

Spring 2012 UPLIFT: PRIMARY Students *Student's ages 6-8 by September 1, 2011*

9:00 Class Choices:

Phy Ed

Let's get moving! Run, play, and have way too much fun! Please bring a water bottle. Also, please wear tennis shoes and comfortable clothes you can move in.

Student Fee: None

Teacher: Sara Hebert

Group Building, Speaking, and Listening

Children will get to know others in their group through show and tell, making a class book about themselves, and group building games.

Student Fee: None

Teacher: Sara McKeever

10:00 Class Choices:

Flat Stanley

Children will be able to make a Flat Stanley to send off. In this process we will learn letter writing skills and geography.

Student Fee: None

Teacher: Tracey Wieber

Poetry and More

Teacher will read Silverstein's, Prelutsky's, A.A. Milnes's poetry. Students will play board games, cards, play dough, or do simple crafts or projects.

Student Fee: none

Teacher: Kris Beastrom

11:00 Class Choices:

My Body

Children will learn briefly about their outer body parts, inner body parts and how they function separately and together to run their body. A life size "body" will be created on paper by the students to bring home at the end of the semester.

Student Fee: none

Teacher: Karri Bergren

Discovering Great Artists

Discovering Great Artists offers children hands-on activities to explore the styles and techniques of the world's great masters, from the Renaissance to the present. We will learn a brief biography of each artist and then through discovery, exploration and individual creativity produce an art project that reflects the style and technique of that specific artist.

Student Fee: \$5.00

Teacher: Paula Sahlstrom

Spring 2012 UPLIFT: MIDDLE Students Student's ages 9-11 by September 1, 2011

9:00 Class Choices:

American Culture & Crafts From WWII Era

Come on a journey with American Girl Molly as we learn about her life in 1944. We will read from her book, do crafts, and learn about life as a child growing up in America during World War II.

Student Fee: \$8

Teacher: Rachael Bragge

Recycling Fun

Recycling can be fun and just about free! Boys and girls will enjoy using basic items found around the house to make several different useful and fun projects that you can design and create yourself right in class. Students do not need any special knowledge before joining the class, just a creative spirit and willingness to have fun re-using what might have gone to waste.

Student Fee: None

Student Supplies: 2 sweaters of any fiber content—great if you can find one wool one, 1 pr of jeans to be cut up and used. Watch for them now and ask around

Teacher: Jill Beck

10:00 Class Choices:

Group Games

Students will be playing group games, building friendships, sportsmanship, and getting cardiovascular exercise. Bring a great attitude and water bottle; please wear loose clothing and gym shoes each week!

Student Fee: None

Teacher: Sarah Schultz

What does it mean to seek and find our King? How do we live daily for Jesus in our 21st Century world, as taught by the Bible, our parents, and society? This is a read aloud class with discussion in a safe place to test some of life's stickier issues among friends. Victory session: there will be an opportunity to paint and bring home a "Scripture Lessons for Life's Dilemmas" porcelain box.

Student Fee: \$2.00

Teacher: Lynn Jorud

Paper Bag Scrapbooking

Students will be making a scrapbook album out of lunch paper bags. Students will need to bring 25-30 pictures for their album. We will be discussing album themes on our first class, so photos won't be needed until our 2nd class. This is a basic scrapbook class with the freedom for students to be as creative as they want to be. I will provide a variety of materials suitable for boy and girl albums.

Student Fee: \$3.00

Student Supplies: 25-30 photos

Teacher: Melanie Huston

Life Skills

We will be using the Keepers at Home and Contenders for the Faith Handbooks as examples to follow. These handbooks are similar to Boy and Girl Scouts, but they bring in the Christian aspect. This will be "hands on class" learning about practical things for our daily lives. Some examples are: Hygiene, Fire Safety, First Aid, etc...Each class period will be one topic and we'll learn about this area for the one hour while at UPLIFT. Some of the times we'll bring in guest speakers for the topics. Field trips are optional, but this will enhance the topic that we talk about.

Student Fee: \$3.00

Teacher: Tracy Ophoven

11:00 Class Choices:

Tales of the Kingdom

Come for great adventure and life lessons as we follow two orphaned brothers searching for their king.

Spring 2012 UPLIFT: JUNIOR Students Student's ages 12-14 by September 1, 2011

9:00 Class Choices:

Life Stories

Different people (missionaries to business people) will come in and tell their "life story". These people will be different from past sessions. Many of these people will speak about their time with missions.

Student Supplies: none

Student Fee: none

Teacher: Connie Lindquist

Anatomy

We will be looking at eight body systems using the video series Body of evidence by Dr Menton and a curriculum called Precepts of Anatomy and Physiology published by Paradigm Accelerated Curriculum. It is more an overview rather than a deep scientific study and should be considered a supplement to a more complete data oriented course. Works well for a more diverse liberal arts type of science class. When possible I will use models and hands on experiences. Offered to both Jr. and Sr. high, but the book assumes you have had Biology and might be advanced for some younger students.

Student Supplies: Precepts of Anatomy and Physiology published by Paradigm Accelerated Curriculum (it retails for about \$39) The text booklet is not mandatory but

suggested if you are wanting to include this as a semester credit for high school.

Teacher: Debra Timperley-Byrne

Foods 1

This is a foundational foods class covering the various types of food, nutrients, methods of cooking, food preparation techniques and terminology, sanitation, scriptural references to food, appetite vs. hunger, reading a recipe/label, equipment, food service, etiquette, and so forth. There will be lots of show and tell, tasting involved, and weekly notes, worksheets, quizzes. Some homework (cooking is done at home). The student who masters this information will have an excellent basic understanding of terminology for buying, preparing and consuming food wisely.

Student Supplies: Students will need to sign up to bring specific food items several times during the semester.

Student Fee: none

Teacher: Kathy Gillson

Study of the Holocaust

This class will cover many aspects of the Holocaust. We will cover the Third Reich under the rule of Adolph Hitler, the persecution of the Jews and others that were also victimized. Also, we will talk about the ghettos and concentration camps and the United States' role in helping to liberate the Jewish people.

Student Supplies: none

Student Fee: none

Teacher: Nancy Gerads

10:00 Class Choices:

Introduction to Digital Photography

Introduction to digital photography: beginning with knowing your camera and progressing through concepts including lighting, composition, scene modes, and exposure for people, landscapes, architecture, and motion.

Student Supplies: none, but teacher will be following 101 Digital Photo Tips by Nick Vandome
Student Fee: none
Teacher: Victoria Ashbrook

10:00 Class Choices continued:

Prayer Shawl Ministry

The primary purpose of this class is to knit or crochet a completed prayer shawl/blanket for someone who may need a physical symbol of God's warmth and love and then give it away. Also to pray for the individuals to whom a shawl/blanket will be made and their special needs. To seek God's Word in our work/craftsmanship. The scriptures we will study throughout the semester will include: Psalm 139, Exodus 35, 1 Chronicles 28, and 1 Chronicles 29. Students must have prior experience in knitting or crocheting and have the motivation to complete a shawl/blanket. If your student is a beginner, but has great motivational habits, this may work for them.

Student Supplies: The student will need to provide their own needles/hook, and enough skeins of yarn to complete a shawl/blanket of the appropriate size for recipient. Please call with any questions: 320-291-1863
Student fee: none
Teacher: Stacy Stigman

11:00 Class Choices:

History/Literature Class

Unit Study on the early 1900's up to World War II. Each week we will be looking at a different aspect of the first 30 years of the 20th century; including music, books, culture, inventions, and politics of the times. I would like the students to read two or more of the books from that time period or set in it. Possible books include: The Great Gatsby, The Wizard of Oz, poetry of Robert Frost, Sinclair Lewis book, Sir Arthur Conan Doyle's work. We will look at the Jazz age of the Flappers and the crash of 1929.

Student Supplies: Students should be able to find books at the library. Otherwise a possible purchase of a paperback book to read.
Student Fee: none
Teacher: Debra Timperley-Byrne,

Tales of the Kingdom

There is a kingdom with a King who is not of this world. He walks among us, though we don't always "see" him. To know Him is to love Him and to receive His love is to be whole, healed, wanted, beautiful, welcomed. Giving

your life to Him is to finally have life. Students are invited to come and listen to this excellent literary picture of our Lord Jesus Christ, read aloud by the instructor, with a time for discussion at the end. Some light, out of class assignments may be given. Book: Tales of the Kingdom by David & Karen Mains.

Student Supplies: Students need to have something to quietly & unobtrusively occupy their hands while listening.
Student Fee: none
Teacher: Kathy Gillson

Phy Ed

Each week students will be starting with some warm-ups and then playing group games. If the weather cooperates, we will be playing some games outside. During this class we will also discuss the benefits of exercise and different ways to get exercise.

Student Supplies: water bottle
Student Fee: none
Teacher: Joy Tessen

Spring 2012 UPLIFT: SENIOR Students Student's ages 15 and older by September 1, 2011

9:00 Class Choices:

Life Stories

Different people (missionaries to business people) will come in and tell their "life story". These people will be different from past sessions. Many of these people will speak about their time with missions.

Student Supplies: none

Student Fee: none

Teacher: Connie Lindquist

Study of the Holocaust

This class will cover many aspects of the Holocaust. We will cover the Third Reich under the rule of Adolph Hitler, the persecution of the Jews and others that were also victimized. Also, we will talk about the ghettos and concentration camps and the United States' role in helping to liberate the Jewish people.

Student Supplies: none

Student Fee: none

Teacher: Nancy Gerads

Anatomy

We will be looking at eight body systems using the video series Body of evidence by Dr Menton and a curriculum called Precepts of Anatomy and Physiology published by Paradigm Accelerated Curriculum. It is more an overview rather than a deep scientific study and should be considered a supplement to a more complete data oriented course. Works well for a more diverse liberal arts type of science class. When possible I will use models and hands on experiences. Offered to both Jr. and Sr. high, but the book assumes you have had Biology and might be advanced for some younger students.

Student Supplies: Precepts of Anatomy and Physiology published by Paradigm Accelerated Curriculum (it retails for about \$39) The text booklet is not mandatory but suggested if you are wanting to include this as a semester credit for high school.

Teacher: Debra Timperley-Byrne

Yearbook Production

Students will learn some basics working Microsoft Publisher, page layout, photo journaling, and journalism. We will work as a group, in pairs, and individually to brainstorm, organize, and produce a yearbook of the UPLIFT 2011-2012 school year. Our Yearbook will be available to purchase. We will have deadlines throughout the semester and students should be willing to occasionally work at home on assignments that they weren't able to complete in class. I would hope this would only happen once or twice and take an hour or less of their time outside of class time.

Student Supplies: A 2GB flashdrive (or jumpdrive) will be helpful for occasional homework assignments that need to be finished at home. They cost about \$5 at Walmart and won't be required, just helpful.

Student Fee: none

Teacher: Nancy Spadgenske

10:00 Class Choices:

Introduction to Digital Photography

Introduction to digital photography: beginning with knowing your camera and progressing through concepts including lighting, composition, scene modes, and exposure for people, landscapes, architecture, and motion.

Student Supplies: none, but teacher will be following 101 Digital Photo Tips by Nick Vandome
Student Fee: none
Teacher: Victoria Ashbrook

Foods 1

This is a foundational foods class covering the various types of food, nutrients, methods of cooking, food preparation techniques and terminology, sanitation, scriptural references to food, appetite vs. hunger, reading a recipe/label, equipment, food service, etiquette, and so forth. There will be lots of show and tell, tasting involved, and weekly notes, worksheets, quizzes. Some homework (cooking is done at home). The student who masters this information will have an excellent basic understanding of terminology for buying, preparing and consuming food wisely.

Student Supplies: Students will need to sign up to bring specific food items several times during the semester.

Student Fee: none

Teacher: Kathy Gillson

Prayer Shawl Ministry

The primary purpose of this class is to knit or crochet a completed prayer shawl/blanket for someone who may need a physical symbol of God's warmth and love and then give it away. Also to pray for the individuals to whom a shawl/blanket will be made and their special needs. To seek God's Word in our work/craftsmanship. The scriptures we will study throughout the semester will include: Psalm 139, Exodus 35, 1 Chronicles 28, and 1 Chronicles 29. Students must have prior experience in knitting or crocheting and have the motivation to complete a shawl/blanket. If your student is a beginner, but has great motivational habits, this may work for them.

Student Supplies: The student will need to provide their own needles/hook, and enough skeins of yarn to complete a shawl/blanket of the appropriate size for recipient. Please call with any questions: 320-291-1863

Student fee: none

Teacher: Stacy Stigman

11:00 Class Choices:

History/Literature Class

Unit Study on the early 1900's up to World War II. Each week we will be looking at a different aspect of the first 30 years of the 20th century; including music, books, culture, inventions, and politics of the times. I would like the students to read two or more of the books from that time period or set in it. Possible books include: The Great Gatsby, The Wizard of Oz, poetry of Robert Frost, Sinclair Lewis book, Sir Arthur Conan Doyle's work. We will look at the Jazz age of the Flappers and the crash of 1929.

Student Supplies: Students should be able to find books at the library. Otherwise a possible purchase of a paperback book to read.

Student Fee: none

Teacher: Debra Timperley-Byrne,

Tales of the Kingdom

There is a kingdom with a King who is not of this world. He walks among us, though we don't always "see" him. To know Him is to love Him and to receive His love is to be whole, healed, wanted, beautiful, welcomed. Giving your life to Him is to finally have life. Students are invited to come and listen to this excellent literary picture of our Lord Jesus Christ, read aloud by the instructor, with a time for discussion at the end. Some light, out of class assignments may be given. Book: Tales of the Kingdom by David & Karen Mains.

Student Supplies: Students need to have something to quietly & unobtrusively occupy their hands while listening.

Student Fee: none

Teacher: Kathy Gillson

Phy Ed

Each week students will be starting with some warm-ups and then playing group games. If the weather cooperates, we will be playing some games outside. During this class we will also discuss the benefits of exercise and different ways to get exercise.

Student Supplies: water bottle

Student Fee: none

Teacher: Joy Tessen