

# SEVENTH GRADE CYCLES

## Exploring Food & Nutrition: Chef Lafferty



In the Exploring Food & Nutrition class the students will begin to learn their way around a kitchen and how to make healthier food choices. Through cooking lab exercises as well as studying culinary and nutrition basics students are exposed to a wide array of important facts and skills to improve their individual nutrition.

Safety and sanitation are the building blocks upon which the exploration begins. Topics include food safety and correct handling of various foods, the importance of hygiene and cleanliness in the kitchen and how to identify possible food contamination dangers and avoiding accidents in the kitchen.

The students will use the USDA MyPlate resource to improve their nutritional knowledge. Students will put these skills into use as they learn how many calories they need a day and how much of each of the five food groups should make up their diets. Other topics include how to read the nutrition facts labels on packaged goods and ingredients that can be substituted to improve their nutrition.

The third and final unit that is covered is cooking basics where various cooking techniques are explored including sauteing, roasting, baking and blanching.

A capstone project is included where each student is given a U.S. State to research the indigenous foods of that state, food traditions practiced within the state and other historic events that may have contributed to that state's food history.



## Art Appreciation - Ms. Cassidy

Throughout seventh grade, Art Appreciation students will experience many different artistic challenges. Art Appreciation combines art history, art criticism and aesthetics through hands-on art production and activities. Throughout this class, students will be introduced to the principles of design while utilizing a variety of tools, processes, techniques, and supplies.

In seventh grade, art students will complete up to six art projects. Each one will be based on a different principle of design: contrast, emphasis, balance, unity, pattern, movement, and rhythm. Students will create both two- and three-dimensional works of art while studying various artists and their artistic styles. At the course's completion, students will have a strong foundation and understanding of how to identify, discuss and utilize the principles of design.

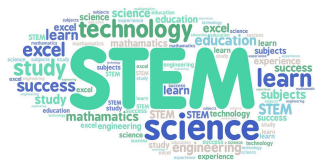


## **Financial Fitness - Ms. Vesper**

The Financial Fitness course is a required course in the seventh grade cycles program. The instructional time will focus on four critical areas of financial fitness: (1) career exploration; (2) saving and credit, (3) budgeting; (4) risk management;

1. Students will learn the difference between a career vs a job
2. Students will learn to search for careers available to meet their interests and personal strengths
3. Students will learn how to manage a bank account which will involve depositing check, withdrawal of funds and paying rent by using the system Classroom Economy
4. Students will develop strong saving habits and understand how to manage a credit card
5. Students will create budgets based on career and goals
6. Students will learn about the importance of investing for the future
7. Students will learn how to manage a loan and why it is so important to have a strong credit history
8. Students will learn about the different types of insurances such as homeowner, car insurance and renters insurance and why it is so important to have them

The skills taught during the course will help students build core personal finance skills and real-world strategies they can use in the future. Through engaging resources and activities, students will practice these skills so they can get started on the right track to effectively manage their personal finances! Financial Fitness is aligned with the New Jersey Student Learning Standards for 21st Century Life and Career Skills.



## **STEAM- Ms. Morton**

Students will discover that STEAM principles of science, technology, engineering, arts, and mathematics can be applied to most aspects of their lives. Throughout this course students will learn about the engineering design process and how to apply these steps to problems of varying difficulties. Students will be provided with a challenge in each unit including engineering a cavern to survive an asteroid impact, engineering an eco-house focusing on sustainability, and solving a problem of their choosing.



## **WMS Warrior Band - Mr. Basile**

Welcome to the Waldwick Warrior Middle School Band program! You and your child have chosen to enhance their academic schedule in middle school this year by electing to be a member of the Concert Band (6th Grade Band) or Symphonic Winds (7/8th Grade Band). The decision to be a part of the middle school band program is an investment in the future of your child and the overall security of their well rounded education. Instrumental music classes provide the opportunity for self expression, creativity, teamwork, pride in one's self and surroundings, social/emotional learning and achievement.

I wish to express to all WMS band families my sincere excitement about the beginning of another school year with which we have all been granted the humbling occasion to learn, grow, express, create and travel through our lives together. For those new incoming 6th Grade students, you are welcomed with open arms and open minds. For those returning 7/8th Grade band students, you are welcomed back to the band family of which you are already apart.

**WMS Winter Concert = Tuesday, December 12th 7:00 PM**

(Dress rehearsal = Monday, December 11th, after school)

**WMS Spring Concert = Thursday, May 16th 7:00 PM**

(Dress rehearsal = Wednesday, May 15th, after school)



## **WMS Chorus - Mrs. Serwin, Director**

Chorus class in the middle school is a safe environment for the student to explore the voice and different musical styles. All students taking Chorus in grades 6-8 will be assigned a specific day to meet. These class lists will also be posted outside of rooms 104 and 204.

Students are responsible for any work missed in their cycle class. Classes will cover basic music theory and reading as well as proper singing technique. Students are required to attend and perform in both the Winter and Spring Concerts as part of their grade. Any student who does not attend the concert for any reason, will be required to submit an alternative assessment project. Throughout the year classes will explore many different musical types and styles both historically and culturally. Please do not hesitate to contact me if there are any questions or concerns.

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