

Mountain Sage Community School



Elective A, Wednesdays from 2:35-3:20 pm (45 minutes)

Semester 1, 2025-26 School Year

Choir

Teacher: TBD

Prerequisite Required: No

Repeats: Yes, may be taken both semesters

Are you ready to unleash your inner star? Our middle school choir is the perfect place for you to have fun and make music with friends! Whether you're a seasoned singer or just curious about trying something new, we welcome everyone! Join us for exciting games, amazing performances, and unforgettable memories. You'll learn cool vocal techniques while having a blast! No experience needed—just bring your enthusiasm and love for music! Come be part of our choir family, and let your voice shine bright! We can't wait to sing with you! 🌟🎤✨

Creative Mindfulness

Teacher: Mrs. Bandong

Prerequisite Required: No

Repeats: **No, can only be taken for one semester**

This elective blends together topics around mindfulness while also focusing on the importance of creativity. All students will present a favorite creative activity to the class, by offering a drawing prompt/activity or sharing a mindfulness technique (5-10 minute presentation). Mrs. Bandong will offer the application of a tuning fork while students independently draw. *Creative Mindfulness* is a space and time to unwind at the end of the day.

Elementary Teacher's Helper

Teacher: Maestra Bolton

Prerequisite Required: No

Repeats: Yes, but only one semester per year

Be a leader, educator and role model for the elementary students! If you are a middle school student interested in assisting younger students in handwork, on nature walks, in games class, as a tutor, as a peer mentor, or just a helper in various elementary classes, this is the elective for you! Middle school students interested in this class will have the chance to serve as student

helpers in a variety of ways in grades K-5. Have fun, help out, and be a middle school student leader in our K-8 school community!

Outdoor Education

Teacher: Ms. Axman

Prerequisite Required: No

Repeats: Yes, but only one semester per year

Welcome to an exciting elective where we dive into foraging, nature journaling, sustainability, and creativity in nature! Discover edible plants and natural treasures responsibly and safely. Sketch, write, and observe to connect deeply with the natural world. Learn practices to preserve biodiversity and care for our planet. Express yourself through nature inspired art.

Restorative Practices Leadership: Student Peacemakers

Teacher: Ms. Pointer

Prerequisite Required: No

Repeats: No, can only be taken for one semester

Do you want to help others feel heard, resolve conflicts peacefully, and make your school a better place? In this class, you'll become a Restorative Practices Leader—someone who builds community, leads restorative circles, and helps others work through conflict in healthy ways. You'll strengthen communication skills—one of the most valuable tools for life—and grow in self-awareness, listening, and leadership. You'll also take part in creative, artistic projects that boost morale and create a positive atmosphere for teachers and staff by organizing events, celebrating milestones, and offering support during tough times. If you are interested in helping others and developing our positive school culture, this class is for you!