** Summer School classes at Middle School **

All About Yoga - Grades 4-8

Are you interested in increasing your strength, flexibility and inner peace? Join us for a daily practice. We will study the basic principles of yoga, learn the fundamental poses and practice with the guidance of certified yoga instructor videos. Bring a water bottle, a yoga mat and an open mind. Namaste!

Basic Skills - Grades 5-8

This program will offer activities to build academic readiness skills through play, themed literature, and a variety of hands-on experiences. Pre-reading, pre-writing, pre-math, social skills, gross and fine motor skills, and daily living skills will be addressed.

Creative Cardboard - Grades 6-7

In this course, students will explore their creative sides by finding a problem and creating a solution through cardboard! Students will use the design process to brainstorm ways to solve problems. Ultimately, students will create 3D models of their products. We may have everything from bookshelves to chairs. Finished products will be aesthetically pleasing and personalized by students.

Creative Cooking - Grades 5-6

Who says you can't play with your food? Express your creativity as you turn recipes into pieces of art and keep a journal of your creations and recipes. We will introduce the basics in food preparation while trying crafty recipes such as decorative desserts, pancake art, personalized pizza, spaghetti nests, and so much more. While in the kitchen we will practice skills such as measuring, recipe reading, oven skills, and knife skills. For everyone’s safety, please consider if your child will be successful using stove top burners, a hot oven, and sharp knives. Note: No nut products are used in class, but products used in class may contain traces of nut products and/or be made on equipment that handles nut products. Some products used in the class have milk, eggs, and gluten.

CSI - Everest Edition - Grades 6-8

Learn how to become an Evergreen forensic scientist! You will be using your sleuthing skills and investigative techniques to observe fingerprints, analyze hair & fiber, and identify (simulated) blood types to make scientific conclusions about the crime scene evidence. Students will work in groups to solve a mystery CSI style.

Dive in to Reading - Grades 6-7

Dr. Seuss once said, “Reading can take you places you have never been before.” This summer students will experience shared reads from a variety of literary genres, practice reading comprehension strategies of choice novels, and explore various types of writing. Reading an awesome book and telling others all about it can be one of the great pleasures in life! Students will celebrate novels read with book related projects to share (from mint tins to movie trailers to charm bracelets).

Environmental Camp - Grades 4-7

Experience the outdoors!!!!! Environmental education will be a fun and exciting class for boys and girls who like exploring the outdoors and love hands-on activities. Students will learn about the environment while partaking in lifelong skills such as canoeing, hiking, and camping. Story telling, a campfire and team building will enhance each student’s appreciation of the outdoors. This unique experience is held at Twin Oaks Environmental Center. Busing will be provided daily to and from Twin Oaks. This curriculum is repeated each year. Students who register for this class a second time will be placed into other open classes.
Get Your Game On - Grades 4-6
The weather outside is gloomy and rainy, your electronic devices are not charged, now what are you going to do? This new class will have you strategizing, communicating, problem-solving, and collaborating as you engage in new and old games.

Hmong History and Culture - Grades 4-8
Gain a better understanding and appreciation for Hmong culture through a variety of activities that focus on the ethnic group’s history, art, folklore, language, games, and food.

I Can Do the Cube! - Grades 6-7
Gain 21st century skills through STEAM learning by solving the Rubik’s Cube in 6 steps. Then use your knowledge to get involved in a speed competition and/or create a mosaic (picture) using 100+ Rubik’s cubes. This class is for students who do NOT know how to solve the Rubik’s Cube.

Lego Physics - Grades 4-6
Lego Physics is a hands-on learning adventure that will teach about forces, motion, and simple machines. Students will use special Lego "Dacta" building sets to construct models to demonstrate these principles. Additionally, there will be many challenges where students will have to think "out of the box" and build models to help solve hypothetical problems on real world situations.

Math is Fun - Grades 6-8
Math is fun when you are playing games and doing activities. This class will build on and strengthen student knowledge and understanding of math concepts for grades 5 & 6. Students will explore topics such as how wind chill is determined, Roman numerals, tessellations, and graphing stories among other topics/concepts.

Musicals and Me - Grades 4-8
Have you ever wanted to be a part of a musical production? Well, here is your chance! In Musicals and Me, students in grades 4-12 will study the various aspects of acting, directing, designing, singing, dancing, and stage management. Students will go through auditions, be assigned roles, create costumes and scenery, and work together to produce an entire musical. Every student in the class will have a role! Our final assignment: performing our musical, onstage, for friends and family. Join DC Everest Musical Directors Mr. Atkinson and Mrs. Vesper for this valuable learning experience.

Nature Crafts - Grades 5-6
In this class, students will get hands-on each day to create unique crafts from the forest floor. We'll use sand, sticks, tree cookies, branches, and rocks, to make crafts that students can take home. All materials will be provided. Just need some creative minds who love nature, making crafts, and who enjoy working on projects at their own pace. Students can create crafts from the ideas binder, or come up with their own unique ways to use the materials. Depending on the craft, students may be using some tools with adult supervision.

Outdoor Lit - Grades 4-8
Through books and shared experiences, we (students [campers] and teachers [counselors]) will appreciate the importance of belonging and develop our sense of belonging to our community. This course incorporates the whole learning of our students through literacy skills (fluency, comprehension, & analysis), social/emotional development (self-concepts), and engagement skills (stamina, motivation, & independence). Camp Lit lessons are framed around seven key strengths that prepare students for challenges they will face in their educational lives, communities, and careers. (Belonging, Friendship, Kindness, Curiosity, Confidence, Courage, and Hope.)
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**Photography 101 - Grades 4-8**

Do you want to take better pictures now? In Photography 101, you will learn all of the basic ideas and principles you need to get started. You’ll learn about depth of field, rule of thirds, framing and more. We’ll talk about those ideas and then we’ll head out into the field and put them to practice. You’ll have a great time and you’ll take great pictures!

**Please Pass the Paint - Grades 5-7**

Come splish, splash, and explore the world of Color through a multitude of experiments in art. Students will learn how to successfully blend and mix colors to create a variety of images, while painting with different kinds of paints and on different surfaces like paper, cardboard, clay, and fabrics. Learn about different artists’ styles of painting and try your hand at dots, spots, splashes, pours and drips. Come dressed for a messy great time!

**Safe Sitter - Grades 5-8**

Have you been asking to stay home alone? Do you want to babysit? Then maybe it’s time for Safe Sitter. This course is dedicated to teaching youth life and safety skills for when they are home alone or babysitting. (Resource: https://safesitter.org/)

**Sew Cool - Grades 4-8**

Have you ever seen a colorful quilt and thought how cool it would be to make your own? Now is your chance! It may be warm outside, but we’re planning for snow days with quilts! In this class, you will have the opportunity to learn how to use a sewing machine to make your very own quilt. Your quilt will be made from your choice of colorful bandanas.

**Sports for Life - Grades 4-8**

Students will engage in daily exercise through warm ups and games. Games will teach students team building while having fun and exercising.

**Study Skills and Strategies for Success - Grades 4-6**

In the Study Skills and Strategies course students will develop study skills and strategies that will help build their confidence and success in the classroom. Students will learn how to set goals, organize folders and notebooks, use a homework planner, take notes from a text, study for tests and develop strategies for time management. The skills and strategies from this course will help students to be successful and productive learners.

**Technology Education - Grades 4-7**

Technology Education will be a fun and exciting class for boys and girls who like hands-on activities. Summer School Tech Ed will be project-based: not centered on quizzes, tests, and homework. Some of the activities will include: safety poster, bird house/dresser shelf, paper tower, mousetrap car, using the internet, chain link contest, water rocket, design a cereal box, egg drop container design. Sign up for Tech Ed for Summer School, and get ready to have FUN!
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The Magic of Mindfulness - Grades 4-8

Practicing mindfulness assists students in focus, stress relief, academic success, social relationships and managing their emotions. Students will learn what “being mindful” means and a variety of strategies effective in practicing mindfulness in their daily lives. Students will create resources to assist them in continuing their mindful practice once their session is over including a journal, a gratitude jar, bucket of kindness, I Spy bottle, meditation chain, framed mandala, relaxation puddy and calming glitter bottle. Students will take away tools to assist in continuing their mindful practice through breathing techniques, yoga poses, mindful practice, inspirational messages, recipes and games.

Yearning for Yarn - Grades 4-8

Anyone interested in learning how to work with yarn? This course is welcome to knitters and crocheters of all skill levels. By the end of the session each participant will have the opportunity to work on their own personal project as well as contribute to a handmade blanket to be donated to the Women's Community.