

DISTRICT 28 2024 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*

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. The students will be given a babysitting book and a babysitting tote bag to take home.

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 will have plenty of opportunity to practice on a variety of paper. There will be various colored calligraphy markers and pens available for the students to use.

Feeling Great through Mindfulness & Fun, Grades 5-8, Period 3 & Period 4

Maximum: 16 Students (\$10 Lab Fee)

This is a chance for your child to feel great from the inside out, combining mindfulness practices with exciting activities to unlock their confidence, teamwork skills, and creativity. 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. They will explore creating a meditation space, eliminating negative influences from their lives, and using effective communication strategies. Other creative activities will include making vision boards, playing games, yoga, crafting, journaling, drawing, and more!

Fun & Games, Grades 7-8, Period 2 (\$5 Lab Fee)

This course is a great platform to promote teamwork, strategic thinking, social interaction, & friendly competition with an opportunity to learn and participate in fun games. Students will explore various board & card games from the classics like Monopoly, Life, & Uno and a few modern games as well. Students will work individually and together toward a common goal, respecting the rules, collaborating, and exhibiting sportsmanship in both victory and defeat.

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

Students will get their hands dirty and 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 learn about farmers' markets and will run an on-site farmer's market, selling fresh produce grown from the garden.

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Golf, Grades 5-8, Period 1-2 (\$140 Lab Fee) This is a TWO PERIOD Course

Maximum: 12 Students

Students will have fun playing the game of golf with a focus on fundamentals, rules, and etiquette. They will learn skills and golf games with on-course play at Anetsberger Golf Course. There is a lab fee for the tee times for course play at the course. **Students are required to have their own set of clubs and golf balls. This class is a two-hour class that runs consecutively during Periods 1 & 2.** Golf Clubs can be stored at NBJH.

JOY of Crafting, Grades 7-8, Period 2 (\$15 Lab Fee) Maximum: 16 Students

Calling all crafty minds! Students will explore their creativity using a wide variety of materials. They'll transform everyday items and recyclable materials into unique and awesome art projects that they'll get to take home and proudly display!

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 their peers during the last week of summer enrichment. **This is a two-hour course that runs consecutively during Period 3 & 4.**

Mock Trial, Grades, 7-8, Period 2 Maximum: 16 students

In this course, students will participate in a step-by-step process to prepare for a mock trial. They will learn to express their opinions, develop communication and critical thinking skills, all while learning about different aspects of the legal system. Students will learn basic trial techniques, how to present openings/closing statements, examine/cross examine witnesses, admit evidence, and make appropriate objections.

No-Bake Treats & Easy Cooking, Grades 7-8 (\$20 Lab Fee) Period 1 & Period 4 Maximum: 16 students

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. While students will not be allowed to eat in the classroom, they will be provided with one container to transport their snacks home daily. **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 7-8, Period 2

We'll be featuring a variety of classic games that students know and love from PE class, like Scatterball, Dot Shot, Foursquare, Island Ball, Roll Ball, Poison, and Nitroball. But that's not all! We'll also be introducing some non-traditional games. This course is all about having fun, getting active, and learning the importance of good sportsmanship and teamwork!

Performance Potpourri, Grades 5-8, Period 1

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

Pickleball, Grades 7-8, Period 1 & Period 3 Maximum: 16 students

Let's play Pickleball! This class will begin with a review of the pickleball rules, court layout and scoring. Students will practice the skills needed to play this fun game, like serving, volleying and dinking. All of these skills will be used for daily game play. Pickleball racquets will be provided but students are welcome to bring their own.

Science in Action, Grades 7-8, Period 1 (\$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, and explore buoyancy and more. Each day will begin with a science read aloud, followed by a hands-on experiment and a journal reflection. Students will have the opportunity to mix, create, observe and analyze chemical reactions in a manner they may not have in a traditional, larger classroom setting.

Theatre Games, Grades 5-8, Period 2

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

Time for Tech, Grades 7-8, Period 3 & Grade 5-8 Period 4

Does your child love using technology? If so, they are invited to join us for some screen-based learning and fun! This is the perfect class 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 and enhance their knowledge of multiple platforms. This is an engaging and fun way to learn about technology while improving their skill base along the way.

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Ultimate Games, Grade 7-8, Period 4

Students will have a chance to explore a variety of sports through fun games and tournaments. We will be playing classic favorites like basketball, soccer, and football, introducing variations to keep things fresh. But that's not all! We'll also dive into games like handball, hockey, and frisbee, expanding your sporting horizons. This course is all about having a blast, getting active, learning teamwork and good sportsmanship.

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 (cutting board, wood bowl, routed sign, garden tray, gumball machine, or bag toss game) based on their experience, and other projects will be available if time permits.

Writing Short Stories, Grades 5-8, Period 3 & Period 4

Students will learn how to write short stories from start to finish. Students will learn about brainstorming ideas, character development, story arcs, creating tension, editing, and publishing. Students should be able to write independently and will produce at least one final product by the end of the course.