

# Alexandra Middle School

Academic and Leadership Excellence

477 Sixth Street SE  
Medicine Hat, AB  
Canada T1A 1H4

email: [alexandra@sd76.ab.ca](mailto:alexandra@sd76.ab.ca)

Phone 403-527-8571

Fax 403-527-2099



**ORIENTATION**

**[www.alexandraschool.ca](http://www.alexandraschool.ca)**



## FACILITIES AND HISTORY OF ALEXANDRA SCHOOL

“...because students are worth it!”

The original [Alexandra School](#) was built in 1909 and named after Queen Alexandra, who was Queen of Great Britain, Ireland and Empress of India.

The building's cornerstone was laid in 1909 by Alberta's first Premier, the Honourable A. C. Rutherford and Alexandra was officially opened in 1910 by the Prime Minister of Canada, Sir Wilfrid Laurier (the gentleman who appears on the five dollar bill). In 1971, the original building was demolished and the present main wing was built. The main wing is a two-story building which serves as the academic area of the school.

The Millican Wing, completed in 1955, serves as the career and technology area, as well as the physical education area and some additional classrooms.

A multi-purpose area, which is used as a lunchroom and a performing arts area was added in the fall of 1985.

In 1998 a modernization program began in the Library, upstairs classrooms and the Millican Wing. New CTS facilities, classrooms, washrooms, storage rooms, lockers and hallways were established. In 1999 the modernization continued with renovations to the PE offices, Locker Rooms and storage facilities. Also, a student activity centre and a family meeting room was established. On June 11, 2007 Alexandra experienced a fire resulting in over \$2.5 million in renovations.

Alexandra Middle School is part of Medicine Hat Public School District #76.



## WELCOME TO GRADE SEVEN

Moving from your school to middle school is an exciting event. It is also a time when parents and students can become anxious because they are leaving a familiar environment and stepping into new surroundings. Therefore, we have prepared this information booklet for your family to introduce you to Alexandra School and all that we have to offer the middle-school learner.

Please take the time to review the information. There is space provided at the end of this booklet to jot down additional questions that can be answered at the Orientation & Information Evening, by contacting the school, speaking to staff members, talking to parents who have had children attend Alexandra School, exploring our schools' website, or when our staff visit the feeder schools. It is our goal to make the transition from your school to our middle school as smooth as possible.

### **Alexandra's Mission Statement:**

**"We at Alexandra are partners in lifelong learning, dedicated to challenging and empowering individuals to pursue the future, by experiencing and celebrating success."**

Alexandra Middle School is an active grade 7 and 8 public school serving approximately 500 students. We have an exciting learning environment that operates on a foundation of middle school philosophy. Our setting allows us to focus on the unique traits of middle level learners. This middle-school emphasis creates a student-centred community that includes: patterned timetabling to create consistent timetables for students, core-blocking of subjects emphasizing subject integration, project-based critical inquiry growing out of integrated and differentiated learning, some exploratory complementary courses that are age appropriate, dynamic intramural/physical activity programs, parental involvement and support, and staff committed to working with young adolescents.

## PROGRAM OF STUDIES

(Complementary course descriptions are at the back of this booklet.)

### **Core/Compulsory Courses**

All students take the following courses, unless there are unusual circumstances:

[Language Arts](#)

[Physical Education/Recreational Education](#)

[Science](#)

[Mathematics](#)

[Social Studies](#)

[Health](#)

Career & Technology Studies (CTS)\*

(\*Students rotate through modules in Foods, Visual Communication, Information Processing/Computer Studies and Construction Technology)

## Complementary Courses

Students will take the core subjects as mentioned in the previous section. Listed below are the complementary paths that we anticipate making available next year.

- [Art](#) / [Drama](#)
- Modern Languages  
[Spanish](#) / [French](#)
- [Band](#) (additional fees apply)
- Sports Academies: [Hockey](#) / [Baseball](#) (additional fees apply)

**NOTE:** We may not always be able to accommodate everyone's preferred choices. Things that affect choices include: the number of students who request a specific course, those who select Band or the Sports Academies (as these are full year courses), staffing and timetable considerations.

## “THAT’S A GOOD QUESTION!”

### 1. When do we register?

Grade six students as well as grade sevens attending elsewhere but interested in attending our school and their families are invited to attend an ***Orientation & Information Evening at Alexandra School in March*** to learn more about the school and our courses. Following this information evening, the grade seven administrator, the counsellor and, whenever possible, a grade seven student will visit each of the grade six classes in our feeder schools to answer questions and distribute [registration](#) forms. Students are to ***return their registration form to their elementary school before March 31<sup>st</sup>, 2010.***

### 2. Can we choose what courses we want to take?

When you fill out your registration for Alexandra, you let the school know which complementary path interests you. Complementary paths are designed to give an opportunity to explore a number of areas.

### 3. What is CTS?

CTS modules are part of your complementary courses. CTS stands for Career and Technology Studies. Your parents may remember these courses as part of Business Education, Home Economics and Industrial Arts. All secondary students in Alberta take CTS courses. At Alexandra, all students take a CTS rotation that includes: [Foods](#), [Information Technology](#), [Visual Communications](#), and [Construction Technology](#).

### 4. When does the school day begin and end?

School begins at 8:04 a.m. and ends at 2:42 p.m. Monday through Thursday. On Friday, we dismiss at 12:29 p.m. Collaborative Planning Time, including staff meetings and

department meetings, will occur almost, but not always, the third Friday of each month. Check the student agenda or school website to confirm exact dates.

**5. How long is each class?**

Monday through Thursday each class period is 54 minutes in length. On Friday, each class period is 38 minutes.

**6. How many classes will I have in the morning and how many in the afternoon?  
How long is lunch?**

We have 4 classes in the morning and 2 classes in the afternoon. Because the morning is very long, students have a working short snack break built into the beginning of period three. Lunch is 35 minutes and begins at 12:08 p.m.

**7. Are we assigned to a homeroom? If we are, will I know anyone?**

All students are assigned to a homeroom. On the first day of school, class lists are posted in the gymnasium. With the assistance of staff and grade eight student leaders, students will be directed to their assigned homeroom.

Students begin the day in homeroom. This time is used for attendance, registration activities, to review school policies, Student Council activities, and other school organizational matters.

In most cases, you will travel as a homeroom group to each of your classes.

We have eight elementary schools that feed into Alexandra and each regular class has 24 to 28 students so you can expect 1 or more students from your elementary school in your homeroom. Although these students may not be your close friends, you should know someone.

**8. How will I know where to catch the bus? What time will I need to be at my bus stop?**

Bus routes and pick-up schedules are usually posted in the Medicine Hat newspaper in August. You may also ask a neighbourhood student who attended Alexandra last year where they caught the bus or phone Totem Transportation at **403-527-6986**. Consider phoning a week or two prior to the beginning of the first day. Alternatively, if you wish to view the [bus route](#) you will travel, you may do so on-line on our school website or the School District website.

Please be aware that according to district policy, you qualify as a bus student if you live south of the river and are beyond the 2.5 km walking distance from Alexandra.

**9. When will I get my timetable so that I know whom my core subject and complementary teachers are?**

Timetables will be distributed on your first day of school. You will also stay together as a homeroom class for all your subjects. Usually you will have one teacher for Language

Arts and Social Studies (Humanities) and another for Math and Science. However, a couple of classes have one teacher for all four of their core subjects.

**10. What happens if I am late to my classes?**

We know that you are new to the school and we will understand that you may be late for the first few days. You will find your way around Alexandra very quickly. However, if you continue to arrive late to class, your teacher will address this issue with you.

**11. What should I do if I arrive late to school?**

If you arrive late to school, come to the office to sign in and pick up a late slip. Please remember to bring a note. Medical appointments, weather conditions and busses arriving late are considered excusable reasons for being late. If you are late because of an appointment, remember to bring a note with you to show the office.

**12. What if I have an appointment during the day?**

To let us know that you have to leave early for any reason, bring a note to school with you. Show the note to the teacher whose class you have to leave and then bring the note to the office and sign out. If you forgot to bring a note, your parent must come in and sign you out at the office.

**13. What do I do if I become ill at school?**

Being ill is not fun. However, if you become ill, we need to contact your parent or guardian. Let your teacher know that you are ill. Come to the office so that we can call someone to come pick you up and have you sign out.

**14. What if I am absent from school?**

We are responsible for taking daily attendance every period. Homeroom and our six-period school day would be recorded as seven instances of being absent. As mentioned previously, if a student arrives late they are required to sign in at the office so that we may adjust the computerized attendance records accordingly. When you are absent, please ask your parent to contact the school in the morning; otherwise, we mark you as an unexcused absence and an automatic system will contact your home to indicate that you were absent. Absences not cleared up by Friday of that week will result in a Friday detention from 12:26 – 2:00 p.m.

**15. Do we get our own lockers and do I have to buy my own lock?**

Most students have their own lockers however we do have a few double lockers. If you have a double locker, it is likely that you will share the locker with a classmate. We supply you with a lock. Please keep in mind that the locker and lock are school property and as such can be entered at any time by school staff.

It will be important that you do **not** change lockers or give out your locker combination if you want a secure place for your personal belongings. We also want to caution you to leave large amounts of money or expensive items (MP3 players, cell phones, etc.) at home rather than storing these items in your locker.

**16. What if I lose or damage the lock?**

If you damage or lose the lock you and your locker partner (if you have one) will need to go to the office to purchase a replacement.

**17. Can we go to our lockers between classes?**

You do not want to carry materials for more than two classes at any time. Therefore, you may go to your locker at the end of two periods to exchange materials.

**18. How will I remember school information, homework and other important events?**

On the first day of school you will receive a student handbook in the form of an *agenda*. This book contains important information such as monthly [calendars](#), rules, policies and expectations. It also serves as a daytimer to help you keep track of your homework, exams and important personal events. Your agenda is also your “hall pass” and an avenue of communication between the school and home. You probably have a very busy schedule and this resource can be a valuable tool. We ask that your parents become familiar with your agenda so that together, we can reinforce successful work habits.

**19. Can I access my school and homework information online?**

Yes. Most students can check homework postings on our school’s website: [www.alexandraschool.ca](http://www.alexandraschool.ca). In addition, [Home Logic](#) allows guardian/parents and students to see school information such as attendance, marks, timetable and school fees. We also encourage students, parents and guardians (even extended family members) to register on our school website to receive the school monthly newsletter through the email. The Jayhawker is a vital communication mechanism for keeping everyone informed about the latest happenings in the school.

**20. Will I receive a letter grade or percent grade on my report card?**

Teachers will assign a percentage grade on your report card. Your marks will be determined by fair and frequent evaluation. Teachers may include any of the following when calculating your grade: in-class assignments, homework, quizzes, tests, class participation and bonus marks.

Being successful begins with setting some goals at the beginning of the year and reviewing these goals throughout the year. Along with your effort, your parents, teachers and the school counsellor can help you achieve your goals.

**21. What mark do I have to achieve for Honours?**

ALL of your subjects are important for different reasons. However, First Class Honours means that when we average your Math, Science, Language Arts and Social Studies marks together you achieved an average between 90% and 100%. Honours is an average between 80% to 89%.

Any grade lower than 50% is considered a failure. If your grades are lower than 50% and you have worked hard, the school counsellor may recommend testing to determine if there is another reason for your academic difficulties. We want you to be successful.

**22. Will I have a lot of homework?**

Expect at least 15 to 30 minutes of homework every evening. In addition, if you do not have homework, spend at least 5 – 15 minutes per academic subject reviewing the material discussed that day. This strategy will make studying for exams more manageable.

Developing good homework routines will help you throughout the remainder of your formal education. First, find a place that is away from the TV and other types of distractions. Use a timer to work in 15 – 20 minute blocks, giving yourself about a 10 minute break between work sessions. Eventually, you may increase or decrease the study block to the timeframe that works best for you. Studies clearly demonstrate the benefits of short, frequent breaks.

**23. How often are report cards issued? Will there be Parent/Student/Teacher conferences?**

Report cards are issued four times throughout the year: November, February, April and June (the last school day).

Parent/Student/Teachers conferences occur immediately following the distribution of the first and second report period.

If you are not doing well or your parents need to contact your teachers, they may do so at any time throughout the year. Each teacher has a telephone and voice messaging system in his or her classroom as well as district email. Because your success is important to us, we want to encourage parents to contact your teachers or the school.

**24. How will I know what the school rules are?**

Several years ago, the staff, parents and students developed a [discipline policy](#) for Alexandra. This policy is based on common values you were expected to follow in elementary school.

Copies of the discipline policy are found in the Student's Agenda (the student handbook), on the Internet ([www.alexandraschool.ca](http://www.alexandraschool.ca)) and are available upon request, at the school office.

**25. I heard that Alexandra has an Electronic Devices Policy. What does this mean?**

Electronic Devices are defined as any mechanical or electrical device that is capable of playing, recording, storing, or transmitting sounds, images or data. Examples of these types of devices include cameras, cell phones (iPhones), mp3 players (iPods), electronic games (PSP, Gameboy, Nintendo DS), CD players, radios, media players, and PDA's (iTouch).

In order to minimize disruptions to learning, to increase personal protection of privacy and security of exams, as well as preventing theft of your device, Alexandra has developed an electronic device policy. This policy supports the responsible use of technology by students and parallels similar policies that are in place in other schools.

Students are encouraged to refrain from bringing all electronic devices to school. If they choose to do so, they need to leave these items in their locker. Student technological needs are already well met within the school. Phones are available in the offices, in all classrooms, and there is a phone outside the office for student use during school hours. Cameras for school projects are available in the office and library. CD players, tape recorders and radios, if not already in the classroom, may be signed out of the library. There are computers, televisions, VCR's, DVD players and CD players in every classroom.

**26. What will happen if I misbehave in class?**

The teacher will deal with most of the minor behaviour issues in the classroom and determine appropriate consequences. However, if the situation is serious or repeated, the teacher may exclude you from class. When this occurs, you will have to come to the office to see an administrator.

**27. Do you have a dress code and, if so, what is it?**

Yes, we have a dress code. Clothing and accessories that are racist, have vulgar language, suggestive sexual thoughts, alcohol or other drug logos are inappropriate. Short tops (tummy or back exposed), low cut tops, spaghetti straps that expose undergarments, halter tops and tube tops are deemed unacceptable. Shorts or skirts are required to be a suitable length so as not to embarrass others. We also consider it inappropriate for undergarments such as thongs and boxers to be exposed. Pants must be worn above the buttocks. Hankies hanging out of pockets, wrapped around arms, legs or head are unacceptable.

If you come to school dressed in a manner described above, you will be requested to fix the concern that could include going home to change.

Headwear, this would include hats, caps, bandanas, scarves and the like, are to be removed when the student is in the school. The obvious exceptions are those activities that require headgear for safety reasons.

**28. What do we wear for Physical Education?**

Our school requires that students be dressed properly for [Physical Education](#) classes. **Gym shorts or sweat pants, T-shirts, and gym shoes are required.** Students are assigned participation marks for appropriate Phys. Ed. attire.

**29. What time is the library open?**

The library is open from 7:45 a.m. to 4:00 p.m. Monday through Thursday and 12:30 p.m. on Friday. As part of the Shortgrass system, you are able to access materials from our library and other local libraries through the Internet.

You will get to know the library very well. The upstairs teachers often book the library computer lab for word processing assignments and research projects.

The library is a very busy place at lunch time where students gather to complete homework or sit quietly and read.

**30. Do you have a school counsellor or other support services?**

Yes, we have a school counsellor and this person is available to help you with:

- a. personal, social and school life problems
- b. selecting appropriate school programs
- c. study habits
- d. exploring vocational interests, aptitudes, and abilities

We also have a team of people who work in the school to support students as they move through middle school. The team is part of a project called [MyPlace](#). The team works closely with the counsellor, teachers and administrators of the school to identify students who could use help; like sorting things out and getting along at home, fitting in with peers, coming to school regularly and anything that might get in the way of students being successful at school. The MyPlace team also visits classrooms to give students information about keeping their minds and bodies healthy.

**31. We heard that Alexandra School has a closed campus policy. What does this mean?**

When you arrive at school in the morning, we require that students not leave the campus at ANY time during the school day, unless your parent gives **written** permission and it is **approved** at the office each time that it is necessary for you to leave campus. However, if you live in the immediate Alexandra neighbourhood and can make it home and back within the lunch period, you are exempt from this rule. This needs to be approved at the office at the beginning of the school year.

**32. How much will my school fees be? When are they due? And can my parents pay a little each month?**

This past school year all students in grades 7 – 12 paid a core instructional fee of \$130.00. In addition, typical complementary course fees added \$95.00 to this amount for a total of \$225.00.

These fees include such items as text rental, student agenda, Student Council, School Council, lock rental, mailing, some associated field trips, team and club charges and consumable materials.

School fees are due September 30<sup>th</sup>. Yes, your parents may pay a monthly fee throughout the school year (\$22.50 a month for 10 months is much easier to deal with when budgets are tight). For some families, this becomes a desirable option. We also accept MasterCard and Visa.

Families may also apply to have their fees waived. Application forms are available in the school office and online.

**33. Does the instructional fee cover everything?**

Unfortunately, no it does not. There are several options you may select to add to your program which carry additional fees.

**34. I want to take Band. Do I get any other complementary courses? What will my fees be?**

If [Band](#) is your first choice it will restrict some of the other complementary courses you may want to explore because Band is a full year course. Band students will also take all 4 CTS modules.

If you own your own instrument the fees are:

\$130.00 (basic fee) + \$95.00 (complementary fee) = \$225.00.

If you rent a school instrument an additional \$50.00 (materials and instrument rental) fee is added. \$130.00 (basic fee) + \$95.00 (complementary fee) + \$50.00 (Instrument Rental) = \$275.00.

**35. I heard that you have a Sports Academy option? What sports are included in this option and how much will I have to pay if I choose this option?**

At this time we offer [Hockey](#) and [Baseball](#). The Hockey Academy is \$450.00. You will not be able to take band or modern languages (Spanish/French) if you are in either academy. You may have one complementary course loop or the CTS modules. Your fees would be \$130.00 (basic fees) + \$450.00 (Hockey Academy) + \$95.00 (complementary) = \$675.00.

The Baseball Academy is \$200.00. Total fees would be \$130.00 (basic fees) + \$200.00 (Baseball Academy) + \$95.00 (complementary) = \$425.00.

To take both the Hockey and Baseball Academies your fees would be \$130.00 + \$650.00 + \$95.00 (complementary) = \$875.00.

**36. Do I have to also pay for food and construction supplies when I get into these CTS modules?**

Yes. You may be asked to purchase some project supplies. Depending on your choice of materials, this should not be more than \$25.00.

**37. What if I want to order a school yearbook?**

The yearbook is optional and based on last year's costs to purchase a yearbook, you would add an additional \$30.00.

**38. What types of school supplies will I need?**

(You do not need to purchase all these supplies for the first day of school but sometimes things become available at summer sales.)

Language Arts and Social Studies (Humanities): one – regular sized (not large) 3-ring binder, loose-leaf paper, pen (blue or black), pencil, pencil crayons.

Mathematics and Science: Pencils, pens and writing paper will be required for the first week of school. Each teacher will provide a detailed list of supplies required for the

school year during the first week. This list will vary from teacher to teacher. Please wait to purchase any additional supplies until you have this list

Physical Education: Our school requires that students be dressed properly for Physical Education classes. **Gym shorts or sweat pants, T-shirts, and gym shoes are required.** Students are assigned participation marks for appropriate Phys. Ed. attire.

#### Construction Technology Supplies

The following supplies are required for the construction technology course, which students attend for one quarter of the school year:

- Pencils (regular HB pencils are fine)
- Sandpaper (a variety of grits suggested 80 grit, 120 grit, 220 grit, 400 grit)
- Bottle of yellow carpenter's glue (small size is sufficient)
- Safety glasses or goggles
- Scissors
- Ruler or Tape measure (inexpensive)
- Assorted paints, stains, and/or varnishes if student wishes to complete projects in this manner or leave them in natural wood unfinished. (paints and stains etc... must be latex (water) based)
- Paint brushes (inexpensive or foam)
- Roll of masking tape or painter's tape

Other Subjects: Students are asked to wait for detailed instructions, from specific teachers, regarding supply requirements.

#### **39. Is there a cafeteria at Alexandra and can we buy hot food?**

Yes, we have a multi-purpose room that serves as our lunch room. A limited variety of hot/cold food is prepared at Medicine Hat High School and is made available for purchase in our cafeteria.

#### **40. What types of student activities can I get involved in?**

There are many interscholastic [sports](#) you can join: Volleyball, Basketball, Football, Badminton, Cross-Country Running, and Track and Field. The names of the school teams are Jayhawks and Lady Jayhawks and the Alexandra's School colours are Blue and Gold. The football team, the Hawks, is comprised of grade 7 & 8 AMS students and grade 9 MHHS students. Students are also able to participate in [Intramurals](#) at lunch.

#### **41. Are there other activities besides sports?**

We have a very active [Student Council](#). There is an executive (President, Vice President, Program Coordinator and Two Grade Seven representatives - a two-year position) and homeroom representatives. Student Council coordinates many activities around the school and in the community. We support the Santa Claus Fund and Food Bank, provide support for third world, support student wellness issues, organize two major fundraisers and get involved with a number of other activities in our community.

#### **42. What other clubs can I get involved with?**

There are many other [activities](#) besides sports and student government. Consider the Yearbook Club, Science Fair Club, Performers Club, Meet and Greet Club, Chess Club, Sewing Club, Wrestling Club, Workout Club, Art Club, assisting with setting up Showcase, which is our Open House, and grade seven orientation.

**43. I heard you have police at your school. Is this true?**

We have a Community Resource Officer assigned to Alexandra. He is also connected to many elementary schools, including some of our feeder schools, where he teaches DARE to grade 6 students.

**44. Parents – Consider volunteering – It’s cool!**

Many middle school students feel that they can handle all that this stage of their life can present. Support and guidance is always appreciated. Please stay connected and join us either as a sports volunteer, School Council parent, or classroom assistant.



**A Great Place to Be!**

## APPENDIX

- The purpose of complementary courses at our level is to provide an exploratory opportunity to the middle level learner. This experience will help our students make informed decisions when it is time to register for high school.

### COMPLEMENTARY COURSE DESCRIPTIONS

#### ART

The Art program is offered to introduce students to the elements and principals of visual arts. Within the rotation, students have an opportunity to use a variety of media and techniques to explore and expand their ability to create.



#### BAND

The Band program at Alexandra Middle School offers a unique opportunity for students interested in music. Students will use a variety of full-sized instrumental wind and percussion instruments. In Grade 7 a fee for instrument rental is required for this course unless the student can supply their own instrument. Grade 8 band students must supply their own instruments (arrangements will be made by the school to help families access a commercial supplier for purchase or rentals). The students are introduced to the exciting world of instrumental music. Performances occurring throughout the year include: school concerts, band tours and/or music festivals.



## C.T.S. (CAREER AND TECHNOLOGY STUDIES)

Students at Alexandra take each of the four modules that make up this program. Each module is a series of 20 to 25 periods. Students progress through the four different labs during the course of the school year. Exploratory CTS courses allow our students to experience a variety of subject areas so that they will be able to make informed decisions in selecting their areas of interest when they transition to high school.

### Foods (Cooking)



### Construction Technology (CT)



### Information Technology (IT)



### Visual Communication (Video Production, Digital Imaging, Animation and Design)



## DRAMA

Can a Grade 7 or Grade 8 Drama class be both inspirational and informative? Absolutely! At the beginning of this course, students, depending on grade level and needs, will progress from basic orientation games to the more advanced games that develop coordination, interaction, sensitivity, communication and spontaneity. Then a culminating final project will be assigned that employs all of these essential theatre elements in a manner that is creative and fun.



## MODERN LANGUAGES

Research has demonstrated that studying a second language enhances a person's ability to learn. In addition, studying a second language and its culture has employment and travel advantages. The second languages program provides an exposure to both the culture and basic concepts of the language so should the students wish, they will have a foundation in place that will facilitate future course work. Second languages include [French](#) and [Spanish](#).



## RECREATIONAL EDUCATION

(Paired with Physical Education to fulfill the “Daily Physical Education” mandate.)

This course was first conceived and developed at Alexandra. This popular course helps students develop skills for lifelong community-based recreational activities. Depending on the season and the availability of community facilities, students may participate in activities such as bowling, golfing, curling, weight training, tennis, martial arts, biking, skating, soccer, billiards and cross-country skiing. The school does have some supplies for the activities; however, we certainly cannot provide every student with the necessary equipment. If students are able to bring equipment from home, it relieves the pressure to find equipment for all the students. Recreational Education supplies include swimming suit, bike and bike helmet, tennis racquet, golf club, clean running shoes and skates. This is a participation-based course. If students get actively involved in the activities, they will have a very successful and enjoyable experience.



## SPORTS PERFORMANCE

### HOCKEY ACADEMY

The grade 7 & 8 students from AMS are able to participate together in the “Canadian Hockey Skills Academy”. Alexandra Middle School, in partnership with Medicine Hat Minor Hockey Association, Hockey Alberta and Hockey Canada presents the Hockey Academy, as part of the Sports Performance Option. The Hockey Academy aims to provide students with attitudes, knowledge, and skills that are mandatory for the improvement of learning and the enhancement of performance. All students will have success through believing in themselves and striving for their own personal excellence. This program creates a positive skills environment that links sport with education by focusing attention on the “physical, social, cultural and emotional potential through sports endeavors”. It is the first of the two components that are part of the unique Sports Performance Option (the other being Baseball). We are excited to be able to provide these opportunities to the students of our school.

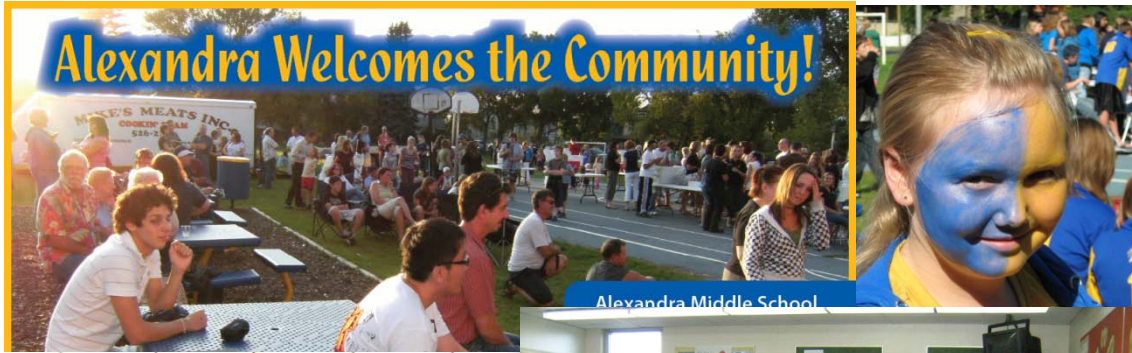


### BASEBALL ACADEMY

Alexandra Middle School presents the Baseball Academy as part of the Sports Performance Option. The Baseball Academy aims to provide students with attitudes, knowledge, and skills that are mandatory for the improvement of learning and the enhancement of performance. All students will have success through believing in themselves and striving for their own personal excellence. This program creates a positive skills environment that links sport with education by focusing attention on the "physical, social, cultural and emotional potential through sports endeavours".

The Baseball Academy is broken up into two parts: 1) on-field skills development, 2) off-field skill development/theory and classroom instruction. This allows students to work on their hitting, in fielding, catching, pitching, bunting, strength and conditioning, hand-eye co-ordination, base running, mental discipline, and nutrition. It is the second of the two components that are part of the unique Sports Performance Option (the other being Hockey). We are excited to be able to provide these opportunities to our students.

**Come Join the A Team!**





## NOTES