



FALL 2020 Co-op Class Descriptions

PRE-K TO 2ND (TOTS TO AGE 7)

Musikgarten – Anna Rudzinski – \$40/semester – (birth to 4yrs)

"Family Music and Movement " class incorporating early childhood movement & music as per the Musikgarten curriculum. Care givers must be present!

Preschool Parade - Wulna Guillaume - \$25/Semester - Ages 5 and below)

In PRESCHOOL PARADE, we will cover everything our little ones need to know before Kindergarten. Anyone age 5 and below is invited to learn or practice their letter recognition, applying phonics, numbers, colors, shapes, time telling, money and much more. Preschool Parade will span two 13 week semesters at 30 minutes per week. A list of supplies will be provided. Together we will "March into Greatness!"

Saints SPORTS PE “at Home” - Coach Rick Andreassen - (ages 4 - 6) “Inaugural” Special Fall Price \$65

Hollywood Hills Homeschoolers in partnership with Saints S.P.O.R.T.S. PE “at Home Kit” is proud to bring our families a groundbreaking hybrid class that brings all the joy and benefits of the Saints program right to your living room.

Don't miss this opportunity to participate in the “Inaugural” offering of this program. This class includes equipment in the form of an “at Home Kit” (1 per family) complete with awards, certificates, and gold metals all included, a weekly “how-to” video, in addition to, a live online time of devotion with Coach Rick and/or Saints coach. This class is being offered for this “Inaugural” Fall semester only in conjunction with HHH. With the support of local organizations, Saints is privileged to partner with HHH for this “Inaugural” experience of Saint S.P.O.R.T.S. PE (**Supporting Parents Organized Resources Teaching Sports**). The Saint SPORTS PE “at Home Kit” is provided as part of the inaugural special.

We are excited and looking forward to an awesome year.

Join HHH and Saints as we continue to live out our mottos of “Faith, Family & Friends” and “Where Jesus is Lord and Every Child is a Winner”!!

ELEMENTARY GRADES 1 – 6

General Music Class – Jennifer & Anna Rudzinski – \$25/semester – (K-2nd)

This lower elementary class incorporates singing, dancing, as well as playing with rhythm instruments. Your child will be exposed to a whole new world of music through rhythm & song in this wonderful class taught by a Florida Youth Orchestra conductor and Heat Band director and her daughter.

Hands on Science - Wulna Guillaume - \$30/Semester - (1st - 3rd Grade)

In Hands on Science, we will cover many major points of lower elementary science through experiments and reading. We will span two 13 week semesters combining age appropriate materials for each student and the challenges of new ideas. A list of supplies will be provided prior to each experiment.

Saints SPORTS PE at Home - Coach Rick Andreassen - (1st - 5th Grade), "Inaugural" Special Fall Price \$65

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Music: Recorder - Jennifer Rudzinski – (3rd grade and up) - Price \$35, includes recorder and recorder bag.

We'll learn how to read music, play songs with fun and jazzy background tracks, and cooperate for a virtual performance at the end of the semester. Price \$35, includes recorder and recorder bag. This class is taught directly by the director of the South Florida HEAT Band.

UPPER ELEMENTARY/MIDDLE SCHOOL (GRADES 4TH - 8TH)

Victus Study Skills – Rosemary Del Prado - \$70/semester; 20% sibling or HHH teacher discount (Ages 9 – 12)

Victus Study Skills System is a strategic planning approach to study skills. It is not just isolated skills and individual components to be mastered, but rather a way of thinking. It is unique in that it has been developed by professional educators who have seen firsthand what students need to know to be effective in their study. Furthermore, this mission-oriented program was created to help individuals learn how to manage their God-given time based on sound principles that are applicable for school and life. This system of study has been taught to thousands of students, parents and teachers. Included are:

- instruction in organization and time management

- motivation and goal setting
- note-taking and test-taking
- reading with better comprehension and efficiency and other areas related to improving study habits and increasing learning

Learn more at <https://www.studyskillssystem.org/about/faq/>

The class will require a level 2 student workbook (\$20). I can make a group order which would save us in shipping costs. I would then arrange a group pick up. Or, alternatively, please order at the company web site: <https://www.studyskillssystem.org/products/>

Homework will be required. Free reinforcement materials for parents to use at home will be provided.

Music: Recorder - Jennifer Rudzinski – (3rd grade and up) - Price \$35, includes recorder and recorder bag.

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Science Talk: Experimentation & Conversation - Laini Ibrahim - Grades 4th -7th (or ages 9-13), \$105/semester

We will explore the properties and laws of science. We will start by making experiments and saving our observations in notebooks. Then we will learn how to talk about science and use those conversations to create our own scientific investigations. Topics will include chemistry, electronics, ecology, laws of physics, and biology. Students must have the desire to explore, the strength to use a manual hole puncher, the skills to write a sentence, the wisdom and composure to not hinder the learning of others, and the organization to know where their materials are before class. Parents must be present if any of the above are skills in process, but not yet attained.

*Some materials are included, others are easily available at local stores or at home

Sibling Discount - 20% with family shared materials

Teacher discount - 30%, must be a Co-Op instructor teaching 2 or more courses.

JA Biztown - Dawn Williams - (4th - 6th graders) \$80/student

Student participates in a series of classroom lessons, where they learn about applying for jobs, voting, career opportunities, customer service, paychecks, savings and more. Then, they put their knowledge to work at JA Biz-Town, where they operate a simulated economy and run businesses. They get hands-on experience at being citizens, consumers, employees and business owners. Duration: 2 semesters

The World's Story: The Ancients Volume 1 - Jennifer Grasso - Grades 6th-8th

\$50/semester

We will be studying history from Creation to the Roman Empire. This is set up using a Charlotte Mason approach. Both textbook and teacher book will be required for reading and homework assignments. It will be best suited for Grades 6-8, but parents know their kids best. Duration: 2 semesters

"The Secret Garden" Literature Study- Rosemary Del Prado- (4th - 6th Grades) \$70/semester; 20% sibling or HHH teacher discount (Please see the book at the link below to determine suitability for your child.)

“One of the most delightful and enduring classics of children’s literature, *The Secret Garden* by Victorian author Frances Hodgson Burnett, has remained a firm favorite with children the world over ever since it made its first appearance. Burnett created an inspirational tale of transformation and empowerment. Mary Lennox, a sickly and contrary little girl, is orphaned to dim prospects in a gloomy English manor - her only friend is a bed-ridden boy named Colin whose prospects may be dimmer than hers. But when Mary finds the key to a Secret Garden, the magical powers of transformation fall within her reach.”

“The Secret Garden appeals to both young and old alike. It has wonderful elements of mystery, spirituality, charming characters and an authentic rendering of childhood emotions and experiences. Commonsense, truth and kindness, compassion and a belief in the essential goodness of human beings lie at the heart of this unforgettable story.”

This novel study will incorporate: dictionary skills, vocabulary study, comprehension activities that span a variety of story elements, chapter summaries, and assessments.

https://www.amazon.com/Secret-HarperClassics-Frances-Hodgson-Burnett/dp/006440188X/ref=sr_1_3?dchild=1&keywords=the+secret+garden&qid=1594492903&s=books&sr=1-3

This class will require a downloadable novel study that will be provided. Homework will be required in addition to the weekly reading. This is a great novel! It will be an enriching study with virtuous, life applications.

Intro to Theater: Performance Drama - Kai Jackson - \$65/semester (Grades 3rd-7th)

This Fall semester, students will be introduced to the world of theater through mime and pantomime! They will explore and study theatrical elements of plot and character development to learn how this comedic form of expression works to convey a whole story! By the end of the semester students will write and perform their own 5 unit pantomime show (It's easier than it seems!) and have a new awareness of body language and non verbal expressions/ communication. To get the most out of the class, some assignments will involve watching video content, recording and submitting video content, and require the assistance of an adult. Duration: 2 Semesters

Operation FITKIDS – 6-8 th grade- Rosemary Del Prado, certified personal trainer and health coach - \$70/semester; 20% sibling discount or HHH teacher discount

Aimed at teaching students about the importance of a healthy lifestyle and maintaining a healthy weight. All lessons are broken into two components—Fitness and Nutrition—to help kids understand that being active and eating well are equally important to maintaining good health and staying fit.

Lessons include: warming-up; healthy eating for life; aerobic and anaerobic exercise as it applies to strengthening the heart and lungs while burning calories; pedometer usage; serving sizes; strength training; food labels; relaxation and flexibility exercises; healthy and proper hydration; fun fitness circuits that combine aerobic, anaerobic, strength, and flexibility; dietary fiber;

Students will develop a fun, fitness routine to teach the class by incorporating the fitness principals learned in lessons.

Culminate the module by hosting a “Healthy Eating Extravaganza.” (Hopefully, we will be able to do this one in person!)

This program will incorporate fitness and nutrition challenges that will provide the opportunity for students to learn and apply the S.M.A.R.T. method goal technique. This valuable technique is a one that can transfer to all areas of life. This fun and engaging curriculum will get kids moving more right in front of their screen and working on their goals in between classes. This class will require the download of free resources that must be hole-punched and placed into a binder with tab dividers. This class will require homework.

MIDDLE/HIGH SCHOOL CLASSES

Real Essentials: Relational Life Skills & Leadership - Lisa Smith - Ages 12+, Free

Research indicates that social connection improves physical health, mental health, and emotional wellbeing. Healthy relationships are essential for life success, and therefore, relationship education is a vital component for equipping students to thrive. I hope you will take full advantage of the Real Essential Life Skills classes for your students' emotional & social good health.

Topics covered include: basic human needs, personality styles, our physical differences, love vs. infatuation, why marriage matters, communication, mapping your life goals & more. They also include Dr. Gary Chapman's Five Love Languages & the personality profile by Dr. Gary Smalley. Each class is designed to be interactive but due to COVID may be presented online. There are handouts given at each class which helps the student more easily share with their parent(s) at home.

General Chemistry - Laini Ibrahim - Grades 9th -12th , \$150/semester OR \$105/semester (see below)

Objective: to provide students with a high school depth study of the principles of Chemistry and the nature of elements, compounds and their structure and reactions. Laboratory Materials and text included as applicable.

Two Class Fee Options:

- 1) \$150 per semester - All inclusive, including text, semester grade, and lab kit. Parents provide some household materials.
- 2) \$105 per semester - Lab only (No text, and no grading)

Sibling discount - 20% with shared materials

Teacher discount - 30%, full course option only, must be a Co-Op instructor teaching 2 or more courses.

Class size limited. Full Course registrants get preferred admission.

Theater: Performance Drama - Kai Jackson - \$65/semester (7th - 12 Grade)

This Fall semester, students will focus on the theater genre of Commedia Dell'arte. Students will explore and study the history, plot themes, stock characters, why they wore masks! and other important comedic elements. They will learn awareness of body language in communication, compare and contrast elements within Commedia Dell'arte to what they see in comedy today, and have a better understanding of its influence. To get the most out of the class, some assignments will involve watching video content, recording and submitting video content as well as a hands on craft that reflects a unit of lessons.

Intro. to Music Theory & History (from a Christian Perspective) - Lolli McLeroy - Ages 12+, \$50/semester

This class will give an overview of music history and theory from the Ancient times through to the Classical period. Classical, folk and popular styles will be covered. Special emphasis will be given to keyboard music, the place of music in culture, spiritual lives of the great composers and the role of music in worship. Weekly listening, reports projects, reading and research will be assigned. A previous background in music is not required. Duration: 2 semesters

***Best for Students 12 and up (but available for enthusiastic and mature students who are slightly younger upon request)

Advanced Music Theory & History (from a Christian Perspective) - Lolli McLeroy - Ages 12+, \$50/semester

This class will give an overview of music history and theory from the classical period through modern times. Classical, folk and popular styles will be covered. Special emphasis will be given to harmonic structure, music analysis, the place of music in culture and the role of music in worship. Weekly listening, reports projects, reading and research will be assigned. A previous background in music or "Introduction to Music History and Theory" is required. Duration: 2 semesters

***Best for Students 12 and up (but available for enthusiastic and mature students who are slightly younger upon request)

Lolli McLeroy, B.M. University of Miami (Major: Music Education; Minor: Piano Performance)

Teaching Experience: All Piano Service (private studio), Broward County Public Schools (Classroom and Music Magnet Program)

Performance Experience: Keynote Entertainment, All Piano Service, AGO (Church Services, Weddings, Funerals, Restaurants and Parties)

Intro to Public Speech & Debate - Lolli McLeroy, (7th - 12 grade) , \$50/semester

This class will use the NCFCA curriculum* (from IEW**) to prepare students for public speaking and debate. Students will be expected to research, write and speak in front of the class on a weekly basis. IEW Speech Boot Camp materials will be included as part of the course. Duration: 2 semesters

***Best for Students 12 and up (but available for enthusiastic and mature students who are slightly younger upon request)

Semester 1
Public Speech

Semester 2
Team Debate

* National Christian Forensics and Communications Association
<https://www.ncfca.org/about/>

**IEW Speech Handbook
<https://iew.com/shop/products/ncfca-comprehensive-guide-speech-competitors-handbook>

* IEW Debate Handbook:
<https://iew.com/shop/products/ncfca-comprehensive-guide-policy-debate-competitors-handbook>

Advanced Debate - Lolli McLeroy - 7th - 12 grade) - \$50/semester

This class is a continuation of "Introduction to Speech and Debate". Individual speeches, team policy debate and Lincoln-Douglas debate will all be covered. Special emphasis will be on research methods, sound argument strategies, and techniques for improving delivery. Students will be expected to research, write and speak in front of the class on a weekly basis. "Introduction to Speech and Debate" or previous experience in debate is required for this class. Duration: 2 semesters

***Best for Students 12 and up (but available for enthusiastic and mature

students who are slightly younger upon request)

* *National Christian Forensics and Communications Association*
<https://www.ncfca.org/about/>

JA Finance Park - Dawn Williams - (7th - 9th graders) - \$70/student

Prior to visiting JA Finance Park, students engage in a comprehensive classroom curriculum that teaches them about finances, careers, income, expenses, savings and credit. This program helps students recognize that their education decisions affect their career options and have an impact on their potential income and quality of life. At the end of the classroom instruction, students visit JA Finance Park and put what they learned into action by managing a real world inspired personal budget based on local careers in a simulated city. Students are guided by trained volunteers. Duration: 2 semesters

Pre-Algebra - Josette Boatright – \$100/semester

This Pre-Algebra course is an introduction to basic algebra concepts and a review of arithmetic algorithms. The course emphasizes the concepts necessary to be successful in Algebra I and II. The course helps students develop good mathematical study skills and learning strategies. Students will explore algebraic expressions and integers, solve one-step equations and inequalities, decimals and equations, factors, fractions, exponents, operations with fractions, ratios, proportions, percents, linear functions and graphing, area and volume. Duration: 2 semesters

Algebra 1 – Josette Boatright – \$100/semester

This class will help students learn how to solve algebraic equations, learn basic algebra terms and tools, as well as assist students with their mathematical struggles and insecurities. Students are encouraged to bring in math questions from their own curriculum. Tutoring will also be available. Algebra 1 is designed to give students a foundation for all future mathematics courses. The fundamentals of algebraic problem-solving are explained. Students will explore: foundations of Algebra, solving equations, solving inequalities, an introduction to functions, linear functions, systems of equations and inequalities, exponents and exponential functions, polynomials and factoring, quadratic functions and equations, radical expressions and equations, and data analysis and probability. Duration: 2 semesters.

STUDENT & PARENT CLUBS

(Club sign-ups will take place the week before classes beginning)

Yearbook Club - TBD

Fee: None

Book Club - Lolli McLeroy , ages 12+

Fee: None (Books must be purchased individually)

Book club is a great opportunity to read (or revisit) classic literature and discuss it with other students. Themes and literary analysis will be discussed. Students will also be encouraged to share opinions about characters and plot. Each new book will be voted in as a group from a parent approved list.

***Best for Students 12 and up (but available for enthusiastic and mature students who are slightly younger upon request)

***Please note: Parents should plan to attend the first session to discuss and vote on which books to include on the list.

Mom's Club - Lolli McLeroy - **Moms Only**

Fee: None

In this age of uncertainty and isolation "Mom's Club" is a chance to get together virtually and share with other like-minded moms on the same homeschooling journey.

40-Day Faith It Work It Challenge - Rosemary Del Prado, certified personal trainer and health coach - \$40 (for parents – via text/virtual/online meetings)

There is a book by Darren Hardy called, “The Compound Effect”; The book is about small daily disciplines that lead to massive success and/or transformations over time.

So many, including myself, have believed and still struggle with lies that hold us back.

Let's stop falling for it!!

Every day is afresh start ! You were created with the power to continually transform!

“Who is happy? This is a person who has a healthy body, is dowered with peace and cultivates his talents.”

The root of the word “talents”; includes: be driven, endure, go on, lay, lead, move, reach, rushing, uphold...with the suggestion of force or speed.

God has endowed each and every one of us with “talents”; ... Which includes your desire to be healthier, happier, fitter!

Let go of the problem and take hold of the answer.

*** HOLD FAST TO THE ANSWER UNTIL THAT IS ALL YOU CAN SEE***

Pursue those good desires of your heart with force. One 🙌 day at a time. Simple Daily Disciplines.

The POWER to CHANGE/BETTER - your mindset, your fitness, your health, (fill in the blank) is a gift from GOD ❤️.

It's consistent discipline or the lack of consistent discipline that compounds over time. Small, subtle daily disciplines lead to massive success and transformations, or they take you in the complete opposite direction. Daily discipline is the key to your success, and it is really quite simple. The beautiful thing about life is YOU get to decide whether you will achieve your goals, or not. But it is going to require daily discipline!

The choice is yours.

If God has determined to stand with us, tell me, who then could ever stand against us?
Romans 8:31 TPT

The goal for this challenge is to achieve the maximal amount of progress toward our fitness goals within a short period of time. Effort and CONSISTENCY are the keys to success; therefore, this challenge will only work if you do!

The challenge is based on a progressive workout program in which each week will provide more of a workload for participants to push through ultimately creating a healthier, fitter body and mind!

The program calls for 5 “Discipline Days” each week. (If you are disciplined 7 days of the week, even better but know that rest and recovery is required for optimal results).

A “Discipline Day” consists of:

- Strength Training (Bodyweight movements)
- Conditioning (No equipment necessary)
- Hydration (Half your bodyweight in ounces of water)
- Fast from Wrong Thinking Devotional

We will be using “Fast From Wrong Thinking” by Gregory Dickow (free resource). It's a

“fast,” not from food, but from something that is even more harmful when not kept in check...wrong mindsets and specific thoughts that limit and defeat us. Let’s work on

breaking old, unserving habits and form new, prosperous ones that last! Uncover and obliterate thoughts holding you back from greater abundance...which God intended for you!

The challenge will be delivered and managed via personalized texts. I will also hold weekly online meetings to encourage, celebrate and educate!