

WEDNESDAY ELECTIVES – SESSION 4

Feb. 22; Mar. 1, 8, 15, 22, 29; Apr. 5

YEARBOOK (NO FEE)- Persistence, passion, patience and teamwork are key when putting together a yearbook that will be loved for years to come. The EAS Yearbook Committee is looking for interested students to join the student editors in creating the 2022-2023 yearbook. Students will learn to develop page layouts, copy write, photo edit and collaborate to create the final yearbook. The majority of work will occur within the elective class, however, additional tasks may be required to ensure deadlines are met. Join the yearbook team and help to create the best yearbook ever! Class enrollment limited.

COOKING SKILLS AND RECIPES (CLASS FEE \$70)- In this elective you will learn cooking skills, knife skills, how to read a recipe, and of course cook. Each week you practice skills and will make something new in the makeshift classroom kitchen. Accommodations for dietary restrictions are not guaranteed so please consider before choosing this elective. Students signing up should be interested in the cooking process, not just eating what's made. Fee covers cooking supplies/ingredients. Parent chaperones needed, sign up in the next section.

BOARD GAMES AND MAGIC THE GATHERING (FEE \$30)- IF you enjoy playing Magic the Gathering or playing strategy board games then this elective is for you. Each week there will be a variety of board games available to learn and play. Students are encouraged to bring their own Magic decks if wanting to play, but some cards will be available to borrow if needed. Class taught by Eric Battisti of Tolarian Scholars Northwest. Eric has taught several enrichment classes at EAS as well as other afterschool programs. Parent chaperones needed, sign up in the next section.

TEAM SPORTS (FEE \$30)- Enjoy some athletic fun with your friends. Students will play ultimate frisbee, pickleball, volleyball, capture the flag and more. Class will primarily be outside with some indoor time depending on weather. Class taught by local running coach/trainer, Bryan Mannion (www.naturalathletics.net). Class taught at EAS. Parent Chaperones needed.

DRAMATIZERS: LIGHTS, CAMERA, ACTION: (NO FEE)- Dramatizers, wherefore art thou, Dramatizers? In this drama elective, we will be putting on a spectacular show of the students' choice. Students will have the chance to have fun, learning new skills, and exploring drama production. If acting is not your thing, you can help backstage with set development, costumes, and other elements. This elective is led by EAS students. Parent chaperones needed each week, sign up in the section below.

SWIMMING/WATER FUN AT REDMOND POOL (FEE \$60, may be less depending on # of students). Students will enjoy a variety of water games/activities and open swim each week at the Redmond Pool. Students will be in the pool from 11:00-12:00 each week, with 30 minutes in an organized swim activity/game (water polo, races, sharks & minnows, etc) and 30 minutes open swim. Carpool drivers and parent chaperon needed - sign up in the next section below. No Class April 5th - students will engage in an alternate activity or quiet study.

PARKOUR (FEE \$115 - 6 Weeks, no class 3/29). Join instructors at MoveFree Academy in Woodinville for this fun and active, 1.25 hr, Parkour class. Parkour is the functional art of movement, characterized by efficient use of power, speed, agility, spatial awareness, balance, reflexes, and thinking in the moment in order to overcome obstacles within one's environment. Parkour incorporates running, climbing, jumping and swinging. The instructors work with students at their level and comfort and assist them in developing appropriate, achievable goals. Foremost at MoveFree is the emphasis on safety while still having fun. On 3/29 students will do quiet study or an alternate activity to be determined. Parent Chaperones and Carpool Drivers will be needed each week - sign up in the next section below.

KNITTING/SEWING/CROCHET (NO FEE)- Enjoy knitting, sewing and/or crochet and want to have a relaxed, fun time doing any or all with fellow students? This elective will be a casual group for those with at least basic skills in one of the 3. Students can start a new project, continue working on a current project, or work with others on a new group project. There will be no formal instruction. Students need to bring their own supplies/fabric, etc. Some limited supplies are available if needed. Parent chaperones will be needed each week - sign up in the section below.

GREENHOUSE (NO FEE) - Calling all gardeners, greenthumbs and those who enjoy nature. Students will learn from a master gardener and other gardening/plant enthusiasts while covering such topics as soil health, seed germination, plant identification/families, pollination, worm bins and more. There will be plenty of hands-on planting, replanting, as well as working in the greenhouse and around the school. Class will be spent inside for some instruction then outside in the greenhouse or around the school. Parent Chaperone needed.

STRESS/ANXIETY MANAGEMENT WITH COUNSELOR MS. DOUGHTY (NO FEE)- Are you frequently feeling high levels of stress? Would you like to learn some strategies to help manage these feelings? During this group you will learn more about how your body processes these emotions and talk about ways to help alleviate stress and cope with anxiety. This is a one-hour group with the 2nd hour spent in quiet study or reading.

GOLF (FEE \$100)- In this golf elective, students will receive structured instruction from a PGA pro and Willows Golf instructor, who are eager to share their passion for golf with our students. Time will be spent on the Willows driving range and Heron's course. Students will practice their golf stance, swing motions, rules and etiquette. Class Size limited. Parent Drivers & Chaperones Required each week - sign up in the section below.

YOGA (NO FEE)- Students will learn Yoga poses to build strength, stamina and balance. The class will be 1 hour long and will include few minutes of meditation, sun salutations, standing poses, seated twists and a few backbends. Overall, the focus will be on improving posture and building confidence. Bring your own yoga mat or EAS has a few to lend. The first hour of class will be quiet reading, student led games, and/or walking based on parent chaperone availability. Yoga will be led by certified yoga instructor, Shilpa Bhavsar <https://www.peaceyogalife.com/about>. Parent signed participation waiver will be required.