



The
Northwest
School



Middle School Curriculum Guide

2018-2019

Middle School Overview

The Middle School is a special community within the larger community of The Northwest School. It embraces the unique and dramatic transition from childhood to young adulthood by providing a safe and supportive environment and a challenging program. Teachers encourage students to take risks in order to develop a sure sense of who they are and what they can accomplish. The academic program is rich, well structured, and interdisciplinary when appropriate. Students are always involved in two stimulating arts classes and have regular physical activity periods. The advisory program ensures that there is strong, open communication between students and teachers, as well as between teachers and parents. Periodically, Middle Schoolers take trips into the larger community to gain balance with classroom experiences and exposure to real community needs. Twice a year, in the fall and spring, students go on three-day expeditions to various places in the Northwest. After three years in the Middle School, our students are ready to take on the more demanding personal and academic challenges found in the Upper School.



Humanities

- 6 Humanities – Julie Kim, Erikk Hood
- 7 Humanities and Washington History – Tamara Bunnell, Erikk Hood
- 8 Humanities – Jeff Blair, Heather Hall

Math

- 6 Math – Jennifer Ford
- 7 Math – Frances Tee
- 8 Algebra – Math faculty

Science

- 6 General Science – Erica Bergamini
- 7 Life Science – Nathan Franck
- 8 Earth Science – Herb Bergamini

Languages

- 6 Spanish – Clarke Reid
- 7 Spanish – Azucena Ledezma
- 8 Spanish – Michelle Kowals

Arts

Two classes at all times. (Most classes are one trimester long.) Students are required to complete at least one class from each Arts discipline (Dance, Music, Visual Art, and Theatre) during the middle school years.

Physical Education

One class each trimester, with a required variety of physical education, and health and wellness activities during the year

Environment

Participation in the cleaning and maintenance of the school building and grounds, under the supervision of faculty and senior students

6th Grade Curriculum

The sixth grade curriculum is designed to facilitate each student’s integration into the Northwest School community and to engage them fully in the process of learning. Our goal is to provide a supportive environment that challenges students to grow, both socially and academically. We focus on providing appropriate levels of support while guiding students to become independent, self-aware learners and community members.

A weekly study hall staffed by sixth grade advisors helps ease the transition from elementary school to middle school, offering sixth graders opportunities to seek assistance and check in with teachers while also managing their own workload. Additional help is available to students during teachers’ office hours (from 2:45–3:30pm, on Wednesdays). Students meet weekly in advisory groups, during which they will explore a variety of topics associated with our social, academic, and community goals. Student advisors meet weekly, focusing on issues such as individual student growth and development, interpersonal group dynamics within the class, integration of curriculum, and facilitation of our service learning, digital citizenship, and diversity, equity and inclusion work.

Humanities

Humanities 6 – Julie Kim and Erik Hood

This course provides an integrated exploration of literature, writing, history, and geography, focusing on aspects of human culture throughout history. Each term, we take on a new topic of study, and students work both individually and cooperatively in small groups to explore and master new material. Students use technology throughout the year for research, word processing, and projects. We conclude each term with a culminating project that incorporates students’ knowledge, creativity, and presentation skills.

Specific skills and topics include:

- Map Skills
- Elements of Civilization
- Global Issues
- Writing
- Group Work
- World Geography
- The Writing Process
- Creative Writing
- Note-taking and Research Skills
- Presentation Skills
- Literary Analysis
- Writing Mechanics and Grammar
- Personal Narrative
- Biography/Autobiography

Science

General Science – Erica Bergamini

This course introduces students to the myriad opportunities for scientific study through thematic units that revolve around the theme of ENERGY. Emphasis is placed on scientific inquiry, hands-on activities, independent and group projects, and creative problem solving. Students will learn research and reporting skills, as well as laboratory inquiry and safety skills. Students are challenged to design experiments and/or equipment in order to answer their questions about how things work.

Sample Units:

- Physical Science Topics
- Designing, Conducting, and Reporting on a Scientific Experiment
- Engineering Topics
- Computer Coding Topics
- Science & Math History/ Biographies
- Energy Forms and Sources
- Electricity, Circuits
- Chemistry Topics: Periodic Table, Reactions, Investigations, and Laboratory Skills

Mathematics

Math 6 – Jennifer Ford

Math during the 6th grade year at The Northwest School is the beginning of a Pre-Algebra, Pre-Geometry course. There are three aspects to the program:

1. The units of study during the first year include:

- Data Organization/Graphing/Data Analysis
- Measurement
- Rational Numbers and Relationships
- Algebraic Expressions and Equations
- Ratios, Proportions, Percent, and Similarity
- Probability
- Geometry Topics

2. Problem solving – Students practice:

- Problem solving strategies
- Communicating mathematical thinking
- Presenting work in an organized way

3. Individualized basic skills Review, Practice, and/or Enrichment

- Decimal and fraction operations
- Place value and Powers of 10
- Concepts and application of fractions, decimals, and percent

Modern Languages

Spanish 6 – Clarke Reid

Sixth grade Spanish is a beginner course that introduces students to the Spanish-speaking world and teaches them to communicate about simple topics in Spanish. The course focuses on the 5 C goal areas of the ACTFL guidelines: Communication, Cultures, Connections, Comparisons, and Communities. The class is taught primarily in Spanish. Over the course of the year, students engage in a variety of listening, reading, writing, and speaking activities. Specific activities include watching and responding to short authentic videos of Spanish-speaking students presenting their families; meeting and communicating with class visitors and students in Chile, Spain, and Guatemala; and completing individual and group projects such as making Caribbean percussion instruments. The class teaches basic skills and communication about the following topics:

- Introductions and simple conversation
- Numbers and the alphabet
- The weather
- Hobbies and activities
- School classes and activities
- Diversity of people and language in Latin America
- Present tense verb conjugations
- Food preferences and ordering
- Families

7th Grade Curriculum

Humanities

Humanities 7 and Washington State History – *Tamara Bunnell, Erik Hood*

Seventh grade Humanities focuses on the continued development of reading and writing skills. Students work on both creative and technical writing, while receiving guidance and practice in grammar, vocabulary, and revision skills. Concurrently, students work on reading skills as they learn and examine different elements of literature.

The Social Studies component of seventh grade Humanities focuses on the history, geography, culture, economics, and political life of the Pacific Northwest. Whenever possible, we integrate our studies using literature and writing to explore our regional history. This includes a study of different cultures, explorations, and migrations in the Northwest. We examine what happens when various racial and ethnic groups begin inhabiting the same space, and we develop a better understanding of these relationships by exploring a variety of perspectives over the centuries.

Research skills are also a significant part of the seventh grade Humanities curriculum. Students learn and practice a variety of research skills each term, including reading for information, synthesizing information from a variety of sources, using databases, and properly citing sources.

Mathematics

Math 7 – *Frances Tee*

Math during seventh grade at The Northwest School is the second year of the Pre-Algebra, Pre-Geometry course begun in sixth grade. The program has the same three aspects (see sixth grade description for full details).

The UNITS OF STUDY include:

- Patterns and Generalizing Patterns Using a Variable
- Spreadsheets
- Signed Numbers (positives and negatives) and Simplifying Algebraic Expressions
- Transformations of Polygons (on the coordinate grid)
- Solving Equations
- Translating Word Problems into Algebraic Equations
- Ratios, Proportions, Percents in Relation to Algebraic Equations
- More on Angle Measurement and Geometric Properties Involving Angles and Polygons
- Geometric Properties of Lines and Other Geometric Figures
- Introduction to Computer Science

Science

Life Science – *Nathan Franck*

This course surveys biological sciences. Topics include microbiology, genetics, evolution, and the major systems of the human body, as well as related systems in plants and other organisms when applicable. Environmental and health-related topics are included as appropriate. Students are guided by the scientific method as they practice safe laboratory

techniques and hone their research and reporting skills. In addition, students work on several group and individual inquiry projects throughout the year.

Modern Languages

Spanish 7 – *Azucena Ledezma*

This course is designed to follow the introduction to Spanish that students began in sixth grade. The seventh grade classes are taught in Spanish. Students continue their study of basic grammatical, lexical, and cultural Spanish material. Each class period is comprised of listening, speaking, reading, and writing activities. Students engage in themed activities that allow them to be creative and use the language in meaningful ways. Units of study often culminate in individual or group projects. Some of the topics covered are descriptions of personalities and physical traits, family relationships, shopping at the mall, and free-time activities. Cultural themes, grammatical structures, and vocabulary development are intertwined in the lessons.

8th Grade Curriculum

Humanities

Humanities 8 – *Jeff Blair, Heather Hall*

Eighth grade Humanities integrates world geography, history, and literature. The course is designed so that the subjects add depth and perspective to one another through the use of complementary material. We begin with an introduction to the themes, issues, skills, and strategies that will be used throughout the year. We then focus on the history, culture, literature, and geography of different regions of the world, such as South Asia and the African continent. Each unit incorporates writing, research, and current events. We encourage active learning through participation in discussions, self-directed projects, and group exercises. For a change of pace from the regional studies and map work, the year closes with a study of the influence of the mass media on American culture and society.

Mathematics

Algebra I/Geometry – *Math Faculty*

Algebra I

Algebra I is a foundational course in studying mathematics. An overarching theme of the course is practicing and applying the basic skills of functions, including linear and quadratic. Emphasis is placed on finding and using multiple methods to approach problems. Students practice solving multi-step equations and systems of equations, as well as the skills associated with polynomials, exponents, radicals, proportions, and rational expressions in algebraic terms. All students practice communicating their mathematical reasoning, both verbally and in writing, while applying their algebraic skills to a variety of problems. Students cultivate a large set of problem-solving strategies throughout the year. This course is taught by a team of four teachers in a flexible grouping model. This means that throughout each term, students are grouped based on their prerequisite knowledge and skills, depending on the topic. The flexible grouping model offers the appropriate level of challenge and depth for each student throughout the Algebra I curriculum.

Science

Science 8 – *Herb Bergamini*

The goal of this course is for students to gain a basic understanding of Planet Earth's systems and characteristics as we understand them today. Topics covered include the history of science, oceanography, the atmosphere, erosion and soil development, and plate tectonics. Class discussions focus on the interaction between humans and these systems. Emphasis is placed on hands-on activities, cooperating on group projects, development of lab skills, and using the scientific method. The text is *Earth, What's Inside* (published by Cengage Learning), in addition to references from past and current periodicals and various other texts.

Modern Languages

Spanish 8 – *Michelle Kowals*

The eighth grade Spanish class is a continuation of the seventh grade Spanish curriculum. The classes are taught primarily in the target language. Students meet two to three times a week in a block schedule and continue to deepen their Spanish language proficiency. Each lesson targets the four basic skill areas, searching for a balance between speaking, listening, reading, and writing. Throughout each trimester, students engage in themed units of study and benefit from the opportunity to use the language in creative and meaningful ways. By the end of the eighth grade year of study, students are able to express themselves in the past, present, and future tenses. Students experience cultures from a variety of Spanish-speaking countries through the use of authentic materials. Ultimately, students gain an understanding of the true practicality of learning a world language.

The goal of our school library program is to ensure that students and faculty efficiently find and effectively use information, from both print and online sources. To that end, the Middle School Library Instructional Program is completely curriculum-based. The Librarians collaborate with Middle School teachers to develop and assess assignments. The Librarians and Educational Technology Coordinator work closely to integrate information, digital literacy skills, and digital citizenship awareness into the curriculum.

Beginning in sixth grade and continuing through eighth grade, students develop skills in identifying and interpreting information, organizing data, producing research projects, and evaluating their process and final products. Using a wide variety of print and electronic resources, students conduct research in all disciplines: Humanities, Sciences, Languages and the Arts.

The library sponsors a Middle School Book Club for students and a Young at Heart

(YAH) Book Club for faculty to discuss young adult books. Our Educational Technology Coordinator also supports Lego Robotics and Arduino for Beginners interest groups.

Technology Integration

The focus of our integration of technology is to help students use computers with ease and confidence and recognize when specific technology can enhance their learning. Thus, students acquire computer skills in the context of our content-based curriculum. The Educational Technology Coordinator, Librarians, and Middle School teachers coordinate lessons and projects for the students. New technologies are incorporated into the curriculum when appropriate.

By the end of Middle School, our students will:

- Learn how to store, share, and access work at school and at home.
- Employ multiple methods of sharing their work online and understand how to use permissions to limit the audience of any work.
- Conduct research using digital resources, including databases and other credible online sources.
- Learn how to use online note-taking and citation tools to enhance the research process.
- Learn how to identify bias, fake news, and misinformation.
- Use productivity software (Microsoft Office) to interpret data, create presentations, and support the interpretation of research and ideas.
- Use a variety of multimedia tools (video, graphics, etc.) in the production and presentation of projects.
- Be able to use computers independently and cooperatively.
- Understand and follow intellectual property rights, procedures for validating information, and computer ethics and etiquette.
- Discuss the core concepts of digital citizenship in our advisory curriculum: professionalism, privacy, permission, and personal information

Dance

Intermediate/Advanced Contemporary Jazz – Maya Soto

Jazz dance includes influences from African and Latin styles as well as Swing and even Ballet. This class is focused on creating and learning Contemporary and Jazz-style dances. Dive into these styles and explore quick sharp isolations and syncopated rhythms. You will create long lines and crisp shapes with your body, and experience leaps, jumps, and turns. Jazz dance is often associated with show business and pop culture. In this class, you will learn technique, improvisation, and choreography for performance.

Offered in the 6/7/8 art block during Trimester 1.

Modern/Contemporary Dance – Ellie Sandstrom

This class will explore the art of Modern and Contemporary Dance. Students will participate in movement expression through technique, improvisation, composition, and performance. They will increase muscle memory and gain confidence, strength, stamina, and flexibility, while opening channels of creativity and self-expression. No prerequisite.

Offered in the 7/8 art block during Trimester 1 and Trimester 3.

Dances for Musical Theater – Maya Soto

The dance scenes in a play or movie advance the plot, bring a time period to life, or reveal a character. In this class, you'll learn dances from different musicals that serve each of these purposes. You'll also create some choreography of your own and perform for the community. Excellent training for actors. No prerequisite.

Offered in the 6/7/8 art block during Trimester 2.

Hip-Hop Styles – Ellie Sandstrom

A fun approach to hip-hop styles and contemporary dance, including warm-ups, skills practice, and dance choreography. You will learn top rocks, footwork, power moves, and freezes. This class is geared towards students who are interested in improving their dancing, and for those who are interested in performing. Dance experience is helpful, but not required.

Offered in the 7/8 art block during Trimester 2.

Jump into Dance – Ellie Sandstrom

A creative and cultural approach to the world of dance through a variety of styles. Improvisational games, and choreography exercises will help you to embody dance elements such as space, time, energy, and force. You will learn steps that are basic to many kinds of dance, and learn to put them together in a variety of dances from around the world.

Offered in the 6th grade art block. (Which trimester will depend upon music choices.)

Intro to Breakdancing – Maya Soto

A beginner's approach to breakdancing. Discover your inner B-boy/B-girl while learning the history and elements of this athletic and acrobatic dance form. Class will include warm up, skills practice, free-styling, and more. You will learn top rocks, footwork, power moves, and freezes. You will also have the opportunity to learn from guest artists, including local Seattle B-girls and B-boys. Offered in the 6/7/8 art block during Trimester 3.

Music

Choir – Dana Sewall

Do you enjoy singing? Choir is the music class for you! Teamwork, engaged participation, and positive attitude are emphasized over vocal ability. This choir will sing fun songs, in 2-4 parts, from a wide variety of styles, eras, and cultures (including a few songs that the class will choose themselves). The choir will perform 1-2 times per trimester. Singers of all ability levels are welcome and encouraged to join us in chorus! Offered as separate classes in the 6/7/8 arts block during Trimesters 1 and 3.

Middle School Band (7th and 8th grade) – Dave Jewett

This is a performing ensemble open to wind, brass, and percussion players (and to guitarists, pianists, and bass players by special permission). Reading, ensemble, and technical skills will be developed. Student musicians will learn concert and jazz band repertoire, including classical pieces, contemporary pieces from movies, TV and other media, and big band jazz arrangements. The band will perform several times during the year. Sixth graders may be in this class first trimester by audition only. This is a year-long course, offered in the 6/7/8 art block in Trimester 1, and continuing in the 7/8 art block during Trimesters 2 and 3.

Digital Music in Media – Dave Jewett

This class will explore the use of music in media and the effect it has on mood, emotions, and storytelling, both in radio and on big and small screens. Students will use Garage Band in the Mac Lab to create their own music and finish the course with a flash drive portfolio of their work. This course is recommended if you wish to fulfill your music requirement in a non-performing music class. Offered in the 7/8 art block during Trimester 1.

Introduction to Band Instruments (6th grade) – Dave Jewett

In this class, students will learn the essential elements of music through the hands-on experience of playing their choice of wind instruments. Students may choose to learn flute, clarinet, trumpet, or trombone (other instruments may be available by permission of the teacher). Students will learn note and rhythm reading, and will gain listening skills vital to playing in an ensemble. This is a year-long class, offered in the 6th grade art block in Trimester 1, and continuing in Trimesters 2 and 3 as Middle School Band during the 6/7/8 art block.

Introduction to String Instruments (6th Grade) – Jo Nardolillo

In this class, we'll dive straight into the power of music through hands-on experience playing stringed instruments. In addition to gaining basic proficiency on an instrument and learning to read the written language of music, we will develop the unique teamwork found in performing with an ensemble. Offered in the 6th grade art block in Trimester 1 and 2, and continuing in Trimesters 3 as Middle School Orchestra during the 6/7/8 art block.

Middle School Orchestra – Jo Nardolillo

Open to musicians playing orchestral instruments, the Middle School Orchestra combines experienced musicians with graduates of the Intro to Strings class. Our work focuses on advancing technique, increasing music reading skills, and developing independence within the ensemble. Repertoire is chosen to fit the players, and will include classical, chamber, and popular music. This course includes a unit on conducting, and each student will get a chance to direct the ensemble. Offered during the 6/7/8 grade art block in Trimesters 1 and 2.

Audition required: New members are asked to play two minutes from any piece of your choosing, any major scale, and easy music reading provided at the audition. Your prepared piece may be any solo or excerpts from previously learned orchestra music. Information about audition appointments is available at registration.

Middle School Concert Orchestra – Jo Nardolillo

In this class, intermediate and advanced string musicians will play repertoire spanning all genres, from baroque and classical to pop tunes and movie scores. Concert orchestra is open to violin, viola, cello, and double players who have achieved proficiency on their instrument and can read music. Pianists, harpists, woodwind and brass players, and classical guitar players are also welcome to inquire about enrolling in this class. Practice outside of class time will be essential and private lessons are highly recommended. Performances will include community outreach and evening events such as Winter Concert, ArtsFest, and Spring Concert. Offered in the 7/8 arts block Trimester 3.

Show Choir – Dana Sewall

The Show Choir is available to any student who loves to create an expressive and engaging performance when they sing! Teamwork, engaged participation, and positive attitude are emphasized over vocal ability. This choir will sing fun show choir songs in 2-4 parts that the students will choose themselves. We will do some choreography or movement while we sing, and add other expressive aspects to the songs (glow sticks? other props?). The choir will perform 1-2 times per trimester. Singers of all ability levels are welcome and encouraged to join. Offered in the 6/7/8 art block in Trimester 2.

Theatre Arts

6th Grade Drama – Solomon Davis

This class will explore foundations of the art of theatre through creative drama, improvisation, and other interdisciplinary arts activities. Students will learn to use their "theatre voice" to express ideas about their identity and their community. All 6th graders take this class sometime during the year in their 6th grade art block.

Advanced Theatre – Laura Ferri (Full Year)

An intensive course designed to strengthen each student's acting technique while building an ensemble that performs twice a year. Strong concentration and cooperation skills are essential for this class. Stage managers are also needed for this class. Students wishing to be in this class must audition in the spring. Students will be placed in the appropriate theater class after these auditions. This is a year-long course.

Art of Auditioning – Solomon Davis

This exciting class will teach you how to prepare a monologue for theatre auditions. We'll also practice the fine art of cold side readings (a.k.a. audition scripts and scenes). In the end, you will know how to "own" the audition room. Offered in the 6/7/8 art block in Trimester 3.

Acting Intensive – Ellen Graham

This is a two-trimester course. This class is designed for serious acting students who want to improve their acting skills. We will select short scripts/scenes through which students will dig deep into character work. The class will emphasize advanced vocal and physical work, as well as how to use subtext, keep focused on stage, complete a character history, stage a scene, use props, and effectively enter and exit a scene. By using long scenes, students will learn how to be the center of a scene as well as contribute to group scenes. These scripts will be shared with an audience. Students will audition for this class. Offered in the 7/8 art block Trimester 1 and the 6/7/8 art block Trimester 2.

Come Play! – Ellen Graham

In this class, we will work with scripts by known playwrights as well as scripts written by the students. Have you ever wanted to tell a story? Have you ever wanted to see your story on the stage? We will work on character development, improvisation, movement, and theater games to bring scripts to life. Be prepared to play! Offered in the 6/7/8 art block in Trimester 3.

Improv Theater – Solomon Davis

This theatre class focuses on developing spontaneous storytelling, collaboration, creative problem solving, and character development skills. You will learn a lot of super fun, warm-up exercises and performance games. There will be a final presentation at the end of the term. *Offered in the 6/7/8 art block in Trimester 2.*

Play Production – Solomon Davis

Learn the ins and outs of acting in and producing a play. Be a part of the rehearsal and performance process. Guest speakers from the industry may include designers, directors, stage managers, and actors. *Offered in the 7/8 art block in Trimester 3.*

The Storytellers – Solomon Davis

This course will be an opportunity for students to learn the oldest form of theatre: oral storytelling. Funny moments, ghost stories, sad events, or a mix of all will grace the page and the stage. Students will learn to create their own monologues, or “solo-shows”, leading up to final performance when they will perform their original stories for their community. *Offered in the 7/8 art block in Trimester 2.*

Visual Arts

Introduction to Visual Art – Julia Freeman

This course offers sixth grade students the opportunity to explore the meaning, purpose, and practice of Visual Art. Students are introduced to a variety of techniques and materials to make works of art. Teachers initiate dialogue and provide demonstrations so that students may continue to build skills, strategies, and habits of mind in drawing, painting, graphic art, and sculpture. An understanding of the Elements and Principles of Design, Art History, and Art Appreciation are integrated into lessons as a framework of the curriculum. Through making art, discussion, and writing, students are encouraged to think critically and participate in a meaningful conversation about their own work and the greater world of art. *Offered in the 6th grade art block. (Which trimester will depend upon music choices.)*

Ceramics – Randy Silver

This is a beginning ceramics course that is exciting and challenging. It will provide a strong foundation for future ceramics, and will explore all modes of creating with clay. We will learn all of the basic hand-building techniques, and will even take the potter’s wheel for a spin. We’ll embark on completely new and different projects that will encourage independence and self-direction. We’ll experiment with both “ceramic sculpture” and “functional” (useful) pottery. Additional creativity, innovation, and imagination are encouraged. We may even integrate new materials into our ceramic artwork, including a bit of metal, wire, and melted glass. You’ll stay mostly clean (our clay won’t stain, and easily washes off of clothes), you get to keep what you make, and our dynamic class is always changing, challenging, and fun. *Offered in the 6/7/8 art block in Trimesters 1, 2, and 3, and the 7/8 art block in Trimester 1.*

Painting, On and Off the Canvas – Jeanne Ferraro

In this course, we will explore and investigate painting techniques of the past, present, and future. Using traditional methods, students will begin by painting on canvas and using easels. As the class progresses, we’ll use different materials and explore the use of computer layouts. We will work with acrylic paint on canvas, as well as several computer apps for design. The class will look at the work of both past and contemporary artists. *Offered in the 7/8 art block in Trimester 2.*

Digital Art Exploration – Jeanne Ferraro

This class is an exploration of Digital Arts. The class will learn Photoshop, iMovie, and use several computer apps. Students will explore combining these apps to create projects that effectively communicate their ideas. In this exploratory course, students will learn the elements and principles of design, as well as foundational concepts of visual communication. While surveying a variety of media and art, students will gain skills in image editing, animation, and digital drawing. *Offered in the 6/7/8 art block in Trimester 1.*

Thematic Drawing – Julia Freeman

Exploring both traditional and unconventional drawing materials, students’ drawing projects will be based upon several unique topics that we will develop as a class. While we look to artists for inspiration, students will be encouraged to push boundaries and seek creative solutions in their work, in the studio, and at home. Drawing will progress from idea to sketch; sketch to sustained drawing; individual drawing to work in a series. Formal, material, and conceptual experimentation is encouraged and necessary. We will be using sketchbooks daily! *Offered in the 7/8 art block in Trimester 1.*

Printmaking: 101 – Julia Freeman

Learn how to do a linoleum print using carving tools and a printing-making press, make mono-prints using plexi-glass and a hand-press, and learn how to silk-screen and put your designs on paper, fabric, wood, etc. Using your sketches, collages, and photos, you will be making one-of-a-kind or multiple original prints. We will be looking and researching printmakers from the past and going to a professional printmakers studio during the trimester. *Offered in the 7/8 art block in Trimester 3.*

Tell Me a Story: Bookbinding – Julia Freeman

Students will create handmade books using different bookbinding techniques such as pamphlet stitch, accordion stitch, and Japanese stab. We will be using needle, thread, awl, bone folder, and other tools to create these one-of-a-kind books. We will be using a variety of different papers and materials, and will be experimenting with digital photography and other image-making processes. Students will be able to write their own stories, use famous authors’ stories, poetry, or essays to create their books. This class will end with a final exhibition in The Northwest School Library. *Offered in the 7/8 art block in Trimester 2.*

Animal Art – Sandy Nelson

We will use animals as inspiration for making drawings, block prints, paintings, and sculptures. Working with paints, paper mache, drawing materials, wire, and other art materials, students will learn creative techniques for using these materials. Students may choose an animal on which to focus their art work. For inspiration, we will be studying examples of animal images in art from different parts of the world and different time periods. *Offered in the 6/7/8 art block in Trimester 1.*

Fiber Design – Sandy Nelson

Students in this class will learn about different kinds of fiber and how fibers are used in art. Projects will include a stitched drawing, a needle felted wool sculpture, a woven basket, a small woven bag, and a paper-pulp painting. Students will learn weaving and basic sewing techniques, wool felting, and other skills. We will explore a variety of materials, including yarn, raffia, wire, paper, threads, sheep’s wool, and fabric. We will also look at examples of how fibers are used artistically in different places and different eras. *Offered in the 7/8 art block in Trimester 1.*

Programmable Art – Sandy Nelson

Come and explore some of the various ways you can connect the digital and analog worlds! We will program microcontrollers to create moving sculptures and interactive visual displays, use the laser cutter to create 3D works of art, and present our creative work to the community. We will use our programmed art to illustrate real-world issues you research and connect with, like quantifying homelessness in Seattle, displaying climate change, or showing the flow of traffic during your drive to school. In this class, you will use: Keyestudio Uno Microcontroller, LEDs, Photoresistors, Temperature Sensors, Potentiometers, Laser Cutter, and Traditional Mixed Art Media. *Offered in the 7/8 art block in Trimester 2.*

Design A City – Sandy Nelson

What makes a good city? Is it the schools? Parks? Shopping? Interesting architecture? Recycling? We will look at all of these possibilities as we make art projects inspired by these questions. We will make maps, designs, and sculptures of buildings, a sculpture of a transit center, and a collaborative sculptural city model. We will work with charcoal, acrylic and water color paints, markers, cardboard, wire, printmaking inks, paper mache, and clay. Students in this class will also learn techniques for using these art materials. *Offered in the 6/7/8 art block in Trimester 2.*

Tree Art – Sandy Nelson

Explore trees as inspiration for making art work. Draw a line of trees using one point perspective; make a portrait of your life based on drawing tree rings; needle felt a tree sculpture; design a tree house and build a sculpture of it with paper mache; study the beautiful tree paintings of British Columbia artist Emily Carr; and find inspiration in ink drawings of trees created in China six-hundred years ago. Students will work with a variety of materials including colored wool, water color paint, acrylic paint, paper mache, cardboard, colored pencils, and oil pastels. *Offered in the 7/8 art block in Trimester 3.*

Egyptian Art – Sandy Nelson

Learn about art from Egypt three thousand years ago, in the time of the Pharaohs. Write words using hieroglyphs (the letter-symbols of the pharaohs); make a sculpture with paper mache of your personal schwabti (a servant in the afterlife); make a painting inspired by tomb paintings of the food Pharaohs ate. Learn about the ancient Goddess of Cats. Look at examples of paintings, sculptures, architecture, and writing from the time of the Pharaohs. Learn and practice techniques for using a variety of materials, including acrylic paint, paper mache, fibers, colored pencils, and oil pastels. *Offered in the 6/7/8 art block in Trimester 3.*

The P.E. program in the Middle School offers a wide variety of individual and team sports and activities. Some activities are offered multiple trimesters and some are seasonal, lasting for only part of the year. Interscholastic sports sometimes extend beyond the school day, and teams may play on any day of the week, including weekends. All classes emphasize participation, skill learning/development, self-confidence, health and wellness, injury prevention, and cooperation with classmates and teammates. Course offerings are planned as listed below, but are subject to change, due to facility availability and staffing needs.

Student Requirements

- Students will take physical education all three trimesters during 6th, 7th, and 8th grades.
- To facilitate our goal of engaging all new students in a fun, supportive “team” experience, all 6th grade students will have a choice to be enrolled in either cross country or soccer during the first trimester, though students are allowed to just be “practice players” if they are not comfortable playing in games or running in meets.
- Starting in the winter season of their 6th grade year and continuing until the end of eighth grade, all students signed up for teams are expected to play in games.
- Students take only one class at a time so they can participate in either a team sports class or one of our other classes, but not both simultaneously.

Interscholastic Teams/Sports Class Offerings

The Northwest School competes with other schools/teams in soccer, basketball, ultimate, cross-country, volleyball, and sometimes track & field. Students have practices and/or games during their scheduled physical education class times. Depending on the sport, games will generally take place after school. At the Middle School level, our philosophy is participatory as well as competitive, so all team members will play in each game if they are in good standing.

Soccer Teams

Teams will practice near school and will return by 3:30 p.m. Soccer shoes, shin guards, and shorts are needed. Home games take place during the week and after school. Teams may be divided into A and B squads by skill, and are set up to meet the needs of beginners and highly experienced players alike. *Offered in the fall season.*

Cross Country Team

There are four great reasons to run cross country: 1. Get in great shape; 2. Visit beautiful places (as we will run in multiple places around Seattle); 3. Participate in some exciting competitions (we will have one or two 1.5 mile races each week); and 4. Be part of a fun team with lots of camaraderie. No previous experience necessary and the team is filled with runners at every speed level. *Offered in the fall season.*

Basketball Teams

Our teams will play games on weekday afternoons in the Crosstown Middle School League. Seventh and eighth grade teams will be divided by ability/commitment levels. Home games will take place in our 401 E Pike gymnasium. Basketball shoes, shorts, and water bottle are needed. *Offered in the winter season.*

Track and Field

Students can participate in track and field in two different ways: 1) If there is enough interest, we will form a team to participate in Crosstown meets; 2) we also offer an introductory track and field unit for all Middle School students to end the year. Students who participate will learn and practice both running (sprints, distance, hurdles, relays) and field (long jump, high jump, shot put, turbo javelin) events. *Offered in the spring season.*

Ultimate Frisbee Teams

Discover why this game has become a Northwest obsession and join a tradition of school excellence, both in quality of play and spirit of the game. No previous disc or ultimate experience is required – just a lot of energy and enthusiasm. Tons of running is involved, so be ready. Class times are used for skills practice and scrimmages. Games are played against other teams on weekdays. *Offered in the spring season.*

Volleyball Teams

Learn the skills of this fun, exciting sport! Teams will practice in our 401 E Pike gymnasium. Games will be on weekdays. At this time, the Cross Town Middle School League (CTMSL) is a girls volleyball league. *Offered in the spring season.*

Additional Middle School P.E. Course Offerings

Each year we offer an interesting array of classes that are not team-sports-based. The specific classes we offer in any given year are determined by a combination of student interest, teacher interest and experience, and facility availability. 2018-2019 final details are in process, but below are some past and proposed future offerings.

Gym Variety

This class takes over the 401 E. Pike gym for a variety of different sports and games, including (but not limited to) ball and racquet sports. Be ready to play with purpose every day. This is not a class to choose in order to avoid being active as expectations are high for all participants. *Offered in the fall season.*

Indoor Bouldering/Rock Climbing Class

Students will have an opportunity to challenge themselves within the safe confines of the Seattle Bouldering Project. This class will focus on climbing efficiency and technique. Students will work on strength, flexibility, balance, and other aspects of physical fitness that are essential for climbing. There may be an option to participate in a climbing competition. No previous experience required. *Offered in the winter and, possibly, spring seasons.*

Cross Cultural Martial Arts

We were tempted to call it mixed martial arts but that name has been taken and there will be no such actual violence here. Martial arts are used in many cultures as a practice of physical fitness, mental focus, and balance. We will explore those elements through a combination of activities such as aikido, capoeira, fencing, boxing (just gym work, no sparring), and karate. *Offered in the spring season.*

Physical Movement for Mental Health

The research could not be more clear: Physical activity is one of the best ways to relieve stress, reduce anxiety, gain focus, and facilitate healthy sleep patterns. This class will put that research into action, giving students a chance to work on their mental and physical health at the same time. Activities will include plenty of walks and hikes (especially in places of nature), yoga, tai chi, and even some things like swinging or visiting dog parks. We will take time to reflect on what works and figure out ways to make those a part of everyday life. A great option for those with plenty on their plate outside of school. *Possible in any season.*



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