



# ENRICHMENT

— WINTER 2018 —

## AT-A-GLANCE

- Winter Play
- Outdoor Wilderness
- Hip Hop
- Piano Lessons
- Cooking Lessons
- Tennis
- Sewing
- Coding
- Karate-X
- Lego Engineering
- Ukelele
- Archery
- Parkour
- Chess Club
- Sewing
- Parkour Jr.



Once again, it is time for creativity, learning, and fun after school! Our winter enrichment class offerings are detailed in this brochure.

## REGISTRATION

Registration will begin on November 20th and will close on January 8th. Please visit the [Extended Day webpage](#) and click on the “Winter Enrichment Classes” tab to register.

## COST

FT=the per-student cost billed to families enrolled in full-time Extended Day

INT=the per-student cost billed to families enrolled in intermittent Extended Day. Intermittent pricing includes the daily extended day fee.

## QUESTIONS?

Please direct questions regarding class offerings and registration to Extended Day Program Supervisor, [Jessica Urdaz-White](#) (x343). Please direct questions regarding billing to Business Office Manager, [Kelley Williams](#) (x305).

The Meridian School  
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## MONDAYS & WEDNESDAYS

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### WINTER PLAY

3rd-5th Grade

Monday and Wednesday, 3:15-5:00pm

January 29th-March 20th

Seattle Public Theater will be directing Meridian's Winter play, which will be based on a story from a story from North America. Eight weeks of play practice will culminate with an evening performance on March 22nd. A full dress rehearsal will be held on Tuesday March 20th, and the Morning Meeting performance will be held on Friday, March 30th. The cast is limited to 30 students. **Cost: FT & INT=\$320**



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## MONDAYS

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### OUTDOOR WILDERNESS

(WINTER EDITION)

K-2nd Grade | 8 Lessons

Mondays, 3:30-4:30pm

January 22nd-March 26th

Whether you were a part of fall Outdoor Wilderness at Meridian or you are a new member, this coming quarter will be one to remember. When most kids want to stay inside because the weather isn't nice, we'll be outside, learning how to survive and thrive in inclement weather. Building sturdy shelters, handy tricks for staying warm, collecting water, and maybe even cooking outside in the rain- all skills that will stick with a child forever- but more importantly empower them to work through adversity, build leadership skills, and work as a team. (For all you parents who worry- this is NOT a suffer fest- we practice good camp-craft, staying warm and dry throughout). It is important we have good shoes, good clothes, and snacks to make sure our bodies are well fueled.

**Cost: FT=\$170, INT=\$250**



### HIP HOP

3rd-5th Grade | 8 Lessons

Mondays, 3:30-4:30pm

January 22nd-March 26th

Students will explore various styles of jazz dance including: traditional, funk, musical theater, hip hop, lyrical and improvisation. This class is designed to be accessible, regardless of experience and will teach FUN, coordination, rhythm, strength, flexibility, balance & much more. Missy Ponder- Reston, Meridian parent, has been teaching & choreographing over 20 years. She has worked in colleges, independent private schools, dance studios, and performing arts public schools. Her curriculum is designed for exploration thru professional and her choreography is nationally recognized. **Cost: FT=\$210, INT=\$290**



### PIANO LESSONS

w/MUSIC LESSONS ON WHEELS

K-5th Grade | 8 Lessons

Mondays, 3:15-5:45pm

January 22nd-March 26th

A fun and educational piano class with a style of instruction where students will learn to play, read music, and compose their own short pieces! Our unique "twinned" (1teacher with 2 students, each with their own instrument and headphones) lessons format allows students to learn with their friends and peers, but at their own pace. Lessons are 30 minutes in length. Lesson times are assigned based on student age and experience. Please send any requests for specific lesson times directly to us at [MusicLessonsOnWheels@gmail.com](mailto:MusicLessonsOnWheels@gmail.com). We will do our best to accommodate all requests. **Cost: FT=\$200, INT=\$280**



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## TUESDAYS

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### NOURISHME! COOKING LESSONS

K-3rd Grade | 8 Lessons

Tuesdays, 3:30-4:45pm

January 23rd-March 20th

NourishME! cooking is offering the Healthy Hands Core Cooking Program for grades K-3rd. We hope your young chef can join this fantastic 8-week program that will lay the foundation for healthful eating and kitchen confidence. Your child will become familiar with common kitchen appliances, basic kitchen safety, creating a balanced plate, and learning how to be more self-sufficient in the kitchen. Children will work in groups and/or individually to create 2-3 recipes per class. Over the course of eight weeks we will cover making healthful snacks, breakfast, lunch, dinner, and dessert. A portion of each class is dedicated to nutrition education. The remaining time is dedicated to cooking and cleanup. All fruits, veggies and dairy are organic whenever possible. We do not use peanuts or tree nuts in this class, substituting with sunflower seed butter. We do often use dairy products (milk, cheese, yogurt, butter), eggs, and wheat. Meat is always optional. Some substitutions may be made, but I may ask you to provide a special ingredient if your child needs it.

If your child has severe or life threatening food allergies, please contact me at [erikaspeirs@hotmail.com](mailto:erikaspeirs@hotmail.com) prior to registering. Parents/legal guardians will be required to sign the Healthy Hands Cooking Release of Liability Waiver prior to the first class.

**Cost: FT=\$285, INT=\$365**

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### TENNIS

K-5th Grade | 8 Lessons

Tuesdays, 3:30-4:30pm

January 23rd-March 20th

TGA Premier Youth Tennis is bringing the tennis court to Meridian! TGA, in national partnership with the United States Tennis Association, co-designed a tennis enrichment program that focuses on athletic, academic and character development for children. In addition to professional

tennis instruction, your child will take part in a combination of physical fitness for health benefits and academics such as math, science, language and social studies for educational development. TGA's mission is to empower our students with the tools to be successful on the tennis court and in life. **Cost: FT=\$175, INT=\$255**

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### BEGINNER SEWING AND CRAFTS

BY LITTLE HANDS CREATIONS

K-2nd Grade | 8 Lessons

Tuesdays, 3:30-5:00pm

January 23rd-March 20th

Learn the basics of hand sewing, knitting, crafting and weaving in this new class, created to introduce our younger students hand sewing and different types of fiber arts! Boys and girls will learn the basics to create puppets, pillows, woven rag rugs, dreamcatchers, button embroidery, hats, and more! This class will build fine motor skills, finger dexterity, and most important, it will give their creative muscles a work out! All supplies included.

**Cost: FT=\$192, INT=\$272**

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### CREATIVE CODING JUNIOR CODING

K-2nd Grade | 8 Lessons

Tuesdays, 3:30-4:30pm

January 23rd-March 20th

Teaching kids the joy of coding computers by helping them write their own customized computer games! Today's computers are more like a box of crayons than a calculator. The most important traits for coding today are creativity and persistence. We teach girls & boys the fundamentals of coding by making it fun. Our non-sequential, project-based approach wins rave reviews from parents & kids alike!

**Cost: FT=\$287, INT=\$367**

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## WEDNESDAYS

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### CREATIVE CODING

3rd-5th Grade | 8 Lessons  
Wednesdays, 3:30-5:00pm  
January 24th-March 14th

Teaching kids the joy of coding computers by helping them write their own customized computer games! Today's computers are more like a box of crayons than a calculator. The most important traits for coding today are creativity and persistence. We teach girls & boys the fundamentals of coding by making it fun. Our non-sequential, project-based approach wins rave reviews from parents & kids alike!

**Cost: FT=\$287, INT=\$367**

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### KARATE-X

K-3rd Grade | 8 Lessons  
Wednesdays, 3:30-4:15pm  
January 24th-March 14th

Karate-X teaches extracurricular Martial Arts classes at private schools in the greater Seattle area. We are not a studio trying to add more students. Teaching classes in private schools are what we do and all we do! Our program specializes in teaching 4-years-olds through 5th graders.

Brad Handelman is the chief instructor and owner and has been teaching these programs for the last 16 years. We currently run classes at Open Window School, Eton School, Chestnut Hill Academy, Cedar Crest Academy, and Bright Horizons. We know how to teach young students in a safe, educational, and truly fun atmosphere! Our program is popular with students, parents and schools! Parents love the emphasis on fitness, mental focus and fun discipline. Schools love the program as a professional and profitable addition to their extracurricular offerings!

**Cost: FT=\$264, INT=\$344**

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### AMAZING ANIMALS LEGO ENGINEERING

K-5th Grade | 8 Lessons  
Wednesdays, 3:30-5:00pm  
January 24th-March 14th

It's a zoo in here! This is a unit sure to delight kids who love creatures. We'll be building models of a spider, kangaroo, monkey and more. Each week we'll discuss fascinating facts about the animals we build, from the chameleon that changes colors to the seal model that waddles across the table. Students will love these moving models that celebrate the wonders of the animal kingdom!

**Cost: FT=\$192, INT=\$272**

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## THURSDAYS

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### UKULELE LESSONS

K-2nd Grade | 8 Lessons  
Thursdays, 3:30-4:30pm  
January 25th-March 15th

The Meridian School Ukulele Group is open to students in grades K-2. The ukulele is an excellent instrument on which to learn how to play music. It's relatively simple to learn, easy to tote around, inexpensive, super fun, and timelessly popular! In this ensemble, we will jump right into the fun stuff and learn how to play music on the ukulele. By the end of the course, students will know a few chord positions, will be able to play a couple of songs on the ukulele, and be able to sing along. Our instructors bring a classroom set of ukuleles with them to every class for the kids to use and we highly recommend that students also have a ukulele at home to practice.

**Cost: FT=\$199, INT=\$279**

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## THE MERIDIAN SCHOOL ARCHERY CLUB

3rd–5th Grade | 8 Lessons  
Thursdays, 3:30–4:30pm  
January 25th–March 15th

Right on target: Meridian School gymnasium. An Archery camp is now being offered by Mr. Regis Thevenet. Mr. Thevenet (Health and Fitness teacher at the Meridian School) gained his credentials as a basic archery instructor through NASP – National Archery in the Schools Program and is excited to offer this fun archery camp **Cost: FT=\$240, INT=\$320**



## PARKOUR

2nd–5th Grade | 8 Lessons  
Thursdays, 3:30–4:30pm  
January 25th–March 15th

Parkour is the ability to move fluidly through your environment from one place to another. In this class, children will safely learn to progress through the basic parkour movements of: jumping, vaulting, climbing, swinging, balance, and rolling. This class builds strength, balance, and coordination all while safely growing your ability to engage and conquer your environment, overcoming obstacles both physically and mentally. Please visit our website: <http://kongacademy.org/schools>. **Cost: FT=\$240, INT=\$320**



## CHESS CLUB w/ORLOV CHESS ACADEMY

1st–5th Grade | 8 Lessons  
Thursdays, 3:30–4:30pm  
January 25th–March 15th

Join the chess Club with Orlov Chess Academy and learn! Improve your problem-solving skills, train your memory, think and plan ahead. Learn chess tactics and strategies, solve chess puzzles, play competitive and just-for-fun games! Workbooks and other teaching materials are provided, just come ready to learn! **Cost: FT=\$200, INT=\$280**

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## FRIDAYS

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## MACHINE SEWING w/LITTLE HANDS CREATIONS

2nd–5th Grade | 8 Lessons  
Fridays, 3:30–5:00pm  
January 26th–March 23rd

Once a week, students are invited to learn a skill they will use for a lifetime... sewing! No experience necessary for boys and girls to learn the basics and beyond. Beginning students will learn machine safety and beginner sewing techniques, while the more experienced students can expand on skills they already have. Student will advance at their own pace to more exciting and challenging projects throughout the session. Projects, which are constantly rotating during the quarter, include slippers and phone cases, clothing, accessories, bags, games, stuffed animal and more! **Cost: FT=\$192, INT=\$272**



## PARKOUR JR.

K–1st Grade | 8 Lessons  
Fridays, 3:30–4:30pm  
January 26th–March 23rd

Parkour is the ability to move fluidly through your environment from one place to another. In this class, children will safely learn to progress through the basic parkour movements of: jumping, vaulting, climbing, swinging, balance, and rolling. This class builds strength, balance, and coordination all while safely growing your ability to engage and conquer your environment, overcoming obstacles both physically and mentally. Please visit our website: <http://kongacademy.org/schools>. **Cost: FT=\$240, INT=\$320**

