

Session I Dates:

Sept. 7 – October 12

This session will consist of 5 Friday meetings. School is closed on October 5-- there will be no Friday Groups that day.

Please select your top 3 class choices in order of preference from the attached list. Half-day classes will be paired with another half-day class.

Students may be assigned to their second or third choice of classes based on the popularity of particular classes.

Homeschool enrichment students should email their class preferences to the Admissions Director by August 31.

All students should bring a packed lunch, drink, and healthy snack each day and should dress appropriately for the planned activities (outdoor apparel for hiking, etc.).



# Middle School Friday Groups

## 2018-2019 Session I Course Offerings:

### **CS Move Crew**

(half day with Nicole, 10:00-12:00)

Be a premier member of the Community School's Move Crew! We will be outside, and we will PLAY. In this course, we will explore ways to use our playground equipment (or no equipment at all!) to craft fun and challenging workouts and obstacle courses. We will design our own workouts and challenge one another to complete them. We will have visits and demos from members of the local fitness community who work to make fitness accessible to all ages and all levels. Students will also have a chance to earn a medal by completing challenges throughout the duration of the course. Additionally, we will look at fitness and how it relates to and is affected by social media, a variety of fitness apps and wearables, and how fitness efforts are related to various charitable organizations. (limit 10 students)

\*Students should wear or bring comfortable clothing (wicking, if possible), athletic shoes, ball cap/headband/sweatband, reusable water bottle and possibly an extra snack. They may also want to bring a change of clothes, shoes and/or deodorant for after our workouts. Sunscreen and bug spray will be provided. However, if the student has specific skincare needs, they are free to bring their own. We will play outside in nearly any weather, so if it's raining, bring a towel, an adventurous spirit and lots of positive vibes!

### **Gardening FUN !**

(half day with Gina, 10:00-12:00)

We will work together in the gardens on campus to create possible new designs and plant bulbs for the spring. We will organize the greenhouse and begin planning and preparing seeds to be planted for the fall, winter and spring. We will have a gardening guest speaker, and we will take a fieldtrip to the farmers market. Join Gina and get your hands dirty!

### **Writing and Storytelling Workshop**

(half day with Lee, 1:00-3:00)

In this judgement-free writing and storytelling workshop, we will utilize thought-provoking and lively writing prompts to unearth the magnificent tales that make each of us unique. We will talk about the principles of compelling stories, play hilarious and wacky word games, talk about and listen to podcasts such as "The Moth", "This American Life," and "TedTalks." We will work to understand the empowerment that comes when we speak our truths and honor our own voice.

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## **House Design**

(half day with Miranda, 1:00-3:00)

From mansions to townhouses, architecture is in the works! Through this interactive simulation, students will gain an understanding of the process of designing and building a house. We will utilize various skills to determine the cost of home construction and furnishings, calculate mortgage costs and design practical floor plans. We will look at different styles of houses and from where they originated. We will visit with local home builders, contractors and designers to see firsthand what goes into building a home from start to finish.

## **Model UN/Arab League Training**

(full day with Alex and Katrina)

In this Friday group, students will learn about other countries and their role in the United Nations and Arab League. Students will research the historical and contemporary cultural and political beliefs of these countries, as well as the organization and role of the UN and Arab League in international affairs. Students will write position papers and role-play scenarios as delegates during a series of mock UN committee sessions. To culminate this group, students will represent a foreign delegation at a collegiate-level Model Arab League conference at Hollins University in November. Please note that this group will require time outside of school hours that is not optional, as well as homework time during the regular weekly schedule of the group. This group will be co-taught by Katrina and Alex. Katrina has completed her Best Delegate certification for teacher-student Model UN training. Even though it will require noticeable extra time outside of school for homework and conferences, this is sure to be a rewarding and immersive Friday Group.

## **Rock Band**

(full day with Kim)

In this full day Friday Group, you will have a concentrated rock band experience. You will learn how to read and play basic chords on the keyboard, ukulele and guitar, along with learning notes on the bass. You will form a band, choose a name and a logo, design and make a t-shirt, choose a cover song and then practice it for a performance at the end of the Friday Group session. Even though the focus is music, you also learn how to work with others and how to make compromises.

## **Migration**

(full day with Bill)

Participants will study migratory behavior in birds and other wildlife. Monarch butterflies and hawks will get special attention. Students should pack a lunch and bring plenty of water. There will be some light hiking, so wear appropriate shoes.

## **Traditional Thai Puppet Making**

(full day with Christina)

This Friday Group will explore the art of Thai puppetry. Students will learn about the history and stories illustrated through this beautiful art form from Thailand. The group will learn about the designs and creation of Thai puppets, and each member will then create a puppet of their own to illustrate a character in a story. (limit 10 students)