

## Flex ED Club Information Form

<b>Teacher</b>	Kirstin Gowda / Linda Cimpric
<b>Name of Club</b>	The Anti-Stress Club
<b>Target Grade(s)</b>	10-12
<b>Day of Club Meeting</b>	Thursday
<b>Time of Club Meeting</b>	1pm
<b>Duration of Club Meeting</b>	30 minutes
<b>Frequency</b>	weekly
<b>Anticipated Time Frame Of Club During School Year</b>	Term 1
<b>Brief Overview of Club/Activity:</b>  Stress has become a norm – an absolute epidemic in our society. This club will look at mental health from a positive aspect, by looking at what protective factors are (supports such as family and friends), and how to increase them. We will identify our stressors and collaborate in ways to minimize them. We will talk about the importance of setting goals and strategies to follow through with goals to minimize stress. The overarching goal is to focus on a positive growth mindset.	

## Flex ED Club Information Form

<b>Teacher</b>	Mr. Ron Nowlan
<b>Name of Club</b>	Virtual Travel Club
<b>Target Grade(s)</b>	8-12
<b>Day of Club Meeting</b>	Wednesday
<b>Time of Club Meeting</b>	4:30
<b>Duration of Club Meeting</b>	30-45 minutes
<b>Frequency</b>	Every 2 <sup>nd</sup> Wednesday
<b>Anticipated Time Frame Of Club During School Year</b>	All year
<b>Brief Overview of Club/Activity:</b> <p>The virtual travel club is intended to connect students and teacher who love to travel or would love to learn about travel. We'll share our travel experiences and our dream trips. Learn how to plan trips and share virtual tours of the places we've been or want to go and things we've done there or would like to do.</p>	

## Flex ED Club Information Form

<b>Teacher</b>	Jana Eibich
<b>Name of Club</b>	Creative Writing Club
<b>Target Grade(s)</b>	6-9
<b>Day of Club Meeting</b>	Mondays
<b>Time of Club Meeting</b>	2:30 P.M.
<b>Duration of Club Meeting</b>	1 hour – 1.5 hours
<b>Frequency</b>	Bi-weekly
<b>Anticipated Time Frame Of Club During School Year</b>	October to the beginning of June
<p><b>Brief Overview of Club/Activity:</b> Literary creativity comes in many forms! In this Club, we will look at the power of words, sounds, images, and blank space. We practice using literary tools such as simile, metaphor, alliteration, irony, and many more! Word games, quick writes, and experimentation with writing forms make up part of every Club meeting. Writing is part of what we do. We also share our writing with the group. We provide kind and constructive feedback to each other. We listen and appreciate creative writing in all styles and genres. At the end of the school year, we endeavour to publish a short literary magazine that our inaugural group titled “Write Back”. No previous creative writing experience is required to become part of this group. We are here to share our excitement for writing and written works. We hope you join us! - Mrs. Eibich</p>	

## Flex ED Club Information Form

<b>Teacher</b>	Dawn Epp
<b>Name of Club</b>	Science Club
<b>Target Grade(s)</b>	5 to 8
<b>Day of Club Meeting</b>	3 <sup>rd</sup> Tuesday of every month
<b>Time of Club Meeting</b>	11:00 – 12:00
<b>Duration of Club Meeting</b>	30 – 60 minutes
<b>Frequency</b>	Once a month
<b>Anticipated Time Frame Of Club During School Year</b>	October to May
<b>Brief Overview of Club/Activity:</b> <p>This will be a hands-on activity-based club where we do simple science experiments in the kitchen. A list of what you will need will be e-mailed out, so you have time to collect the items needed to do the experiment(s) of the month. You may choose to do the experiment(s) alongside me or you may choose to watch and do the experiment later. The plan is to have fun, fun, fun while learning a little more about Science! Be prepared to have your hair stand up and get a little wet in Science Club this year!</p>	

## Flex ED Club Information Form

<b>Teacher</b>	Brenda Lanois
<b>Name of Club</b>	Debate Club
<b>Target Grade(s)</b>	9-12
<b>Day of Club Meeting</b>	Mondays
<b>Time of Club Meeting</b>	10:30 P.M.
<b>Duration of Club Meeting</b>	1 hour – 1.5 hours
<b>Frequency</b>	Bi-weekly
<b>Anticipated Time Frame Of Club During School Year</b>	October to the beginning of June
<b>Brief Overview of Club/Activity:</b>  <p>A debate has been described as an <i>'argument with rules'</i> and <i>'intellectual sport'</i>. It is a way for individuals to argue their view on a topic without resorting to insults, emotional appeals, or personal bias. The 'pro' side will argue in favour of a topic, the 'con' side will argue against.</p> <p>Using research to develop arguments students will endeavour to convince the opposition that they are right. When the two sides agree on a subject or when one side's arguments are stronger than the others, the debate comes to a close.</p> <p>Students will develop confidence in their abilities to question and convince, curiosity to research and present their findings, critical thinking and oral and written communication skills, creativity to explore ideas and control to eliminate the fears of public speaking.</p> <p>Ms. Lanois</p>	

## Flex ED Club Information Form

<b>Teacher</b>	Marsha Matheson
<b>Name of Club</b>	Art Club
<b>Target Grade(s)</b>	K-12
<b>Day of Club Meeting</b>	Last Monday of each month.
<b>Time of Club Meeting</b>	3:00
<b>Duration of Club Meeting</b>	1 hour
<b>Frequency</b>	Once a month
<b>Anticipated Time Frame Of Club During School Year</b>	October to June
<b>Brief Overview of Club/Activity:</b>  Art Club is a skill building class for K-12. Art Club is theme based and can be inspired by a feature artist, by the seasons, by cultures or medium focused. Students will experience and explore different materials e.g chalk pastels, oil pastels, felt markers, pencil, pencil crayons, collage etc. Students will gain confidence in their creativity and learn the techniques associated to the materials. They will expand their skills by using the materials in mixed media projects. At the end of each Art Club students share their artwork and inspiration with the group on the webcam.	

## Flex ED Club Information Form

<b>Teacher</b>	Mrs. Nicole Hancock
<b>Name of Club</b>	Fun Math Club
<b>Target Grade(s)</b>	Grades 7-12
<b>Day of Club Meeting</b>	Friday
<b>Time of Club Meeting</b>	10:30 a.m.
<b>Duration of Club Meeting</b>	Approximately one hour
<b>Frequency</b>	Every second week
<b>Anticipated Time Frame Of Club During School Year</b>	Mid-October until the beginning of June
<b>Brief Overview of Club/Activity:</b>  In Fun Math Club we tackle challenging math problems and puzzles! We also play math games and learn neat math tricks. We try to solve the math puzzles which are received by email from University of Waterloo, we solve video math puzzles, and some of the club members' favourite games are Mancala and Zilch (a dice game similar to Yahtzee).	

## Flex ED Club Information Form

<b>Teacher</b>	Kristy Novak
<b>Name of Club</b>	Fearlessly Girl
<b>Target Grade(s)</b>	girls in grades 10-12
<b>Day of Club Meeting</b>	Thursdays
<b>Time of Club Meeting</b>	1:00 pm
<b>Duration of Club Meeting</b>	30 mins to 1 hr
<b>Frequency</b>	biweekly
<b>Anticipated Time Frame Of Club During School Year</b>	Oct to June
<b>Brief Overview of Club/Activity:</b> <p>Sometimes girls need to a chance to get together and talk about things that really matter to us! Our club provides a safe space for girls to come together, share stories, discuss important topics and make friends. Our goal is to unite our high school girls to inspire confidence, support one another while learning life skills.</p> <p>This club will be based on an internationally recognized anti-bullying organization dedicated to creating a Kinder Girl World and inspiring a generation of girls to be kinder to ourselves and each other, putting an end to girl against girl bullying.</p> <p>We hope you can join us! ~Ms. Novak</p>	



## Flex ED Club Information Form

<b>Teacher</b>	Vanessa Richter
<b>Name of Club</b>	Baking Club
<b>Target Grade(s)</b>	10-12
<b>Day of Club Meeting</b>	Wednesday
<b>Time of Club Meeting</b>	3:00
<b>Duration of Club Meeting</b>	1 hour
<b>Frequency</b>	Third Wednesday of the month
<b>Anticipated Time Frame Of Club During School Year</b>	All year
<b>Brief Overview of Club/Activity:</b> <p>Each month we'll focus on a given theme. For example, in November pumpkin spice will be the key ingredient, in January we'll work with fondant, and in March we'll do a Top Chef-like challenge. I'm also open to suggestions from group members on ingredients and techniques they're interested in trying. At the meetings we'll show pictures of and talk about our creations. We'll also get to know each other by talking about baking in general, such as how we got interested in it, the first thing we baked, debate soft vs. crisp cookies, etc. Members will also be sent their very own baking kits, filled with fun ingredients and tools they can keep!</p>	

## Flex ED Club Information Form

<b>Teacher</b>	Mr. Chris Harris
<b>Name of Club</b>	Bucket Drumming Club
<b>Target Grade(s)</b>	10-12
<b>Day of Club Meeting</b>	Thursday
<b>Time of Club Meeting</b>	4:00 – 5:00
<b>Duration of Club Meeting</b>	1 Hour
<b>Frequency</b>	Every Second Thursday
<b>Anticipated Time Frame Of Club During School Year</b>	Term 1
<p><b>Brief Overview of Club/Activity:</b> Bucket drumming is music which involves drumming on plastic buckets and other objects to create melodies. The most common object used by bucket drummers are five-gallon plastic buckets, but other objects can be used, including glass bottles, pots, and pans. Students will learn to read, write, practice, rehearse and perform their own musical compositions as well as read and write standard drum music notation that has been adapted to be played on a standard five gallon plastic bucket. Regular drumsticks will be provided; students must provide the bucket. No musical background necessary.</p>	

## Flex ED Club Information Form

<b>Teacher</b>	Philip Siemens
<b>Name of Club</b>	The Drawing Club
<b>Target Grade(s)</b>	3-12
<b>Day of Club Meeting</b>	3 <sup>rd</sup> Monday of each month
<b>Time of Club Meeting</b>	4:30 pm
<b>Duration of Club Meeting</b>	30 minutes
<b>Frequency</b>	Monthly (with new themes shared weekly)
<b>Anticipated Time Frame Of Club During School Year</b>	Term 1
<b>Brief Overview of Club/Activity:</b>	

## Flex ED Club Information Form

<b>Teacher</b>	Angela Packet
<b>Name of Club</b>	Career and Life Management Club
<b>Target Grade(s)</b>	7 – 12
<b>Day of Club Meeting</b>	Wednesday
<b>Time of Club Meeting</b>	1:30
<b>Duration of Club Meeting</b>	30 minutes
<b>Frequency</b>	Monthly: Wednesday, October 24 Wednesday, November 28 Wednesday, December 19 Wednesday, January 16 Wednesday, February 27 Wednesday, March 27 Wednesday, April 17 Wednesday, May 22 Wednesday, June 19
<b>Anticipated Time Frame Of Club During School Year</b>	October – June
<p><b>Brief Overview of Club/Activity:</b></p> <p>Please join us every month where we will discuss and explore high school and beyond choices. This may include: course selections, study management tips, volunteer opportunities, post-secondary education and training, resume building, job interview skills and career planning. We also hope to have some guest speakers join us!</p>	

## Flex ED Club Information Form

<b>Teacher</b>	Sally Mitchell
<b>Name of Club</b>	The Story Club
<b>Target Grade(s)</b>	Kindergarten to Grade 3
<b>Day of Club Meeting</b>	Wednesday
<b>Time of Club Meeting</b>	9:30 A.M.
<b>Duration of Club Meeting</b>	30 minutes
<b>Frequency</b>	Weekly
<b>Anticipated Time Frame Of Club During School Year</b>	Term 1
<b>Brief Overview of Club/Activity:</b>  Focused on the younger grades, this is a time to sit back, relax, and have a story read to you! After the story, there will be a question or discussion time and sometimes and activity.	

## Flex ED Club Information Form

<b>Teacher</b>	McKenzie Mitchell
<b>Name of Club</b>	Minecraft Club
<b>Target Grade(s)</b>	All grades welcome
<b>Day of Club Meeting</b>	Tuesday
<b>Time of Club Meeting</b>	2:15-3:15
<b>Duration of Club Meeting</b>	1 hr
<b>Frequency</b>	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday of the month
<b>Anticipated Time Frame Of Club During School Year</b>	Last meeting will be the first Tuesday of June
<b>Brief Overview of Club/Activity:</b>  We will be gathering as a group on playing various co-operative games on public servers. We may also have the chance to develop our own world on a private server. Come and join in the fun!	

## Flex ED Club Information Form

<b>Teacher</b>	Rebekah Cook
<b>Name of Club</b>	Home Economics Club
<b>Target Grade(s)</b>	Grades 7 - 12
<b>Day of Club Meeting</b>	The Last Wednesday of Each Month
<b>Time of Club Meeting</b>	1 – 2 P.M.
<b>Duration of Club Meeting</b>	1 hour
<b>Frequency</b>	Monthly
<b>Anticipated Time Frame Of Club During School Year</b>	October - January
<b>Brief Overview of Club/Activity:</b>  Do you enjoy art? Do you enjoy learning skills that are somewhat practical? If yes to either of those questions, then this just might be the club for you! During Term 1, we will be spending some time learning and applying skills like knitting, crocheting, scrapbooking, and baking. I will send you emails ahead of time with the materials you need to participate. I hope you can join us!	

## Flex ED Club Information Form

<b>Teacher</b>	Rebekah Cook
<b>Name of Club</b>	Book Club
<b>Target Grade(s)</b>	Grades 7 - 12
<b>Day of Club Meeting</b>	The Last Wednesday of Each Month
<b>Time of Club Meeting</b>	1 – 2 P.M.
<b>Duration of Club Meeting</b>	1 hour
<b>Frequency</b>	Monthly
<b>Anticipated Time Frame Of Club During School Year</b>	February - June
<b>Brief Overview of Club/Activity:</b>  In Term 2, we will be reading and discussing at least one book. I would like to get your opinion on which book we should start with, so when you sign up for this club, be sure to email me at <a href="mailto:rebekah.cook@flexed.ca">rebekah.cook@flexed.ca</a> to let me know your preference. The options are <i>Pride and Prejudice</i> by Jane Austen and <i>Great Expectations</i> by Charles Dickens. Please send me your preference as soon as possible so that I can get everything prepared.	



## Flex ED Club Information Form

<b>Teacher</b>	Rebekah Cook
<b>Name of Club</b>	Virtual Field Trip Club
<b>Target Grade(s)</b>	Varies, dependent on type of field trip
<b>Day of Club Meeting</b>	TBA
<b>Time of Club Meeting</b>	Dependent on field trip
<b>Duration of Club Meeting</b>	Dependent on field trip
<b>Frequency</b>	Varies
<b>Anticipated Time Frame Of Club During School Year</b>	October - June
<b>Brief Overview of Club/Activity:</b>  You're invited to join me as I visit some interesting places and events around Saskatchewan! We will begin with Wanuskewin in October. If you would like to participate in this field trip, I need to know by October 6th. I hope you join me!	

## Flex ED Club Information Form

<b>Teacher</b>	Shawna Leson
<b>Name of Club</b>	Quote Of The Month Club
<b>Target Grade(s)</b>	9-12
<b>Day of Club Meeting</b>	1 <sup>st</sup> and Last Friday Of Each Month
<b>Time of Club Meeting</b>	1:00pm
<b>Duration of Club Meeting</b>	Varies — 30 Minutes
<b>Frequency</b>	2/Month
<b>Anticipated Time Frame Of Club During School Year</b>	Term One (Possibly term 2 if successful)
<b>Brief Overview of Club/Activity:</b> <p>“What if I fail? Oh, but darling, what if you fly?” Quotes have a way of providing comfort, humour, encouragement and motivation while connecting people in similar situations. Quotes can mean many different things to people based on their varying experiences. Whether you enjoy humour or inspiration, many enjoy connecting their feelings and experiences to words.</p> <p>We will choose a topic or theme each month and then meet again at the end of the month to see what everyone has come up with.</p>	