

THSA Fall Course Offerings 2023, Sept. 5-Dec. 22

9:30-3:00 Monday-Thursday. Friday TBD

MONDAY	
<u>Instructor:</u> Miss Chloey	Drawing 101
<u>Instructor:</u> Mrs. MacDonald	Horticulture 1 + Outdoor Games
<u>Instructor:</u> Miss Gabrielle	Herbal Potions

TUESDAY	
<u>Instructor:</u> Ms. Alissa	Handwork - Woodcrafting, Knitting & Needle Felting
<u>Instructor:</u> Mrs. Macdonald	Outdoor Games & Sportsmanship
<u>Instructors:</u> Ms. Roz	International Culinary Arts (Foods from around the world)

WEDNESDAY	
<u>Instructor:</u> Ms. Chloey	Art History
<u>Instructor:</u> Mrs. Macdonald	Amazing Animal Kingdom
<u>Instructor:</u> Ms. Liz	Theatre Fundamentals

THURSDAY	
<u>Instructor:</u> Ms. Ali	Percussion, Guitar, Ukulele, Lyre, Recorder, Canjo, Drumming
<u>Instructor:</u> Miss Angela	Pottery
<u>Instructor:</u> Nick Bandy/Kenny	FUNctional Fitness @ Sandpoint Strength & Conditioning

FRIDAY	FREEFORM WORKSHOPS
TBD	These workshops are dependent on and led by parent volunteers with THSA staff support. Offerings will be communicated through the Friday Email and sign-ups will be required. Please email Alissa directly with volunteer workshop ideas and offerings. Thanks!

THSA Winter Course Offerings 2024, Jan. 8 - March 15

9:30-3:15 Monday-Thursday. Friday TBD

MONDAY	
<u>Instructor:</u> Ms. Corina	Musical Sign Language
<u>Instructor:</u> Mrs. Macdonald	Around the World Geography
<u>Instructor:</u> Ms. Roz	Introduction to Spanish Language and Culture

TUESDAY	
<u>Instructor:</u> Ms. Alissa	Ski & Ride
<u>Instructor:</u> Mrs. Macdonald	Ski & Ride
<u>Instructor:</u> Ms. Shelby	Ski & Ride

WEDNESDAY	
<u>Instructor:</u> Ms. Liz	Monologue/Scene Studies
<u>Instructor:</u> Mrs. Macdonald	Math Explorations - Games, puzzles & more!
<u>Instructor:</u> Miss Chloey	Art History

THURSDAY	
<u>Instructor:</u> Ms. Ali	Percussion, Guitar, Ukulele, Lyre, Recorder, Canjo, Drumming
<u>Instructor:</u> Miss Angela	Pottery
<u>Instructor:</u> Nick Bandy	FUNctional Fitness @ Sandpoint Strength & Conditioning

FRIDAY	FREEFORM WORKSHOPS
TBD	These workshops are dependent on and led by parent volunteers with THSA staff support. Offerings will be communicated through the Friday Email and sign-ups will be required. Please email Alissa directly with volunteer workshop ideas and offerings. Thanks!

THSA Spring Course Offerings 2024, March 18-June 7

9:30-3:15 Monday-Thursday. Friday TBD

MONDAY	
<u>Instructor:</u> Miss Chloey	Crazy Crafts!
<u>Instructor:</u> Mrs. Macdonald	Bringing Writing Alive with Art
<u>Instructor:</u> Ms. Corina	Musical Sign Language

TUESDAY	
<u>Instructor:</u> Ms. Alissa	Baking 101
<u>Instructor:</u> Mrs. Macdonald	Horticulture 2
<u>Instructors:</u> Savanna Webb	Tang Soo Do

WEDNESDAY	
<u>Instructor:</u> Ms. Liz	Spring Play Production
<u>Instructor:</u> Mrs. Macdonald	Geology - A Study of our Earth
<u>Instructor:</u> Miss Chloey	Stagecraft Design

THURSDAY	
<u>Instructor:</u> Ms. Ali	Percussion, Guitar, Ukulele, Lyre, Recorder, Canjo, Drumming
<u>Instructor:</u> Miss Angela	Pottery
<u>Instructor:</u> Nick Bandy	FUNctional Fitness @ Sandpoint Strength & Conditioning

FRIDAY	FREEFORM WORKSHOPS
TBD	These workshops are dependent on and led by parent volunteers with THSA staff support. Offerings will be communicated through the Friday Email and sign-ups will be required. Please email Alissa directly with volunteer workshop ideas and offerings. Thanks!

COURSE DESCRIPTIONS

Herbal Potions: This course is designed to teach the fundamentals of herb craft or “potion making”. Together we will explore the different mediums and benefits for storing herbal medicines: salves, teas, vinegars, elixirs, powders, honeys, essences and tinctures. This will be a hands-on course where we explore the different tastes and benefits of common wild and garden plants and make fun and useful everyday products.

Anatomy, Movement & Nutrition: We will explore the different anatomical systems of the body through movement and food! What movements best stretch and tone our musculoskeletal system? And what foods best nourish our nervous system? We will go through each bodily system exploring these questions while learning mindful movement practices from around the world and eating healthy (and as local as possible) snacks that support each bodily system. This class will also focus on nutrition through an herbal medicine lens-teaching about herbs as food-and the nutritive properties of gentle herbal medicine that can be used in daily life to best support our bodies.

FUNCTIONal Fitness: The Functional Fitness classes at Sandpoint Strength and Conditioning will teach our students the basics of exercise, how to move their bodies correctly, and show them how it can be fun to stay healthy and fit! Most importantly, it will give them a foundation from which they can be active for the rest of their lives.

Amazing Animal Kingdoms: In this class students will learn about different animals, their habitats, diets, and more. They will have a chance to research an animal that they don't know a lot about to share with the class.

Geology-a Study of our World: In this class students will learn about volcanoes, the earth's layers, earthquakes and more. We will build models, go through the scientific method, and create pictures and diagrams to better understand our amazing world.

Theatre Fundamentals: What makes theatre, theatre? Students will explore the beginnings of theatre and form an understanding of the elements of dramatic composition. We will also focus on ensemble creation and discover actor performance and preparation techniques.

Monologue/Scene Studies: This course will take a deeper dive into actor performance and preparation. Utilizing Shakespearean sonnets to hone our monologue skills, we will also use our Spring Play Production material to dive into character and script analysis.

Spring Play Production: Our final course will utilize all discovered aspects of our earlier trimesters, and along with the Stagecraft Design course, we will produce our plays!

Stage Craft Design: Join Miss Chloey as we learn about the magic of set design for the stage. This will be a hands-on class creating dynamic props and sets which will be used for the spring performance.

Martial Arts/Tang Soo Do: A physical fitness class with a focus on teaching children empowerment, courage, communication and learning self defense. Tang Soo Do, (pronounced “tong sue doe”) is a traditional Korean Martial Art and is primarily a system of empty handed self defense dating back about 2000 years. Tang Soo Do is a blend of mental and physical training that instructs the individual in discipline over body mechanics.

Historically, this style was originally used as a way for the common people to protect themselves from the sword of the Samurai. Tang Soo Do derived its hardness in part from Soo Bahk and its soft flowing movements from the northern Chinese systems.

Music: Ms. Ali will be teaching percussion and string instruments throughout the seasons of the year. Some of the instruments the students will learn to play are ukelele, lyre, guitar, canjo, bucket drums, and recorder.

3-D Design & DIY: Join Miss Chloey and delve into creating three dimensional structures of all kinds. Clay, natural materials, wire, and wood will be just a few of the materials we will use to create characters, creatures, shapes and sculptures.

Math Explorations-Games, Puzzles & More: Students will be challenged to stretch their brains to figure out brain teasers, puzzles and word problems. They will experience math in a meaningful way using manipulatives, real life problems, art, games and more.

Fall Horticulture 1: From garden to classroom to table, come alongside Mrs. Macdonald to explore different ways to use a garden. Students will harvest garlic and artichokes and will plant different garlic varieties and artichoke for future harvesting. They will also learn how to compost, store food, and cook using in season vegetables. In this class they will also get to cook a Thanksgiving Feast!

Spring Horticulture 2: In this class students will weed, till, and plant the garden. Students will learn to start plants indoors to transplant after the frost. They will learn about freeze tolerant plants as well. We will continue to compost, learn about pollinators and the critical role they play and more.

Handwork: Ms. Alissa will be leading this creative course. We will be designing and creating wooden fairy/gnome homes by hand and working with a local community partner to place them on a trail for our very own Fairy Nature Trail. We will also do a short beginning knitting course and if there is time, will delve into the magical world of needle & wet felting.

Around the World Geography: In this class we will travel to different countries around the world. We will study the culture of each country including food, geography, history, language and more. Then students will get a chance to research some of their own heritage to share with the class.

Pottery: In this pottery course students will focus on learning handbuilding skills. The hand building methods taught will be pinch pot, soft slab and hard slab, coil, and sculpting. This course is project based where student's improvement will be seen throughout the trimester and year.

Baking 101: This is an introductory baking course where we will put our math and science skills to work to create some edible treats for all to enjoy. We will dabble in desserts, breads and pastries. Students will also learn appropriate food safety information and general kitchen safety.

Ski & Ride: See the THSA Handbook for more detailed information regarding this program.

Art history: Join Miss Chloey as we travel back in time to discover the art of the people who came before us. We will learn about the processes and meaning of art throughout history and of course try our hands at the techniques ourselves with engaging and fun projects every class!

Drawing 101: Learn the basics of drawing and advance your drawing skills. In this class we will be exploring drawing through perspective, shadow, shape, and gesture. We will be training ourselves to see differently and practice mental discipline through life drawing exercises as well as activating our imagination through comic creation and more. With a multitude of mixed media and our creative spirits together we will embark on a drawing adventure!

Crazy Crafts: Let's think outside the box and get a bit messy creating unusual art projects together! We will focus on found materials and common household items. Learn about texture, shape, and color. Play and discover creative crafting with doughs, clays, cans, and bags. We're going to let our imaginations go crazy and create some crazy crafts!

Outdoor Games & Sportsmanship: In this class we will learn about the importance of sportsmanship. We will focus on honesty and how to work well with others to accomplish a shared goal. Students will learn to follow rules while playing games including ultimate frisbee, tag, capture the flag and more. They will work on both locomotor and non-locomotor skills including rolling, balancing, sliding, jogging, running, leaping, jumping, hopping, dodging, galloping and skipping.

Bringing Writing Alive with Art: Students will create beautiful Spring art and write artists' statements to explain the art process. We will write class poems to go along with artwork, and we will also create art captions to go along with pictures for a first ever Homeschool Academy Memory Book.

Musical Sign Language: Join our weekly Home School Academy Music Class for a fun and interactive learning experience! In this class with Ms. Corina as your instructor, you will learn basic music theory, sing fun songs, and sign to songs using basic American Sign Language. No previous music experience is necessary. It's a great opportunity to explore the world of music, develop your skills, and have a blast with fellow homeschoolers. So warm up your vocal cords and let's make some music together! See you in class!

Introduction to Spanish Language & Culture: This Course will provide a foundational introduction to Spanish in both the spoken and written form. Throughout the process of learning

the language, students simultaneously experience the many cultures around the world who speak Spanish via the arts, craft and culinary arts!

Free Form Friday Ideas: The following are ideas of workshops parents can volunteer to teach/offer for our students throughout the year. Build shelters, natural crafts, holiday crafts, navigation, tracking, snowshoeing, cross country skiing, dance, watercolor painting, other art, family hiking/skiing/snowshoe day, archery, fly tying, pickleball, guest speakers, etc.