



Meridian Extended Day Fall
Enrichment Brochure
Cycle 1 September 21-October 16

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

REGISTRATION

Registration will begin on August 31 and will close on September 14. Please visit the [Extended Day webpage](#) and click on the “Fall Enrichment Classes” tab to register. Classes begin the week of September 21.

This fall all enrichment classes will take place remotely. The fall enrichment season has been broken up into two cycles consisting of 4 weeks of classes. Cycle 1 is September 21- October 16 and Cycle 2 is October 26- November 20. Many of the enrichment classes will take place 2 days a week.

The decision to rearrange the fall enrichment season was made to ensure that Meridian students had the opportunity to engage in specialized classes from our favorite enrichment providers, accommodate for materials pick up/ drop off, and to support our community of small business enrichment providers who put tremendous work into pivoting to a remote class environment.

Families do not have to enroll in both cycles but are welcome to. Please be sure to carefully read the dates and times that classes are occurring.

Enrichment providers will reach out directly to families with class information and links for online learning.

To help ensure that the classes are not canceled due to low enrollment and to support our community of small business enrichment providers, some classes may include students from outside schools.

Enrichment class providers determine the minimum and maximum enrollment numbers. Classes will be filled on a first-come, first-serve basis, and are subject to cancellation due to low enrollment. [Program Director, Jessica Urdaz-White](#), will contact you directly if cancellation impacts your child’s registration.

QUESTIONS?

Please direct questions regarding class offerings and registration to Extended Day Program Director, [Jessica Urdaz-White](#)

Starting Monday Sept 21

Eat the Rainbow by Seattle Cucina Cooking School

1-5th Grade, Mondays and Wednesdays, Sept 21- Oct 14, 4:30-6 p.m. \$139

Let's eat and cook our way through the rainbow and learn to prepare a myriad of fresh fruits and veggies. Students will learn more about how edible plants grow through mini-projects while cooking their way through tasty recipes and learn basic cooking techniques. By the end of this course, students will have the practical skills necessary to eat in a wholesome, nutritional, and sustainable manner. Uncover just how vibrant and tasty nature can be!

**Students will follow along and prepare 1 simple recipe for each class. Indirect adult supervision is strongly recommended, while direct supervision may also be mandatory at the end of each class. Students will be working primarily with knife alternatives (steak knives, kitchen shears, box graters, or peelers) and may do some stovetop cooking or baking at the end of class. Adult supervision is on a case by case basis and ultimately up to the adult guardian. However, we may suggest adult supervision depending on the skill level and age of the student.

Access to a computer with an internet connection is required. Microphone and built-in camera recommended. We will send a grocery shopping and supplies list at least one week prior to the start of class.

Class includes:

Grocery shopping list
Skilled instructor
Recipes
Weekly communication & support via email

Learning topics:

- Cooking basics
 - Food is colorful
 - How do plants grow? (basic biology)
 - Seasonality
 - What is biodiversity?
-
- **Rainbow** - Plant a plant; Roasted Veggies & Sauce
 - **Red**- Margherita Pizza
 - **Orange**- Sweet Potato Fritters with Curry Sauce
 - **Yellow**- Corn Salsa and Corn Tortillas
 - **Green**- Green Caesar Salad
 - **B/Indigo**- Blueberry Muffins
 - **Violet**- Japanese Eggplant & Rice Bowl
 - **Rainbow**- Rainbow Fruit Tart

Fiber Arts & Crafts by Little Hands Creations

1-5th Grade, Mondays and Wednesdays, Sept 21- Oct 14, 3:30-5 p.m. \$267

Expand your imagination and get creative! This new online class will dive deeper into some of our favorite crafting techniques and materials. We will be exploring the multiple different ways that we can apply one technique or craft to create different effects and finished projects. Our summer themes will include wool felting, weaving, tie dye, punch needle art, macramé and friendship bracelets. All supplies will be available for pick-up from our (Seattle) Fremont no-touch pick-up shelf prior to class or delivered to your home for an additional fee. Shipping is also available for \$10. Some tools and equipment will need to be returned after the camps is complete.

Yoga for All with Camille Dodson

K-2nd Grade, Monday, Sept 21-Oct 12, 3:30-4:15 p.m. \$96

Yoga club is a time for students to learn the skills of yoga and mindfulness through play. Classes are a combination of breathing, stretching, games, music, and art. The hope is that students learn about the importance of slowing down, connecting to breath and body, and understand how to create peace and calm within themselves and in their relationships with others.

Beat Making for Kids! by After School Audio

K-1st Grade, Mondays and Wednesdays, Sept 21- Oct 14, 3:30-4:30 p.m. \$200

Beat Making for Kids is a great way for children to have an introduction to songwriting. Playing with a DAW (Digital Audio Workstation) gives kids a "birds-eye-view" of the songwriting process to help them see what makes a song. Kids dive deep into learning rhythmic structure by using gridded pattern sequencers and moving colorful blocks of sound around to craft our own musical masterpiece together! Classes available online over zoom with screen-sharing music-making software!

Ev3 Robotics with BEAM Experiences

3-5th Grade, Mondays and Wednesdays, Sept 21- Oct 14, 4:30-6 p.m. \$180

Unleash the creative powers of the LEGO® MINDSTORMS EV3 by building and programming real, functioning robots! Students will participate in individual challenges at home to build emerging critical and creative thinking skills.

- Parents will pick up a BEAM Ev3 Robotics Lego kit at school location before camp. (**A waiver will be required stating if the kit is returned with missing electronic sensor pieces, the robotic hub

and/or its connection ports are broken, parent is responsible for cost of replacing kit at \$450.00**). Kits will need to be dropped off at school location the week following the end of camp.

- Each day, via a 90-minute Zoom class session, students will receive a short lesson, followed by guided creative building time. We will be programming directly on the robots, so no additional software is required.
- Students can participate with any Tablet or PC/Mac; a camera is preferred so we can share our builds and troubleshoot together.
- Students will build and complete a different creative challenge each class.
- They will create robots that dodge obstacles and react to their environment using ultrasonic, touch and light sensors.
- They will learn to program and troubleshoot complex robotic behaviors.

Starting Tuesday Sept 22

Machine Sewing for New Students by Little Hands Creations

1-5th Grade, Tuesdays and Thursdays, Sept 22-Oct 15, 3:30-5 p.m. \$267

We are so excited to debut our Beginner Sewing curriculum ONLINE! Grab your favorite supervising adult and get ready to learn the fundamentals of machine sewing in this new session. New students will learn machine safety and standard sewing techniques like turning corners, making knots, and zig-zag stitches before moving on to our prerequisite projects, the Velcro pouch and tote bag. After mastering the basics, we will merge together with the Machine Sewing for Returning Student Class to make backpacks, accessories, stuffed animals, games and more! All supplies, including a sewing machine, will be available for pick-up from our no-contact pick-up shelf outside our (Seattle) Fremont Studio prior to class, or delivered to your doorstep at an additional fee. Some tools and equipment will need to be returned after the session is complete.

For students outside of the Seattle area: we are able to ship supply kits but are not able to provide a sewing machine for the class.

Machine Sewing for Returning Students by Little Hands Creations

1-5th Grade, Tuesdays and Thursdays, Sept 22-Oct 15, 3:30-5 p.m. \$267

Machine Sewing is going ONLINE! Experienced students will be able to continue learning, creating, and sewing in our new online classes! Returning students will pair up with a supervising grown-up in every class of this session to learn and explore a skill they can use for a lifetime. During the first class, students will be able to vote on the projects they want to make. Then each week, we will tackle one project as a group, and work step-by-step together. Projects are constantly rotating and include backpacks, phone cases, clothing, accessories, bags, games, stuffed animals, and more! All supplies, including a sewing machine, will be available for pick-up from our no-contact pick-up shelf outside our (Seattle) Fremont Studio prior to class, or delivered to your doorstep at an additional fee.

We can ship the supply kits for those outside of Seattle, but we are not able to ship sewing machines. Some tools and equipment will need to be returned after the camp is complete. Still hungry for more? Purchase additional project kits with written instructions to keep your kiddos creating throughout the school closure. Kits are available on our website at

<https://www.littlehandscreations.com/shop>

Chess Club with Orlov Chess Academy

1-5th Grade, Tuesdays and Thursdays, Sept 22-Oct 15, 4:30-5:30 p.m. \$150

Join Meridian Chess Club Online! Class is hosted Via Zoom, Meet ID and password provided to parents. Each class will have a lesson, puzzles and game playing time. Student Game playing hosted via [ChessKid.com](https://www.chesskid.com) or [Chess.com](https://www.chess.com) (free account available), with coaching supervision.

Song Design 101 by After School Audio

K-1st Grade, Tuesdays and Thursdays, Sept 22-Oct 15, 3:30-4:45 p.m. \$200

After School Audio is holding music-making classes in cyber-space! The possibilities are endless when students plug into their own private recording studios - creating anything from bumping rhythmic beats, to beautiful shimmering soundscapes! The art of music production and working with an online Digital Audio Workstation gives kids a bird's eye view of the song creation process; as they drag & drop parts of their song, press buttons & twist virtual knobs - students explore thousands of software instruments & fun sound effects & can play them with their computer keyboards and on-screen piano keyboards! & for students who play real-live instruments like ukulele, guitar, or sing - they can record their instruments to record with their computer's internal microphones as well, turning their room into a recording studio! We craft our songs together in classes of 10 students by video-chat from the safety of your own home! All along the way students are inspired & empowered learning music theory concepts & cultivating their creative confidence by creating their very own songs - available for mp3 download at the end of the class! No musical experience necessary!

Starting Wednesday Sept 23

Yoga for All with Camille Dodson

3-5th Grade, Wednesday, Sept 23- Oct 14, 3:30-4:15 p.m. \$96

Yoga club is a time for students to learn the skills of yoga and mindfulness through play. Classes are a combination of breathing, stretching, games, music, and art. The hope is that students learn about the importance of slowing down, connecting to breath and body, and understand how to create peace and calm within themselves and in their relationships with others.

Creative Coding with Scratch! by Creative Coding

3-5th Grade, Wednesdays and Thursdays, Sept 23- Oct 15, 3:30-5 p.m. \$305

In our online computer programming courses, students create and share their own custom video games and animations. Experienced teachers host small group classes live for 8-13 year olds, arranged by age group and driven by personalized attention for each student's original projects. Kids find our classes fun and supportive – and they love seeing and socializing with other kids as they develop their own creations!

Starting Thursday Sept 24

Dungeons & Dragons with BEAM Experiences

K-5th Grade, Thursdays, Sept 24-Oct 15, 3:30-5 p.m. \$133

Calling all Adventurers! Join a party of brave heroes in the imaginary world of D&D and make friends in the real world along the way. Dungeons and Dragons is an inclusive role-playing game that focuses not on competition, but on storytelling, imagination, creativity, teamwork, and a bit of luck. In this adventure, we will use a free online tool called Roll20 create our own fantasy characters, explore maps, roll virtual dice, and embark on a unique quest with the help of the Dungeon Master. All stories and quests are unique creations developed by our team of D&D adventurers!

A computer, Windows, Mac, Chromebook or tablet with a camera & microphone is all you will need to participate.

Starting Friday Sept 25

Minecraft Team Creative Build by BEAM Experiences

K-5th Grade, Friday Sept 25- Oct 16, 3:30-4:30 p.m. \$80

Join our group of blocky builders to construct massive creations from the ground-up! We will be designing and building a small city around a huge castle. Whether you're new or a pro, this program is great for players of all ages.

This online play session is meant to encourage collaboration and creativity. We will explore a bit of architecture and design, with a focus on imagination. The rules are simple: think BIG and play nice (no "griefers" allowed!!)

Our Minecraft teacher will be using Zoom voice chat to communicate during play.

Prerequisites

There are a few requirements to play Minecraft online. Here's what you will need:

1. **Minecraft Bedrock Edition** - Unless you see "Minecraft Java Edition" on the title screen, you have Bedrock Edition. The title screen should just say "Minecraft."
2. **A Microsoft Account** - Minecraft uses Microsoft account Gamertags to connect players. Registration is free.

You may have to purchase a subscription if your student is using a video game console. Windows 10, iOS, and Android players do not need a subscription.

- Xbox One - Requires an Xbox Live Gold membership
- Nintendo Switch - Requires a Nintendo Switch Online membership
- PS4 - Requires a PlayStation Plus membership

We will send instructions about joining our Minecraft world after signing up. Please send us an email if you have any questions!

Amazing Animals Lego Engineering by Bricks 4 Kidz

1-5th Grade, Friday Sept 25- Oct 16, 4:30-5:30 p.m. \$127

It's a zoo in here! This is a unit sure to delight kids who love creatures. We'll be building models of snakes, insects, mammals 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.

Rentals kits will need to be picked up from The Meridian School the week before class begins. Bricks 4 Kidz will email parents directly after registration ends regarding a rental agreement and the schedule for these pickups. Parents will also drop-off materials to Meridian after class ends.

Kit rentals have been included in the cost of the class.

Parents also have the option of purchasing the Bricks 4 Kidz Lego project kit for \$85; this includes technic Lego pieces, a base-plate, motor and battery pack (requires 6AA batteries, not included). Kits must be ordered through Bricks 4 Kidz Greater Seattle (email abenami@bricks4kidz.com) at least 5 business days before class begins, and will be shipped directly to parents.