**MEC Flexible Fridays – Course Descriptions**

**Arts & Crafts-**

Students will be able to explore and create small-scale craft products.

**Basketball –**

Do you like to shoot hoops? Students who take this class will be given an opportunity to work as a team while improving their skills on the basketball court.

**Broadcasting –**

This class will provide students with the opportunity to take a more active leadership role in All School Meeting, while learning the basics associated with Broadcasting. The Broadcasting class will be responsible for school related announcements and the running of each Friday’s All School Meeting.

**Cheerleading – MEC Style**

Are you full of school spirit?  Do you want to support our MEC sports teams?  If so, Cheerleading might be the way for you to end your Fridays next year.  Students enrolled in this course will learn basic to advanced cheerleading techniques, while being expected to participate as part of the MEC Cheerleading Squad.  Cheerleading Squad participants will serve as cheerleaders at MEC sporting events throughout the year.

**Chimes – Take 1 – Beginning Chimes –**

Students will learn the basics associated with playing the chimes. No previous experience is required.

**Chimes – Take 2 – Advanced Chimes –**

Students will expound upon the basics they learned in a previous Chimes course. This class provides students with the opportunity to advanced their skills in playing the chimes. As such, this course is for students who have previous chimes experience.

**Choir –**

Any singers out there? This course will provide you with the opportunity to join other MEC student singers. The expectation is that students enrolled in this course will perform two concerts during the year, one each semester.

**Conversational Spanish –**

Have you ever wanted to learn a new language? How about Spanish? This class will allow you to learn some of the basics associated with the Spanish language. The focus of this course will be on verbal communication.

**Creative Cooking Without a Kitchen –**

We all like to eat. But, can you fix your own food? This course will provide students with the basic knowledge they need in relation to food preparation.

**Creative Writing – Literary Magazine -**

Do you like to write? Do you have a story to tell? If so, you just might be an excellent candidate for the Creative Writing course offered at MEC. Students enrolled in this course will be given numerous opportunities to express themselves though the use of writing. As part of this course, students will be required to submit samples of their writing to be included in the MEC Literary Magazine. The expectation is that members of this class will publish one edition of our school literary magazine each semester.

**Dance –**

Let’s Dance! Get down to the beat of a wide variety of music. This course is a great way to relieve the stresses of the week, while getting ready for the weekend.

**Drama –**

Have you ever considered a career in Acting? If so, why not make your debut at MEC? This course will provide participants with an overview of the basic elements associated with theater productions. As part of the requirements for this course, students will be expected to produce one live production sometime during the spring semester.

**Drawing –**

This course provides students with the time to create their own works of art. Basic drawing elements will be presented throughout the course. However, a significant portion of the course will be used as an opportunity for students to work on drawings of their choice. As a final product, students will be allowed to choose one piece of their artwork to showcase somewhere on campus.

**Empowered Citizens –**

Do you want to feel empowered when dealing with life? This course provides students with the opportunity to learn numerous life skills that will enable them to be highly productive citizens.

**Fellowship of Christian Students –**

This club provides students with the opportunity to meet with other like- minded believers. Students will participate in weekly bible devotionals, while drawing closer as a group of Christians.

**Fiber Arts / Knitting –**

Students will be able to explore the world of art that consists of natural or synthetic fibers and other components such as fabric or yarn. This course is designed to be hands-on, and will provide students with opportunities to explore their creative sides.

**Forensic Science –**

Do you like to watch Murder Mystery or Detective shows / movies? This course will explore some of the science involved in criminal scene investigations.

**Freedom 101 –**

What does it mean to be free? What is the cost of freedom? This course will explore ideas associated with Freedom and Patriotism. As part of this course, students will be exposed to some very sensitive issues that have helped shape today’s America and World.

**Interact Club –**

The Interact Club is a service club with ties to the local Rotary Club. Throughout the year, club members participate in a variety of service activities that have wide reaching impact. This club does cost money to join. For more specific details, see Mrs. Lattimore

**International Club –**

This club provides students with the opportunity to learn about difference cultures and their impact on society.

**Journalism – The Green Screech – MEC Newspaper –**

Have you ever considered being a journalist? Now’s your chance! This club will be responsible for publishing four editions of the MEC Newspaper. The expectation for this club is that one edition of our school newspaper will be published each nine weeks.

**Key Club –**

Key Club is an international student-led organization, which provides its members with opportunities to provide service, build character, and develop leadership. The MEC Key Club is a service organization with ties to the local Kiwanis club. This is a members only club and does cost money to join. For more specific information, see Mrs. Hood or Mrs. Sutton.

**Mentoring 101 –**

This course will provide a structured setting in which Seniors and Super Seniors will mentor the incoming MEC Freshmen class. In addition, this course is designed so that our older students development positive relationships with our youngest students, while also helping them navigate the MEC landscape.

**National Honor Society – Current Members Only –**

This organization is for current members of the MEC chapter of the National Honor Society. The activities associated with this club will be developed as the semester progresses.

**Sketching & Water Color –**

Are you artistic? Do you like to draw / paint? If so, consider signing up for the Sketching & Water Color class. This course will provide students with the opportunity to explore these concepts as they create various works of art.

**Strategy Games –**

Do you like to play board or card games? If so, you might find the Strategy Games club to be a great addition to your weekly schedule. This class offers students the opportunity to expand their thought processes as they compete against other students in games whose outcomes depend on each individual’s decision-making skills.

**Team Sports –**

This course provides students with the opportunity to actively participate in a variety of sports / games. Such games may include dodge ball, football, or soccer. Other sports or activities requiring teamwork may also be included in this course.

**Technology –**

This course will provide students with the opportunity to become more proficient with the technology devices that we have available at MEC. As part of this course, students will be expected to produce videos (iMovies / WeVideos) that will be used by the Broadcasting club in All School Meeting.

**Walking (Inside) –**

Movement is key to a healthy and active life. This course allows students to enjoy the benefits of walking without having to deal with the outdoors.

**Walking (Outside) –**

Movement is key to a healthy and active life. This course allows students to enjoy the benefits of walking while also being given the opportunity to enjoy the great outdoors.

**Wii Fitness / Aerobics –**

This course will utilize the Nintendo Wii to engage students in a variety of movement-based activities. Students enrolled in this class are expected to participate in a variety of aerobic activities throughout the class period.

**YMCA –**

Students taking this course will be transported to the YMCA to participate in a variety of movement activities. Such aerobic activities might include basketball, walking, running, jogging, or swimming. In addition, student will be expected to utilize the weight equipment and machines in the wellness center. The expectation is that students will spend half of their time at the Y working out in the Wellness Center and the other half of their time engaged in one of the other activities offered. Transportation to and from the Y will be provided to students. This class will be scheduled for two blocks on Fridays.