8 | Day 9 |
| Book Club | Soccer | Study Hall | Book Club | Soccer | Study Hall | Book Club | Soccer | Study Hall |

During the year, there are four rotations of Flex courses. The courses available each rotation are subject to change for a number of reasons including changing weather conditions, availability of space and resources, and feedback from our HIVE community. As always, we appreciate your understanding of the ongoing changes we make as needed.

Course Selection. In order to select flex courses, students will complete a Course Selection Form in class, using their NFSB email. Students will indicate their **top three** flex choices for each of Block A, B, and C out of eight options per block (24 total). This means that students select nine (9) courses total (three per block). Students indicate three preferences in order to get as many preferred selections as possible. Every attempt will be made to offer student their first or second choice in each block. We trust students with the responsibility of choosing a range of flex courses that not only reflect their interests, but also academic needs.

Student course selections will be reviewed for approval by the HIVE coordinator. As needed, students may be invited to a consultation meeting with the HIVE coordinator and/or their teachers to make recommendations and/or adjustments to the courses selected. The options available for the coming rotation are listed on the following page.



Student Flex Options

| BLOCK A (Day 1, 4, 7) | BLOCK B (Day 2, 5, 8) | BLOCK C (Day 3, 6, 9) |
|--------------------------|--------------------------|---------------------------|
| DIY Jewelry | Learning with Laptops | Coding & Game Development |
| Water Colour Painting | Billing’s Got Talent | Build/Construct |
| Outdoor Club | Floor Hockey | Volleyball |
| Futsal | Basketball | Basketball |
| Money Management | Weight Training 2 | Book Club |
| French Duolingo | French Duolingo | Maths Tutorial (Gr. 8) |
| English Literacy | Maths Tutorial (Gr. 7) | English Literacy |
| Study Hall | Study Hall | Study Hall |

Please note, when selecting courses, **you are making a commitment.**

Great care is needed when choosing your courses since changing from one option to another later will be difficult or even impossible. To help you decide Flex courses, please carefully read through the following course descriptions.

Flex Course Descriptions



| COURSE TITLE | DESCRIPTION |
|---------------------------|---|
| Billing’s Got Talent | Students will have the opportunity to rehearse and perform in front of their peers in a once a cycle talent show. Two days of each cycle will be spent preparing your act, and the 3rd day will be an open performance in a performance space. Whether you’re a singer, an instrumentalist, an actor, a dancer, or any type of performer, all acts are welcome! |
| Build/Construct | Students will compete in a wide range of hands-on engineering activities. Build the tallest tower, strongest bridge, or best catapult! All materials are provided. |
| Coding & Game Development | Students will explore the exciting world of game design with this course on Simple Game Design! Whether you're new as a game developer or just curious about the creative process behind your favourite games, this course is the perfect starting point. Learn the fundamentals of game mechanics, design principles, and bring your game ideas to life. Join us and unlock your potential to create fun and engaging games with ease! |
| DIY Jewelry | In this flex, students will be provided with a variety of jewelry-making materials including lanyard, embroidery strings, and beads to make crafts such as necklaces, bracelets, and earrings. All materials are provided. |
| Water Colour Painting | In this flex, students will learn to use water colour paints, develop paint brush techniques, and explore their own artistic expression. Paints, brushes, and paper are provided. |



| COURSE TITLE | DESCRIPTION |
|-------------------------|--|
| Basketball | This basketball flex is designed to go beyond the knowledge and skills developed in the students regular PE classes. This will be accomplished through drills, scoring games, learning the history of the game, refereeing, and tournament play. Participation and appreciation for the sport is our primary focus. |
| Futsal | Futsal is a soccer-based game played indoors on a hard court surface like basketball, using a smaller, harder, lower-bounce ball. This futsal flex is designed to go beyond the knowledge and skills developed in the students regular PE classes. This will be accomplished through drills, scoring games, learning the history of the game, refereeing, and tournament play. Participation and appreciation for the sport is our primary focus. |
| Floor Hockey | This floor hockey flex is designed to go beyond the knowledge and skills developed in the students regular PE classes. This will be accomplished through drills, scoring games, learning the history of the game, refereeing, and tournament play. Participation and appreciation for the sport is our primary focus. |
| Outdoor Club | Students will experience the full joy of each season by doing outdoor group activities. Weather permitting, students will walk, observe changing leaves, snowshoe, ice skate, build snow forts, and have snowman building competitions. In harsh weather conditions, seasonally appropriate indoor activities will be offered instead. Students must bring appropriate outdoor attire such as hat, gloves, boots, and snowsuits as needed. |
| Volleyball | This volleyball flex is designed to go beyond the knowledge and skills developed in the students regular PE classes. This will be accomplished through drills, scoring games, learning the history of the game, refereeing, and tournament play. Participation and appreciation for the sport is our primary focus. |
| Weight Training Level 2 | This Level 2 course on weight training builds on Level 1. Students will continue to improve muscular strength; gain knowledge and understanding of weight training theory and practice; develop a personalized weight training program. Students will continuously re-evaluate their workout routine and set new goals. General wellness and nutrition are also discussed. This course is only open to students who completed Weight Training Level 1. |



I want to...

MASTER!

Are you looking to develop a new skill? Do you want to build on what you know? These courses might be for you! Don't be afraid to try something new!

| COURSE TITLE | DESCRIPTION |
|---|--|
| Book Club | Book club combines quiet reading time with in-depth discussion of modern young adult literature. Students will read the same short stories, novels, poetry, and express how the characters and themes relate to their own lives. |
| English Literacy | This course is designed to offer students who want or need support in literacy, more time to grasp and master the concepts being covered in their English classes. Activities may include reading, discussing short stories, and journal writing, amongst other skill development. |
| French Vocab - Turbocharge Your Learning with Duolingo! | Students will use Duolingo to expand their French vocabulary. Through interactive lessons and gamified activities, students will learn and practice a wide range of words and phrases. By the end of the course, students will have a solid foundation in French vocabulary for everyday communication. Let's start boosting our French vocabulary together! |
| Learning with Laptops | Students will learn the tools available in Office 365. Using the students' school account tools such as: Interactive Notebook, Calendar, Outlook, Word and PowerPoint, Teams will be explored. |
| Maths Tutorial (Gr. 7 or Gr. 8) | This course offers students who want or need support in Maths more time to grasp and master the concepts being covered in class. Students will be grouped by grade level. Grade 7 topics include orders of operations, word problems, unit rate, perimeter and area, amongst others. Grade 8 topics include algebraic expressions and equations, types of representations, rates and ratios, perimeter and area, circles and polygons, amongst others. |
| Money Management | Students will learn about the very important life skill of budgeting. We will discuss/research topics such as grocery shopping, cell phone bills, cost of Hydro, minimum wage, and managing different salaries. Students will obtain a better understanding of money and everyday costs of living. |
| Study Hall | In Study Hall, students bring their choice of work to focus on in order to catch up/stay up-to-date with class assignments and homework, however students may bring other types of focused activities as well (such as crosswords, sketch books, books, puzzles, etc.). Study Hall is a quiet, focused, learning environment. Students are should bring whatever materials they need to each class. |

COMING SOON

The following courses are still being developed. You can look forward to experiencing them in coming rotations. Let us know what you think!

| COURSE TITLE | Description |
|-------------------|---|
| Arts & Crafts | Students will be given the opportunity and the freedom to choose your own projects to match your own personal style! Projects could include Pinterest ideas, making bracelets or jewelry, sewing/hand stitching. Making posters, origami, scrapbooking, decorating vision boards, mirrors or mason jars could be possible projects as well. |
| Baking/Cooking | Students will learn the skills necessary to operate in the kitchen safely, read a recipe and measure accurately and work with basic kitchen equipment. Bring your own ingredients and bake/cook a recipe you'd like to try! |
| Black History | This Flex offers an overview of the Black Experience in North America and the Carribean Islands after slavery. Topics to be explored include the Civil Rights movement in USA & Canada and the slave trade and Colonization in Africa. Students will see documentaries on these topics and will be able to give their own feedback on these subjects. |
| Board Games | Students will have the opportunity to learn a variety of card games, participate in their favourite board games or complete a variety of puzzles. Games include: Playing Cards; Uno; Monopoly; Battleships; Connect 4; Risk; Cranium; Jenga; Super Skills, Escape the game Room; IQ STIXX; Ticket to Ride; Sorry!; ThinkFun; Rush Hour; Crokinole; Chess; and more! |
| Genius Hour | Students will design and implement a project of their choice based on their own interests .Project ideas include: learn another language, learn how to knit or sew, learn the flags of the world, plan a vacation, etc. Project require teacher approval. |
| Mini Science Labs | Students will identify experiments they'd like to try! |
| Reading Lab | Students will learn how to understand the hidden messages in stories, books, and media. All reading levels are supported. |
| Student Committee | Students will work with a teacher advisor to create opportunities for student expression, leadership, participation, and engagement in HIVE activities. |
| Weight Training 1 | This is a first level course on weight training. Students will improve muscular strength; gain knowledge and understanding of weight training theory and practice; and develop a personalized weight training program. Students re-evaluate their workout routine and set new goals throughout the course. General wellness and nutrition are also discussed. |

| COURSE TITLE | Description |
|---|---|
| Technology, Makerspace, Robotics | Students will explore a multitude of technology projects using: <ul style="list-style-type: none">● Cell Phone Apps, Laptop software,● QR Codes, Build Websites, Minecraft, Book Creator, Ozobots program bots, Microbits● RVR, ROOT irobot, Sewing with LED lights● 3D printer, Makey Makey, etc. |
| Yearbook | Students will create pages for Grades 7 & 8 in the HSB yearbook. |



Have Questions?

Chat with our HIVE Coordinator, Ms. Gold in person or by email.
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