THE SHERMAN SCHOOL

XP & ENRICHMENT CATALOG

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Introduction

We want our students to become the best possible version of themselves. For this to be achieved, students need to be given opportunities to explore their interests, to practice how to be self-directed, to think critically, to experience failure, and to not give up when faced with challenges.

Our Exploration (XP) and Enrichment periods for students in grades 4-8 are intended to provide those opportunities. Students will select from a variety of XP courses which are offered on Monday, Wednesday, and Friday from 2:30-3:15; Enrichment courses take place at the same times on Tuesday and Thursday.

XP

Here's how it works.

Students in grades 4-8 will take three trimester-long XP courses throughout the year. We utilized student feedback to help us determine which courses to offer. There are different courses for 4-5th and 6-8th graders.

Students (and parents) should read the course descriptions which follow and will register by ranking their top three choices. Last year we were able to match students with their top choice 98% of the time, and we aspire to do the same again.

Although we will show you our year-long course catalog, students can only register for the first trimester at this time. Please note that we reserve the right to modify future course offerings.

Grades 4-5

FIRST TRIMESTER OFFERINGS

Hacking Photography

What makes a good picture? You! Join us to learn the ins-and-outs of how to take a good photograph using professional camera equipment. This course will teach you how to use lighting and elements of composition to create a quality photo. Say, “Cheese,” to aim, focus, and shoot.

Getting Crafty with Nature

Do you enjoy exploring nature and creating cool crafts? If you answered yes, then this course is for you! We will gather various items outside and then turn them into creative and useful crafts. From a board game to a storage container, we will use wood, pinecones, rocks and other natural materials to make our unique crafts. We will have fun while using our artistic abilities and our imaginative minds!

Just Sculpt It

In this course, students will be introduced to some of the many materials that are used in sculpture. From wood to wire and clay to papier-mâché, students will explore how to construct three-dimensional artwork. We will consider both small and large works, as well as kinetic artworks (sculptures that MOVE). Students are encouraged to think about the use of non-traditional materials as well, such as recyclables or objects from the outdoors.

Move and Munch

This course will allow students opportunities to engage in various types of movement and exercise. On rainy days, we will explore healthy snacking choices and make some delicious and nutritious treats. Together, we will stay true to the words of Albert Einstein, “Nothing happens until something moves.”

Sherman Playhouse, Jr.

Do you love being in the spotlight? Do you love playing an instrument? Maybe, you want to learn how to run the lights and sound for plays? If so, look no further, The Sherman Schoolhouse Play Jr. is open to 4th and 5th grade students who love acting, performing and making people laugh and smile. The Sherman Schoolhouse Play Jr. will be putting on their very own theater show with Pit orchestra, backstage crew, and actors. Sign up today if you want to show off your talents on stage or off!

Grades 4-5

SECOND TRIMESTER OFFERINGS

Bucket, Cans and Sticks in Hand

Students will learn the basics of Bucket Drumming with a focus on proper technique, teamwork and responsibility. Students will also be given the opportunity to explore a wide variety of traditional and non-traditional percussion instruments.

Gig Band, Jr.

Do you like jazz? Well, Gig Band, Jr. is the place for you! Calling all drums players, bass, guitar, trumpet, flute and whatever else makes fun noises! In this class, you will learn how to play the blues, take jazz solos and learn some fun new music. This band is open to anyone who plays an instrument!

Graphic Design

Students will learn the basic Graphic Design techniques using powerful design programs. Make your own logos, posters, signs and more!

Kindness Rocks

Kindness is like a ripple that spreads out and touches those around us. In this course, students will decorate kindness rocks that will be placed throughout the school and school grounds. We will also be making other kindness projects as reminders that Sherman School is a community that values kindness. Students will learn that, as Aesop once said, “No act of kindness, no matter how small, is ever wasted.”

Mindfulness

Need to get centered? Learn to decompress and take your mind to a quiet place to find focus and calmness. This course will involve some physical stretching along with some mindful stretching! Learn to master your mind through movement, breathing, and visualization.

T.E.A.M.

With Trust, Enthusiasm, Adventure, and Movement, students will be introduced to activities involving cooperation, team building, and leadership skills. We expect students will increase mutual support within a group and increase personal confidence.

Grades 4-5

THIRD TRIMESTER OFFERINGS

The Good Ol' Days

Are you ready to travel back in time? Take an adventure that will put you in the shoes of the colonial people! In this class you will learn what life was like during colonial times and work to create a village of long ago! A blacksmith, a cobbler, a candlemaker and more, at the Sherman Historical Society, you will become a reenactor and portray the lives of a colonial trades person!

Mad Scientist or Happy Scientist?

This course focuses on pursuing an experiment of interest to you. No doubt there are experiments you wish you could try, but they don't fit into the school's plans or your schedule... or maybe your parents won't let you do it at home because of the mess! This is your chance. Make a mess, try something new, or answer a question that has been driving you crazy. You will develop an experiment that encourages you to investigate something closely, to look at amazing phenomenon, and try to figure out what is really happening.

Murals

Do you have a vision for bringing art into the school? Decorate our building with large, collaborative murals. Learn what goes into making murals and the technical skills required to bring them to life. Students will decide on what types of murals to create for the Sherman School and will make long-lasting artwork!

Runners World

Are you interested in running a 5K road race? Are you a walker who would like to try running? Are you a runner interested in improving your running time? Come join us at The Sherman Track. We will train together. Each participant will be given an individual work out plan. Come dressed in layers to run and bring a water bottle. All fitness levels are welcome! Come try a great sport, get fit and make some new friends!

MS XP IS DIFFERENT

While we still provide our Middle School students with a wide variety of XP choices, students in grades 6 and 8 are required to take two specific XPs during one trimester in their sixth and eighth grade years.

Although students may only register for one trimester at a time, we suggest you review the tentative offerings from trimesters two and three now so you can determine the ideal time to take your required course. Have questions? Just ask.

Grade 6: Rock Your Next Presentation

Presentations and public speaking play a major role in any student's education. In this course, students will develop the key skills necessary to not only feel comfortable standing up in front of an audience, but how to really reach their audience in a meaningful way. With a variety of presentations given, students will gain tremendous experience. This course is offered each trimester.

Grade 8: Capstone Project

During this intensive one trimester course offered to the 8th grade, students will have the opportunity to explore a topic which results in an exhibition of learning through a presentation, a product, or documentation of their experience. This interdisciplinary approach to learning allows students to develop their self-directedness, perseverance, creativity, communication, collaboration, and critical thinking skills while exploring their passions. Working in small groups, students will be led by faculty advisors that will facilitate the planning, research, and presentation phases of each unique project. Students in 8th grade will also have the opportunity to enroll in XP courses for the two remaining trimesters. This course if offered each trimester.

Grades 6-8

FIRST TRIMESTER OFFERINGS

A Whole New World - VR

In this course, students will explore environments through virtual and augmented reality. There will be opportunities to explore software for creating some basic VR components or making a 360 video that captures some piece of their world.

Which is Better... Book or Movie?

In this course, students will spend time reading books and then watching movies to make comparisons. The comparisons will be made in a creative way such as a video or a podcast. Students will need to read three or four novels for this course, and reading will be done both in and out of class. We will watch the movies during class time. If you like reading books and discussing movies, then this is the course for you!

Gooood Morning, Sherman School!

Tell the Sherman School story! What's happening around school? What events are coming up? What do we have to celebrate? We need journalists who will find out what people need to know and then tell everyone all about it. Whether it's writing and producing the Sherman School Morning Show or taking photos or videos to post on the Sherman School Facebook, Twitter, or Instagram accounts, you can help share the awesome things that are happening here every day.

Explore Your Wild Side

Sherman's open spaces belong to all of us, so let's explore! Take weekly trips to Sherman's open spaces to observe wildlife habitats, water quality, and scenic vistas (cameras welcome). Then use the open space for adventure activities, cooperative games and to develop team-building strategies.

Sherman Merch

Ever want to be an entrepreneur? Through this course, students will learn the fundamentals of building a business, from the ground up, by developing the Sherman School Store. Students will decide what to sell, how much to charge and will learn what it takes to make a profit.

Sherman School Yearbook

Yearbook is a great way to express yourself creatively, and each student's contribution to the yearbook will come to fruition when the yearbook arrives in June! Students plan, design, write, edit and take pictures during the production of the yearbook with a goal of including everyone in the school. This course is offered in Trimesters 1 and 2. Students may enroll in one or both.

Grades 6-8

SECOND TRIMESTER OFFERINGS

Baking: Art and Science

In this XP course, participants will create a variety of baked goods and confections while learning core concepts of baking and food safety. Baking involves creativity and precision; ingredient purpose and function will be explained, along with strategies for creating items that are pleasing to view and taste. Student input and time of year will determine some class work. Recipes and strategies for pies, cookies, brownies, cupcakes, breakfast treats, and cakes, along with decorating techniques, are likely topics. This is a 'hands-on' experience. Expect to participate and get dirty.

Big Top Circus

Ever thought about running away and joining the circus? Well, here's your chance. Come join us in the gym to learn how to ride a unicycle, how to juggle and much more! Work on increasing your level of coordination, concentration and balance in a fun atmosphere. Don't forget a bike helmet.

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The Sherman Times

Interested in journalism or just interested in knowing more about the happenings at The Sherman School? Then this is the course for you! Students will act as reporters by gathering information at school events and during the school day. They then will write articles for a school newspaper. Students will design the newspaper themselves and then publish it for our school and local community!

Woodwork for the People

Learn about simple woodworking projects that involve choice and changing the school. Choose projects that could involve trebuchets, giant playground games, furniture, or fun small projects. Students will get hands-on experience working with various tools moving through the process of taking a project from concept to finished piece.

Grades 6-8

THIRD TRIMESTER OFFERINGS

Drama! Drama! Let's Make a Play!

In this course, students will work collaboratively to create a theatrical production. They will share ideas and come up with a story that they will turn into a script. Then students will decide on roles and begin rehearsals where some will act, and others will design. Actors will rehearse the roles and designers will work on the technical production, working on aspects such as sets, costumes, and special effects. The end result will be a theatrical performance for all to enjoy!

Film Crew

You have watched movies and television, but have you ever thought about the process of creating that content? Learn to capture good video and audio with the intent of telling a story framed around short film challenges. Working as a team, you will learn the basics of film production from forming a concept and planning scenes, capturing the content, and then finishing in post-production.

Gig Band

Gather all rock stars, jazz musicians and funk fanatics at the Sherman School! The Gig Band is an awesome group of students who will be putting together short shows of music at various school and community performances. Students will be guided to learn, perform and program jazz/pop band tunes, duets, solos and more to create a fun and entertaining musical show!

Play it Safe

This course is designed to enable students to recognize and avoid hazards within their environment; to intelligently assist in case of accident or illness; to develop skills necessary for immediate and temporary care for a victim. This class will discuss basic First Aid, however, no certification will be earned.

The Sherman Voice

If singing is your thing, and you love A Cappella groups, then look no further! Students who choose this course will have their chance to choose fun and exciting music to perform for their peers, faculty and maybe even the whole school community. So, if singing is your thing, sign up now!

Yard Games

Students will be introduced to lawn and yard games which can be enjoyed at any stage of life, re-emphasizing that being active can and should be part of your daily life at all ages and doesn't always mean you have to be part of a team or of a certain skill level. (Bocci, Cricket, Corn Hole, Spike Ball, to name a few.)

Enrichment

Advanced Art (6-8)

Are you interested in learning new ways to use art materials? Is there a project that you have always wanted to try in art? If so, Advanced Art is for you! Throughout this year-long middle school course, we will look at the ways artists throughout history, as well as those working today, have used their artwork to tell a story. We will explore how materials and techniques we use in the art room can help us to tell our own story. Students in Advanced Art are encouraged to consider how themes such as "identity," "humor," "power," or "the environment" can be interpreted visually in the creation of their own artwork.

Band (4-8)

Our award-winning Band program endeavors to build music awareness, appreciation, and an understanding of music theory. Our goal is to promote the development of correct playing habits, to carefully and gradually develop music fundamentals, and to instill good listening habits and an awareness of the aesthetic value of music. Our musicians develop an awareness of their responsibility to the group and pride in their achievements. Each student will develop in musicianship and technical facility.

Chorus (4-8)

The fourth and fifth grade chorus will focus on proper singing technique, ear training and two-part harmony. The Middle School Chorus continues these concepts with the inclusion of more challenging pieces, more harmony and a wider variety of genres. The groups will have several opportunities to perform. Our award-winning Middle School Chorus will participate in the Music in the Parks Festival at Lake Compounce where we will compete against other local schools before enjoying the afternoon in the park.

ELT (4-8)

ELT stands for Extended Learning Time. During ELT, students will work individually or in small groups with available teachers to improve and/or extend their learning. Teachers and students can make appointments with each other to discuss a specific topic, assignment, or assessment when the student needs extra help for improvement or extra challenge for growth. Students wishing to take ELT for both days of Enrichment may do so.

Students completed their Enrichment course registration in June. You may view your child's selection on PowerSchool, or request a change of Enrichment course by completing this form.

Three times a year, at the end of each trimester, our students are asked to share their learning. This can take many different forms: A poster, a demonstration, a presentation, a performance, an explanation, or even a final product that was created from scratch.

We invite our younger students to participate, and we encourage all parents, guardians, and members of our community to attend our

XP EXPO.

Ready to Register?

Have Questions?