

## DISTRICT 28 2023 SUMMER ENRICHMENT COURSE DESCRIPTION FOR GRADES 7-8

- *COST PER PERIOD IS \$145.00. (PLUS LAB FEES AS LISTED IN THE DESCRIPTION)*
- *COURSES OFFERED ARE FOR GRADES 7-8 & GRADE 5-8 AS NOTED IN THE COURSE TITLE.*
- *ALL COURSES HAVE A MAXIMUM OF 20 STUDENTS PER COURSE UNLESS OTHERWISE NOTED.*
- *COURSES FOR INCOMING GRADES 5-8 HELD AT NORTHBROOK JUNIOR HIGH SCHOOL.*
- *COURSE PERIODS: P1 9:00-9:55 AM, P2 10:00 - 10:55 AM P3: 11:00 - 11:55 AM P4: 12:00 - 12:55 PM*

### **Art Exploration Grades 5-8, Period 4 (\$15 Lab Fee)**

Students will learn a variety of art techniques and basic color theory through the use of different mediums. Projects may include still life, painting, drawing, and mixed media. Mediums may include acrylic paint, watercolors, pencil, and charcoal. They will create an art portfolio to showcase their work by the end of the course.

### **Babysitting Grades 5-8, Period 1 & Period 2 (\$20 Lab Fee)**

This class is designed to teach babysitting, leadership skills and basic first-aid skills in a fun and informative way. Students will know how to care for infants, toddlers and older children through video, activities, discussion, and role play.

### **Base Games Grades 5-8, Period 1**

Students will play a variety of sports through game play and tournaments. They will play a variety of kickball, softball, and wiffle ball games. This class will be centered on having fun and displaying good sportsmanship.

### **Calligraphy Grades 5-8, Period 3 & Period 4 (\$20 Lab Fee)**

Students will review basic cursive writing, learn the history of the Art of Calligraphy and create strokes and different styles of calligraphy. The students will then use their learned technique to make projects. Students will receive their own calligraphy fountain pen and a practice notepad. There will be various colored calligraphy markers and pens available for the students to use.

### **Feeling Great through Mindfulness & Fun Grades 5-8, Period 1 & Period 2 (\$10 Lab Fee)**

This course will combine Mindfulness practices with activities designed to inspire kids to be confident, learn how to work together, explore their creativity, and have fun! Through-out this course, students will gain an understanding of how to be present in the current moment, use their breath to increase emotional well-being, and cope with challenges such as stress/anxiety. We will explore creating a meditation space, eliminating negative influences from our lives, and using effective communication strategies. Other activities will include making vision boards, playing games, yoga, and mindfulness movement, crafting, journaling, drawing, and more!

### **Fit and Fun Grades 5-8, Period 3 & Period 4**

Students will engage in fitness activities using a combination of games, challenges, and team building exercises while having fun. Students will also be exposed to basic anatomy and physiology to help understand the benefits of being active and physically fit.

### **Fun & Games Grades 5-8, Period 1, Period 2, Period 3, & Period 4 (\$5 Lab Fee)**

This class will provide an opportunity to learn and to participate in games that promote teamwork and emphasize sportsmanship and fun. Students will work on their problem-solving skills and cooperative learning.

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### **Gardening Grades 7-8, Period 1 (\$20 Lab Fee) Maximum: 16 Students**

Dig into our district vegetable garden this summer. Students will participate in planting, harvesting and tasting vegetables. This course will include nutrition, study of plants, ecology and garden-themed crafts. Students will also help run an on-site farmer's market where they will harvest and sell vegetables from the garden.

### **Golf Grades 5-8, Period 1 -2 (\$140 Lab Fee) This is a TWO PERIOD Course Maximum: 12 Students**

Have fun playing the game of golf with a focus on fundamentals, rules, and etiquette. Learn skills, play a round, and learn golf games with on course play at Anetsberger Golf Course. Lab fee is for tees time for course play at Anetsberger. Students should bring their own clubs. *This class is a two-hour class that runs consecutively during Period 1 & 2.* Golf Clubs can be stored at NBJH.

### **JOY of Crafting Grades 5-8, Period 1, Period 2, & Period 3 (\$15 Lab Fee) Maximum: 16 Students**

Create unique art and craft projects using a variety of materials. Some projects made will be from recyclable materials. Every student will bring home their one-of-a-kind projects!

### **Let's Put on a Musical Grades 5-8, Periods 3 - 4 (\$10 Lab Fee) This is a TWO PERIOD Course**

This course will expose students to the process that goes into producing and presenting a musical. This includes singing, dancing, acting and the technical aspects of lights, sound, props, and costumes. The students who are enrolled in this course will need to be available to perform with the course the last week of summer school. *This is a two-hour course that runs consecutively during Period 3 & 4.*

### **Math Games Grade 7-8, Period 2 (\$5 Lab Fee)**

Get those brain muscles moving with math games and activities designed to improve your logic, creativity, and problem solving skills! Students will use hands-on materials, math games, and the tools of technology to solve challenging problems.

### **Net Games Grades 5-8, Period 4**

Students will play a variety of net games, including but not limited to variations of badminton, volleyball, and pickleball. This course will be focused on having fun and displaying good sportsmanship.

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### **No-Bake Treats & Easy Cooking \*\***

#### **Grades 7-8, Period 1, & Grades 5-8, Period 3, & Period 4 (\$30 Lab Fee) 16 students minimum per class**

This course is designed to teach students how to prepare no bake nutritious snacks and treats for one person that requires little or no heat source. During this course they will have 3 cooking days to learn about oven use and basic kitchen measurements. Some recipes will require overnight refrigeration or freezing. The students will receive all of the recipes from this course at the end of the session to create their own recipe book. One container will be provided to each participant to transport their own snacks home daily. Students will not be allowed to eat in the classroom. \*\*Please Note: It is recommended that students with food allergies should not sign up for this course, as we cannot guarantee an allergy-free environment.

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### **PE Greatest Hits Grade 5-8, Period 3**

Featuring your favorite games from PE class, this course will include games such as scatterball, dot shot, four square, island ball and so much more. This course will be focused on having fun and displaying good sportsmanship.

### **Performance Potpourri Grades 5-8, Period 2**

Students will engage in a variety of performance experiences including public speaking, acting, pantomime, and debate, giving students an overview and experience in different types of performances.

### **Science in Action, Grades 5-8, Period 1, Period 2, Period 3, & Period 4 (\$10 Lab Fee)**

Students will have a blast conducting hands-on experiments using common household items like baking soda, vinegar, food coloring, shaving cream, and cornstarch. We will create Oobleck, design paper airplanes, make different variations of slime, explore buoyancy and more. Each day begins with a science read aloud, followed by a hands-on experiment and a journal reflection. Students have the opportunity to mix, create, observe and analyze chemical reactions in a manner that they may not have the opportunity to do in a traditional, larger classroom setting.

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### **Team Games, Grade 5-8, Period 2**

Students will play a variety of sports through game play or tournaments. We will play variations of basketball, soccer, football, handball, and so much more. This course will be focused on having fun and displaying good sportsmanship.

### **Theatre Games Grades 5-8, Period 1**

This course will provide practice of basic acting skills through fun and engaging theatre games. Regardless of your acting ability. Students can work on body movement, voice, and concentration while having fun at the same time!

### **Time for Tech Grades 5-8, Period 3 & Period 4**

Do you love using technology? Come join us for some screen-based learning and fun! This is the perfect course for the student who loves technology, being creative, and trying out new learning resources and skills. They will use technology tools to learn and create a variety of projects.

### **Woodworking Grades 7-8, Period 3 & Period 4 (\$55.00 Lab Fee) Maximum: 16 Students**

Students will learn the basic safety protocols and usage for some hand tools, power tools, and machinery (routers, drill press, scroll saw, spindle sander, disc sander, palm sander, cordless drill, and lathe). All activities will be demonstrated and supervised by the Woodworking teacher at NBJH. Students will choose a project from a list based on their experience. Projects include a cutting board, wood bowl, routed sign, garden tray, gumball machine, and bag toss game. Other projects will be available if time permits.