



SPRING 2019

# Experiential Learning

## Grades K-6



## What are Experiential Learning Days?

American Heritage School’s Experiential Learning serves as an intensive implementation of the 4R-ing methodology, with the purpose of bridging academic experiences and exploration of real-world applications—all in harmony with American Heritage School’s mission statement.

Experiential Learning is a two-day course of study (5-6) and a one-day course of study (K-4) devoted to a single subject offered by American Heritage School March 27-28, 2019 (5-6), and May 20, 2019 (K-4). During Experiential Learning Days, regular classes are suspended and replaced with project-based, real-world learning experiences in academic fields of interest to AHS students under the mentorship of qualified AHS instructors, guest presenters, and practitioners.

Experiential Learning consists of a focused, single-course format and allows the school to take advantage of community resources, to be responsive to student needs and interests, and to experience a variety of places and styles of learning.

Experiential Learning courses will include classes at school, educational fieldtrips and guest presenters. Experiential Learning enables students to engage in rigorous learning experiences—to study one subject in depth.

Students and parents choose from a list of course offerings provided by the School. All students are expected to participate. Not all Experiential Learning options will be available to every student every year. Some options may not “carry” based upon enrollment considerations. In order to run these courses a fee is charged according to the activities that are planned. In no case should the participation fee discourage a family or student from participating. Please contact an administrator if financial assistance is needed.



## Experiential Learning Course Registration Instructions

### Registration is available on Veracross Parent Portals

Registration opens at 7:00 a.m. on the following days (see below) according to seniority.

- **Grade 6** Registration opens on Thursday, Feb. 21, 2019
- **Grade 5** Registration opens on Friday, Feb 22, 2019
- **Grade 4** Registration opens on Thursday, April 11, 2019
- **Grade 3** Registration opens on Friday, April 12, 2019
- **Grade 2** Registration opens on Thursday, April 11, 2019
- **Grade 1** Registration opens on Friday, April 12, 2019
- **Kindergarten** Registration opens on Thursday, April 11, 2019

Registration closes Friday, March 1, 2019 at 8:00 a.m. for all 5-6 grade students.

Registration closes Friday, April 19, 2019 at 8:00 a.m. for all K-4 grade students.

Parent Veracross credentials are required to register. All students in a family will be listed, but only those who are allowed to register on any given day will show active registration links on or after their priority registration day. “No programs available” will be shown until registration is open for them.

For questions about registration, please contact Charné Adams at: [cadams@ahsmail.com](mailto:cadams@ahsmail.com).

For questions about individual courses, please contact the instructor directly.

For technical questions or support issues please contact Austin Hill at: [ahill@ahsmail.com](mailto:ahill@ahsmail.com).

For questions about the Experiential Learning Program in general, please contact Charné Adams at: [cadams@ahsmail.com](mailto:cadams@ahsmail.com).



# Group 1: 5th-6th Grade Student, March 27-28, 2019

Maximum Enrollment of 12 in each group



## Bookin' it! Making your Own Homemade Books

**Instructor:** Julie Arnold | Room #202

**Email:** jamold@ahsmail.com

**Tuition:** \$20

**Date:** March 27-28

**Description:** Following bookbinding basics, apprentice bookmakers will learn how to create, fold, assemble, and stitch books and journals, from simple pamphlets, accordion-folded signatures to case binding, with pop-ups, windows and secret compartments!



## Colonial Crafts

**Instructor:** Jared Cornell | Room #208

**Email:** jcornell@ahsmail.com

**Tuition:** \$25

**Date:** March 27-28

**Description:** Learn about the crafts of Colonial America through demonstrations and some hands-on experiences in several areas. Will be in civilian and military areas that may include metal casting, nautical skills, military drill, weapons, food, etc.



## Fitness Fun

**Instructor:** Nicole Brown | Rec, Hall #322 (Rec Hall)

**Email:** nbrown@ahsmail.com

**Tuition:** \$10

**Date:** March 27-28

**Description:** Fitness can be fun! Learn how fit you are through a series of fitness tests. Then get the chance to participate in a variety of fun new ways to stay fit, you're sure to find something you like. Listen to a BYU athlete come and talk about the importance of health and fitness. You'll then get a hands-on experience with injury care by learning to use athletic tape for ankles and fingers. To finish each day, use what you learned by being the teachers of a fitness class to 3rd and 4th graders.



## Folding into the Future – An Origami Adventure

**Instructor:** Bethany Cory | Room #204

**Email:** bcory@ahsmail.com

**Tuition:** \$20

**Date:** March 27-28

**Description:** Learn not only the art and history of origami, but how scientists and engineers today use origami in space, medical technology, and much, much more! Students will learn to fold the basic introductory origami bases, as well as more complex and challenging projects as we explore the art and science of folding.



## Full STEAM Ahead: The beauty of art and science

**Instructor:** Karen Logan & Jan Parker | Room #118

**Email:** klogan@ahsmail.com

**Tuition:** \$30

**Date:** March 27-27

**Description:** All Aboard the P&L S.T.E.A.M. Train." Experience the fun of science and art with new projects and experiences. We will explore the Holman Studios, Sub-Zero Ice Cream, tie-dye, pancake art and much more! Cost includes glass cutter, stepping stones, t-shirt, and many more take-home art projects.



## Full STEAM Ahead: The beauty of art and science

**Instructor:** Jan Parker & Karen Logan | Room #117

**Email:** jparker@ahsmail.com

**Tuition:** \$30

**Date:** March 27-28

**Description:** All Aboard the P&L S.T.E.A.M. Train." Experience the fun of science and art with new projects and experiences. We will explore the Holman Studios, Sub-Zero Ice Cream, tie-dye, pancake art and much more! Cost includes glass cutter, stepping stones, t-shirt, and many more take-home art projects.



## Geology ROCKS!

**Instructor:** Amy Fallon | Room #329

**Email:** afallon@ahsmail.com

**Tuition:** \$20

**Date:** March 27-28

**Description:** Let's go hiking & learn about some basic GEOLOGY! We will be guided by two BYU Geology graduate students as we get in 2 days of great hiking in Little Cottonwood Canyon and on the Rock Canyon Trail & Provo Canyon. Students will need good hiking shoes/boots, a hiking backpack, water bottle (or hydration pack combination), sack lunch, and a hiking stick. Small emergency items & a notebook will be purchased for each student. \*Pending weather and snow levels, we may be snowshoeing instead! In the event of snow, students will need to bring snowshoes (or spikes); if students don't have their own access to snowshoes or spikes, they can be rented at Recreation Outlet for approximately \$11.



## Hooked on Crochet

**Instructors:** Jody Ross & Maureen LaPray | Room #323

**Email:** jsalvesen@ahsmail.com

**Tuition:** \$20

**Date:** March 27-28

**Description:** Hooked on Crochet is a fun beginner's course to learn and use the basic stitches in crochet, read simple patterns and then apply these skills in creating a project of your choice! (Headband, Hat, Scarf, Dishcloth, etc...) Each student will be provided with a crochet hook, darning needle, a variety of yarns, and instruction material.



## It's a Hit!

**Instructors:** Vicky McMurray & Donna Patten | Room #456

**Email:** dpatten@ahsmail.com

**Tuition:** \$20

**Date:** March 27-28

**Description:** Come make a joyful noise and explore the world of percussion. Participate in a drumming circle, enjoy Boomwhackers, bucket drumming and creating your own percussion composition. We will visit percussion ensembles and watch the world of percussion in action. It will be a hit!



## Onward Christian Spartans

**Instructor:** Jeremie Randall | Room #209

**Email:** jrandall@ahsmail.com

**Tuition:** \$35

**Date:** March 27-28

**Description:** Do you have the physical and mental toughness to be a young Christian Spartan! Come find out as we spend 4 hours in ropes courses and physical activity doing team building activities, climbing a 40 ft. rock wall, zip line 60 yds, take a jump of faith from 15 ft. up, get dropped from a 30 ft. swing & participate in some epic Spartans battles to defend the wall and pass of Thermopalye fought over 3000 years ago with your own authentic self-made sword, shield, and helmet! The battles on...will you be ready?



## Outdoor Odyssey 2019

*A journey of Movement, Learning, and Beyond. . .*

**Instructor:** Chrisann Patch & Nichole Lovell | Off Campus

**Email:** cpatch@ahsmail.com

**Tuition:** \$60

**Date:** March 27-28

**Description:** We will begin our journey at the Red Ledges Arch located up Diamond Fork Canyon. A professional Guide will teach us the basic elements of Canyoneering and then we will spend the day Rappelling and Hiking the Canyon. The second day of our Journey, we will travel to the CLAS Ropes Course located along the Provo River. You will test your harnessing skills once again when you experience six exciting zip-lines through the trees along and across the Provo River. We will also get to participate in the Adventure Park. This is a series of platforms and "bridges" with varying levels of difficulty located 20 feet in the air. Throughout this entire experience we hope the students will learn new skills and also develop an appreciation for the outdoors and all the possibilities it has to offer.



## Polynesia

**Instructor:** Rachelle Packer | Room #107

**Email:** rpacker@ahsmail.com

**Tuition:** \$35

**Date:** March 27-28

**Description: Day 1:** Learn about Polynesia and the history of Hawaii. With your new book about Volcanoes, learn about the earth's crust and the Ring of Fire. Using your new knowledge, construct a volcano and make it erupt! You are sure to enjoy hours of fun for years to come with your volcano souvenir from this course! As a budding volcanologist, you will quickly identify the features that make the Homestead Crater in Midway unique as we visit this geothermal spring on an afternoon field trip.

**Day 2:** Make a flower Lei and learn to dance the Hula from a professional instructor! Enjoy a field trip to the Loveland Living Aquarium where you will learn about and explore the beauty of tropical fish. Keep this aloha spirit alive as you display your newly crafted tropical fish stained glass suncatcher.



## The Refiner's Fire (Blacksmithing)

**Instructor:** Melanie McConkie | Room #308 (Library)

**Email:** mmconkie@ahsmail.com

**Tuition:** \$25

**Date:** March 27-28

**Description:** "Out of the refiner's fire can come a glorious deliverance." Experience the world of blacksmithing! Day 1: Discover the metals and tools used in this ancient trade as we visit with a professional blacksmith. Day 2: Now, give it a try for yourself! See what the process is really like first-hand. With help from two local novice blacksmiths, students will make their own garden trowel.



## The Secret Ingredient is Always LOVE (Cooking)

**Instructor:** Stephanie Bigelow | Kitchen

**Email:** sbigelow@ahsmail.com

**Tuition:** \$25

**Date:** March 27-28

**Description:** Students will have hands-on experience cooking and baking. They will learn to make meals on a budget as well as the difference between "from scratch" and "from a box". They will visit and talk as they get their hands messy around a kitchen counter. They will visit a cupcake shop and learn about how a young lady dreamed big and now lives her dream every day. Through it all, they will learn about themselves and the joy that comes from creating and sharing food!

## Group 2: 3rd – 4th Grade Students, May 20, 2019

Maximum Enrollment of 13 in each group



### American Heritage Ninja Warrior

**Instructor:** Angie McIntyre | Room #203

**Email:** amcintyre@ahsmail.com

**Tuition:** \$25

**Date:** May 20

**Description:** Do you have what it takes to be a Ninja Warrior?! In this course we will explore types of exercise that strengthen your body and focus your mind. We will start the day off with flexibility and strength training, cardios, and karate followed by a field trip to Obstacle Warrior Kids in the afternoon. Train you mind and strengthen your body to meet whatever obstacle you face with courage and confidence! Empower your inner ninja!



### Baking Basics and Beyond: LEARN, DO, SERVE

**Instructor:** Lacey Figueiredo | Room #114

**Email:** lfigueiredo@ahsmail.com

**Tuition:** \$30

**Date:** May 20

**Description:** Put on your apron and baker's hat! In Baking Basics and Beyond: LEARN, DO, SERVE. Students will learn how to bake like a pro! Throughout the day, student bakers will gather up the right tools, stock up on the right ingredients, learn baking vocabulary, and practice measuring carefully. Student bakers will also compete in a cookie baking challenge. The highlight of the day will be going to "Cravings – Alisha's Cupcakes" – a local bakery whose head baker, Alisha, won season 7 of Cupcake Wars. Students will get to tour Alisha's bakery and decorate a couple cupcakes of their own. To finish off the day, each student will deliver one of their decorated cupcakes with a special note to someone in the school community.



### Experience the Joy of the Performing Arts

**Instructor:** Deborah Otteson & Anese Harmon | Off campus

**Email:** dotteson@ahsmail.com

**Tuition:** \$15

**Date:** May 20

**Description:** We will go back stage to the Capital Opera productions to see how all the amazing props are made and to see some that have been used in the past. We may also be able to hear a singer perform for us. There will be some other surprises that will be announced later!



### KidKnits

**Instructor:** Rachelle Packer | Room #107

**Email:** rpacker@ahsmail.com

**Tuition:** \$24

**Date:** May 20

**Description:** "You're never too young to change a life on the other side of the world." This quote comes from Ellie, the 14 year old girl who founded "Kidknits". Kidknits is a non-profit organization that is helping to change the lives of women in Rwanda and Chile through their yarn making ministry. Using yarn made by and purchased from Rwandan women, you will learn how to knit a hat! With your new loom, you will be able to hone your skills as a hat maker, while supporting these women in their industry! After the hats are made, take a springtime field trip to a local sheep farm and learn where yarn comes from! Watch a sheepherder shear a sheep. Learn how these fascinating animals contribute to our lives in many ways.



## Outdoor Odyssey 2019: Adventurous Journey of Movement, Learning and Beyond...

**Instructor:** Chrisann Patch & Nichole Lovell | Off campus

**Email:** cpatch@ahsmaail.com

**Tuition:** \$25

**Date:** May 20

**Description:** On our Journey we will travel to the CLAS Ropes Course located along the Provo River. Each student will get to experience six exciting zip-lines through the trees along and across the Provo River. We will also get to participate in the Adventure Park. This is a series of platforms and "bridges" with varying levels of difficulty located 20 feet in the air. Everyone wears a harness with a special locking lanyard that safeguards you from falling if you slip or let go. Throughout this entire experience we hope the students will learn new skills and also develop an appreciation for the outdoors and all the possibilities it has to offer.



## Put on Your Cape: Comic Books and Superheroes

**Instructor:** Casey Wilson | Room #205

**Email:** cwilson@ahsmaail.com

**Tuition:** \$17

**Date:** May 20

**Description:** Have you ever wanted to create the next Superman or Wonder Woman? Well, now is your chance. In this course, students will gain a better understanding of the great comic book lore. We will go through the comic book creation process of writing, penciling, inking, coloring, lettering, and production. Up, up, and away we go!



## Puzzled? Think Outside the Box, Engineering 101

**Instructor:** Amanda Pew | Room #201

**Email:** apew@ahsmaail.com

**Tuition:** \$25

**Date:** May 20

**Description:** An engineer gets excited about things that no one else cares about. Students will think, question, design, create, struggle, collaborate, try, solve, invent, reflect, which all leads to learning. Using simple, everyday items, the possibility for creation and fun is endless. Cups, cubes, sticks, legos, books, paper, pom poms, marbles, straws, string, rubber bands: How will your mind be opened to greatness?



## The Magic of Ireland!

**Instructor:** Suzanne Gallup & Mary Chesworth | Room #100

**Email:** sgallup@ahsmaail.com

**Tuition:** \$20

**Date:** May 20

**Description:** Come explore the wonders of Ireland-you will hear stories from an authentic Irish storyteller, watch Irish dance and learn steps from a professional, make some Irish crafts, enjoy Irish food tasting, make your own edible leprechaun, learn some Irish songs. Maybe you have wondered about the Church and the Saints in Ireland, what it would be like to grow up in there? You will experience some of the sights, sounds, culture, history, stories and music of Ireland, and come home with a special gift from Ireland.



## What Do I Want to Be When I Grow Up?

### Career Exploration

**Instructor:** Kerry Nielsen | Room #210

**Email:** knielsen@ahsmail.com

**Tuition:** \$10

**Date:** May 20

**Description:** "What Do I Want To Be When I Grow Up?" "Oh! the places you'll go!" Children love to think about what they want to be and do when they grow up! They love to explore the possibilities of being a doctor, a veterinarian, a computer programmer, a firefighter, a police officer, a cosmetologist, a chef, or even a space engineer! Students will begin to understand what careers their personality and interests are best suited for. Students will learn the benefit of thinking about a career choice as an elementary age student. Guest speakers will come to the classroom and share their career stories. Students will also take a field trip to local area businesses to explore, with a hands-on feel, a variety of career ideas.



## What is a Habitat Anyway?

**Instructor:** Laurel Hill | Lunch Room

**Tuition:** \$12

**Date:** May 20

**Description:** There are so many incredible habitats in the world. All are different and have something unique to offer. Each animal was created with special gifts so they can survive in their specific habitat. The Lord is an amazing creator. We will explore several of the great places on earth and the amazing animals that live there. Many hands-on experiments and activities.

## Group 3: 1<sup>st</sup>-2<sup>nd</sup> Grade Students, May 20, 2019

Maximum Enrollment of 14 in each group



### Creature Encounters

**Instructor:** Trisha Peel & Kendra Olson

**Email:** [tpeel@ahsmail.com](mailto:tpeel@ahsmail.com) | Room #110

**Tuition:** \$35

**Date:** May 20

**Description:** In this course we will spend the day discovering many of the wonderful and amazing creatures of God's creations. We will encounter creatures of all sizes, shapes, colors, species, and habitats; everything from the African Elephant, the polar bear, and the anaconda, to the smallest of bugs and creepy crawlers. We will experience live interactive animal creatures, visit Utah's Hogle Zoo, and enjoy a live, interactive animal show. Come join us on this creature encounter adventure!



### Let's Play a Game!

**Instructor:** Shirley Larsen | Room #305 (Library)

**Email:** [slarsen@ahsmail.com](mailto:slarsen@ahsmail.com)

**Tuition:** \$6

**Date:** May 20

**Description:** Have you ever wished you could spend the day just playing games? Here's your chance! We will play all kinds of games without using a tablet or video game controller. Come play games indoors and outdoors like Twister, checkers, BINGO, Memory and more. There will prizes, treats, and lots of great ideas to share for family nights or birthday parties. It is sure to be a day full of fun!



### Man's Best Friend – Dogs

**Instructor:** Paula Soderstrom | Room #101

**Email:** [psoderstrom@ahsmail.com](mailto:psoderstrom@ahsmail.com)

**Tuition:** \$0

**Date:** May 20

**Description:** If you like dogs, you'll love learning why they are considered man's best friend. We will learn about what work dogs do to help us. Demonstrations of therapy dogs, police dogs, and every day dogs will give meaning to their work. Dogs, dogs, dogs are what we will see, learn about, watch, and pet! Get ready for a fur filled day of fun!



## ME-ation Creation

**Instructor:** Kay Anderson | Room #106

**Email:** kanderson@ahsmail.com

**Tuition:** \$20

**Date:** May 20

**Description:** "Look, Mom, I made it all by myself!" Children naturally have curiosity about the world we live in. They begin to create by discovering exploring constructing testing, designing, building and knocking it over. This process helps them understand the hows and whys about our world. However, somewhere along life's journey, this natural curiosity to create starts to dim. This course will re-ignite the desire to be innovative and creative. Instructions and projects in this class will be driven by learning how and why things work, building simple prototypes, then applying these concepts for amazing, and awe-inspiring projects. We will launch a whirligig into the atmosphere, which will lead to making a paper plate glider followed by a flying competition. We will build a catapult that launches bouncy balls, which will lead to observing a two-liter bottle launcher soaring 300 feet in the air. We will build a simple rubber-band racer, which will lead to driving a custom-made electric go-cart around a course on the soccer field. This will be the perfect mixture of fun and learning, as we discover together through focused and open exploration.



## Stained Glass Art

**Instructor:** Julie McNamara | Room #102

**Email:** jmcnamara@ahsmail.com

**Tuition:** \$20

**Date:** May 20

**Description:** Holdman Studios and Glass Art Institution are the artists behind Roots of Knowledge - a spectacular walk through history, presented in stained-glass! We will be visiting the UVU Library, after a tour of Holdman Studios, to see the stained-glass mural and enjoy a scavenger hunt to find hidden characters embedded in the glass - from Creation to Modern Times. We will also visit the Orem City Library and enjoy viewing the Fairytale-themed windows. When we return to school, we will make "non-glass" works of art and learn about the history of stained-glass.



## The Fine Art of Building a Tent City

**Instructor:** Lynette Carver | Room #455 (Music Room)

**Email:** lcarver@ahsmail.com

**Tuition:** \$5

**Date:** May 20

**Description:** Who doesn't love building tents and forts and pretending by the hour! Come enjoy the creative process of making a tent complex complete with tunnels and rooms using blankets, sheets, pillows, pvc pipe, binder clips, ropes, collapsible tunnel tubes and more! Enjoy the fruits of cooperation as you plan, build, and furnish our tent city and then spend time playing together!



## The Secret Ingredient is Always LOVE (Cooking)

**Instructor:** Stephanie Bigelow | Kitchen

**Email:** sbigelow@ahsmaill.com

**Tuition:** \$15

**Date:** May 20

**Description:** Students will have hands-on experience cooking and baking. They will learn to make meals on a budget as well as the difference between "from scratch" and "from a box". They will visit and talk as they get their hands messy around a kitchen counter. They will visit a cupcake shop and learn about how a young lady dreamed big and now lives her dream every day. Through it all, they will learn about themselves and the joy that comes from creating and sharing food!



## The Wild Wild West

**Instructor:** Rachel Beus & Kristi Wulfenstien | Room #112

**Email:** rbeus@ahsmaill.com

**Tuition:** \$25

**Date:** May 20

**Description:** Come join us in the majestic mountains of Mutual Dell as we meet around the campfire to hear stories from the past. You'll also want to be ready to saddle up and learn to cook, serve, dance, and sing the western way. We are going to have a "Rootin, Hootin, Hollerin, Good Time!"



## This is the Place for Fun

**Instructor:** Jenny Wall | Room #105

**Email:** jwall@ahsmaill.com

**Tuition:** \$20

**Date:** May 20

**Description:** Round up your wagons and come join us for a rootin' tootin' good time as we visit the Provo Pioneer Village to discover what it was like to be a pioneer. We will experience pioneer life first hand and enjoy interacting with live actors from that time period.



## What Do You Do in the Summertime?

**Instructor:** Jane Davis | Room #108

**Email:** jdavis@ahsmaill.com

**Tuition:** \$25

**Date:** May 20

**Description:** Hot, lazy summer days can be brimming with creativity and fun. This class is full of favorite things. We will find out how to grow a garden. We will learn how to play simple card games and rediscover favorite neighborhood outside games. This class even includes a hot dog roast complete with smores. Lazy summer afternoons are spent best with a good book. We will learn about the library and explore favorite stories. In the afternoon, we will explore art projects for summer. This class will make you excited for June, July, and August!

## Group 4: Kindergarten Students, May 20, 2019

Maximum Enrollment of 14 in each group



### Arghh...Pirate Day!

**Instructor:** Cynthia Bingham

**Email:** [cynthiabingham@ahsmail.com](mailto:cynthiabingham@ahsmail.com) | Room #113

**Tuition:** \$25

**Date:** May 20

**Description:** Ahoy! Come along ye scallywags 'n lets be pirates fer th' day. We shall begin our adventure by learnin' about a few famous pirates. We shall rise t' th' challenge o' buildin' our owns pirate ship 'n see if they float. We'll practice our cutlass skills and hear some pirate shanties 'n tales. We shall follow a treasure map t' discover hidden treasure. We shall even walk th' plank t' test out our sea-legs.



### Be A Good Sport

**Instructor:** Sariah Reed | Outdoors

**Email:** [sreed@ahsmail.com](mailto:sreed@ahsmail.com)

**Tuition:** \$10

**Date:** May 20

**Description:** Winning is fun, but it isn't everything. In this course, students will learn and develop good sportsmanship skills as they play games, work as a team, and practice basic skills in several types of sports. We will visit the different fields around AHS campus to play basketball, soccer, kickball, and relay races. Cost includes team shirt.



### Flower Power!

**Instructor:** Holly Dunn | Room #308 (Library)

**Email:** [hdunn@ahsmail.com](mailto:hdunn@ahsmail.com)

**Tuition:** \$20

**Date:** May 20

**Description:** Everyone loves flowers! Flowers have the power to make others happy! They are a wonderful gift to us from Heavenly Father! We will enjoy a glorious day learning about and viewing beautiful flowers of all kinds. We will tour Olsen's Garden Shoppe in Payson, visit the beautiful temple grounds of the Payson temple, enjoy a sack lunch at Salem Pond, and spend part of our day in service planting flowers for others to enjoy! We will return to the school and enjoy a visit from the owner of Flower Love and design a floral arrangement to take home! A few other surprises are in store as well! Join us for the day and experience the power of flowers!



## From Farm to Table

**Instructor:** Linda Strong | Room #109

**Email:** lstrong@ahsmail.com

**Tuition:** \$15

**Date:** May 20

**Description:** Does our food come from somewhere else before the grocery store shelf? Let's explore where our food does come from. Our exploration will take us to a large dairy farm. We will see firsthand how farmers take care of their animals, how cows are milked, and what happens to the milk before it reaches the grocery shelf. What other foods come from milk? While our ice cream churns to perfection, we will discover the origin of flour. What better thing to make from flour than a sugar cookie? We will end our experience by donning our own baker's aprons, rolling out a sugar cookie with our own rolling pin, baking it, and decorating it to our delight while the homemade ice cream churns to perfection



## Little Chefs Can Cook

**Instructor:** Renee' Braddy | Room #115

**Email:** rbraddy@ahsmail.com

**Tuition:** \$30

**Date:** May 20

**Description:** Step aside mom and dad, there's a new chef in town. This will be a very hands-on full day where children learn the art of cooking. They will be dressed in their own chef attire that they'll design. We will be going to Harmon's Cooking School at Traverse Mountain for a "Little Chef Cooking Class" designed specifically for us. Students will be taught by Chef Freyka Nuñez Del how to make a complete meal from start to finish and then enjoy eating it there. We will return to school for some other cooking activities and lessons. The students will bring a few items they've made home to share.

