

# Highland



## Fall 2018 Course Catalog

The mission of Highland Community Education is to provide lifelong learning opportunities and personal enrichment, addressing the unique interests of individuals and meeting community needs.

**Many NEW  
& EXCITING  
Classes!**

Highland Community Education  
c/o Highland High School  
4150 Ridge Road, Medina, OH 44256  
**330.239.1901, ext. 5503**  
[www.highlandschools.org](http://www.highlandschools.org)

# Education Community

# Fall 2018: Class Schedule

## AFTER-SCHOOL ENRICHMENT ((GRADES K-8))



### HIGHLAND MIDDLE SCHOOL GIRLS YOGA CLUB (GRADES 6-8)

Strong fundamental introduction to basic yoga poses/vinyasa flow, flexibility, strength, balance and breath awareness. Taught by Certified Yoga Instructor RYT 200 Carrie Esker. Why yoga for teen girls? WHY? Because every teen girl deserves a safe space to find her inner voice. Designed especially to serve the needs of a middle school girl...offering the perfect backdrop for self-discovery, heart opening expression and new friend connections. Yoga helps with mood regulation, reduces stress/anxiety, increases focus, improves self-esteem, encourages creativity, promotes a healthier body image and increases flexibility. Please bring mat, water, towel, journal and block. Email or call with questions: 330-858-0719 or cesker4@gmail.com. Minimum 10 students. *Location: Highland Middle School*

**All Classes: 2:45-3:45 p.m. Registration: \$80**  
**Tuesdays, September 25, October 2, 9, 16, 23, 30,**  
**November 6, 13**

### NEW! INTRODUCTORY YOGA FOR ELEMENTARY STUDENTS (GRADES K-5)

Why Yoga? Because even elementary students are feeling the pressure to achieve. Yoga and mindfulness offer proven methods of developing the coping skills and resilience needed to navigate physical, mental and emotional stress. Exposure to the life skills that yoga offers at a young age increases your child's capacity to learn effectively, manage emotions, self-regulate behavior and achieve success, both academically and relationally. In each session your student will be offered the opportunity to connect, breathe, move, focus and relax. Taught by Certified Yoga Instructor RYT 200 Carrie Esker. Email or call with questions: 330-858-0719 or cesker4@gmail.com. Classes must have a minimum of 10 students. This is an introductory class with the potential to continue based on enrollment. **Registration: \$40**

**All Classes from 3:45-4:30 p.m.**

- **Granger: October 15, 22, 29**
- **Hinckley: November 5, 12, 19**
- **Sharon: September 24, October 1, 8**

### HUMMINGBIRDS SOCCER (AGES 3-6)

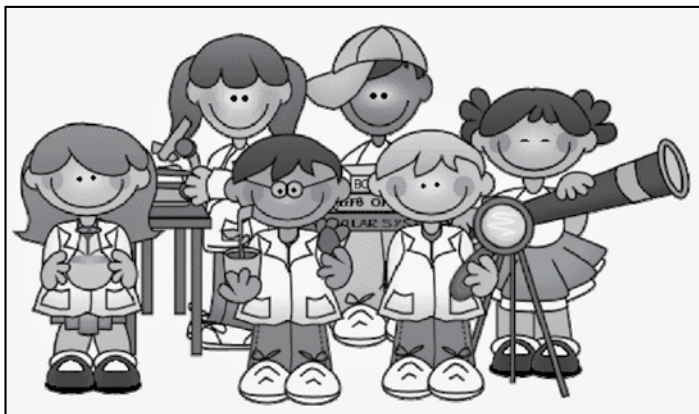
Children ages 3 through 6 years old have fun learning the basics of soccer, including: dribbling, foot skills, passing, trapping, shooting, defense, and positioning. Each session consists of instruction in all aspects of the game, participation in fun drills that are designed to teach fundamental skills to young children, and low-key, non-competitive games. All coaching conducted by Jump Start Sports staff. This is a terrific introduction to soccer and organized sports! Register online at [www.jumpstartsports.com](http://www.jumpstartsports.com). **Registration: \$75**



*Location: Granger Elementary School Field.*

**Mondays, September 10, 17, 24, October 1, 8, 15**

- **Ages 3 & 4: 5:30-6:30 p.m.**
- **Ages 5 & 6: 6:30-7:30 p.m.**



## **NEW! ENGINEERING CLUB FROM CLASSROOM ANTICS (GRADES K-5)**

**REGISTER ONLINE FOR THE FOLLOWING CLASSES AT: [WWW.CLASSROOMANTICS.COM](http://WWW.CLASSROOMANTICS.COM)**

### **Module 1: NUTS & BOLTS (Mechanical Engineering)**

The world is full of moving parts, so let's move into the world of mechanical engineers as we learn how to engineer simple machines to make life easier. In this module, we will learn about the simple machines Egyptians used and how they are still used today by making a pom-pom catapult, marble maze and a mini Rube Goldberg machine. We'll learn how wedges are used in a cardboard construction set and how wheels and axles can be put together to make an extending grabber. Each week, students will think about how effective simple machines are and how they can be combined into large mechanical equipment we have today.

- **Hinckley: Wednesdays, September 19, 26, October 3, 10**
- **Sharon: Tuesdays, September 18, 25, October 2, 9**

### **Module 2: SOUNDS LIKE (Acoustic Engineering)**

Tune into the sounds of acoustic engineering as we explore what makes sounds different from each other, how sound reaches our ears, and how engineers control sound. Whether you're at a rock concert, cheering for your favorite team, watching a movie, or jamming to the tunes inside your headphones, acoustic engineers have a hand (or rather, an ear) in making those sounds. We'll demonstrate these sound manipulation techniques through air, water, and solid materials and explore how pitch and frequency affect what we hear. Students will also get a chance to engineer their own pair of noise-dampening headphones and loudspeaker. Throughout this unit, we will analyze the sounds around us and learn how acoustic engineers can change and shape those to be more pleasant.

- **Hinckley: Wednesdays, October 17, 31, November 7, 14**
- **Sharon: Tuesdays, October 23, 30, November 6, 13**

### **Module 3: WACKY WEATHER (Meteorology Engineering)**

Tornadoes, Thunderstorms, Earthquakes, oh my! Join us in the Wacky Weather module as we learn about the many types of weather, from sunshine, summery days to the more extreme natural disasters. We will learn about how these phenomena happen and the work engineers are doing to protect people from it. We will recreate some of the tools meteorologists use, like weather vanes and sundials, as well as engineer some new products to protect houses from mud slides. We will even model the earth as we learn about the different layers and how they cause earthquakes.

- **Hinckley: Wednesdays, November 28, December 5, 12, 19**
- **Sharon: Tuesdays, November 27, December 4, 11, 18**

**All Classes: 3:30-5 p.m.**

**Registration: \$85 per module**

**Classes limited to 12 students. Register online: [classroomantics.com](http://classroomantics.com).**

## **YOUNG REMBRANDTS ART (GRADES K-5)**

Enroll your elementary student in a Young Rembrandts drawing class! Our bountiful selection of drawings introduces our students to a fascinating world of color, pattern, and design. Keeping with the season, our students will create fall-themed illustrations like taffy apples and a farmer's scarecrow. Stylized art styles will be explored through our tarantula line art and Van Gogh-inspired drawing featuring vibrant sunflowers. Send in your registration form and payment to the school office or sign up online at [www.youngrembrandts.com/neo/view-classes-enroll/](http://www.youngrembrandts.com/neo/view-classes-enroll/)

**Registration: \$93**

**All Classes: 3:30-4:30 p.m.**

*Students not picked up will be sent to Latchkey for an additional charge.*

8-Week Session

- **Granger: Tuesdays, October 9, 16, 23, 30, November 6, 13, 27, December 4**
- **Hinckley: Thursdays, October 4, 11, 25, November 1, 8, 15, 29, December 6**
- **Sharon: Wednesdays, October 10, 17, 24, 31, November 7, 14, 28, December 5**

## **TRY US OUT! 4-WEEK SESSION:**

**All Classes: 3:30-4:30 p.m.**

**Registration: \$52**

Session 1

- **Granger: Tuesdays, October 9, 16, 23, 30**
- **Hinckley: Thursdays, October 4, 11, 25, November 1**
- **Sharon: Wednesdays, October 10, 17, 24, 31**

Session 2

- **Granger: Tuesdays, November 6, 13, 27, December 4**
- **Hinckley: Thursdays, November 8, 15, 29, December 6**
- **Sharon: Wednesdays, November 7, 14, 28, December 5**

*Students not picked up will be sent to Latchkey for an additional charge.*

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## **MAD SCIENCE ~ EXPERIMENTAMANIA (GRADES K-5)**

Experiments are the best part of being a Mad Scientist! During this session, students learn about several specialized areas of science including forensics, geology, kinesiology, meteorology, entomology and mechanical engineering. It's Experimentamania! Class themes in this session include Bugs, Detective Science, Earthworks, Science of Toys, Mad Science Machines and Walloping Weather. Enroll quickly as these classes tend to fill fast!

**All Classes: 3:30-4:30 p.m.**

**Registration: \$107**

- **Granger: Wednesdays, October 3, 10, 17, 24, 31, November 7**
- **Hinckley: Tuesdays, October 2, 9, 23, 30, November 6, 13**
- **Sharon: Thursdays, October 4, 11, 18, 25, November 1, 8**

*Students not picked up will be sent to Latchkey for an additional charge.*

## **MAD SCIENCE ~ BRIXOLOGY (GRADES 1-5)**

This STEM program uses LEGO® bricks and customized builds designed with a LEGO® Certified Designer to introduce children to engineering in a fun and engaging way! Our expert instructors will guide students as they test and improve their creations. In addition, they will experience extended learning with a take home item to reinforce each concept! Class topics include: Carnivals, Creatures, Machines, Towers.

**All Classes: 3:30-4:30 p.m.**

**Registration: \$80**

- **Granger: Wednesdays, November 28, December 5, 12, 19**
- **Hinckley: Tuesdays, November 27, December 4, 11, 18**
- **Sharon: Thursdays, November 29, December 6, 13, 20**

*Students not picked up will be sent to Latchkey for an additional charge.*

# SATURDAY ENRICHMENT CLASSES HELD AT HIGHLAND HIGH SCHOOL

## **FUN-DAMENTALS OF COOKING (GRADES 3-8)**

Learn cooking basics to prepare hearty, healthy foods. Students are asked to wear a hat or bandana, bring an apron and a 3-ring binder to class. Limit 8 students. **Lab fee: \$40 payable to instructor / Registration: \$89**  
**Saturdays, 9 a.m. to 12 p.m. / October 20, 27, November 3, 10, 17**



## **MMA FITNESS BOOT CAMP (GRADES K-8)**

Mixed Martial Arts FunFitness Boot Camp consists of cardio, plyometric, muscular endurance & strength exercises. MMA FunFitness Boot Camp improves: concentration, coordination, confidence, discipline, grades, power, speed, and mental toughness. This camp has no belt fees, no initiation fees, and no testing fees and allows children to reach their own potential rather than directly compete against others. This is a dynamic and challenging approach to self-defense for children who are athletic, energetic, awkward or

shy, bold, nice or maybe even a little wild once in awhile...MMA FunFitness Boot Camp is probably for a kid just like yours. It teaches children to think instead of panic in potentially serious situations as well as how to react to threats from other children or acquaintances. Parents welcome to observe.

**Saturdays, October 20, 27, November 3, 10, 17**

- **Grades K-2: 9:30-10:15 a.m. / Registration: \$40**
- **Grades 3-5: 10:15-11:15 a.m. / Registration: \$45**
- **Grades 6 & Up: 11:15 a.m. to Noon / Registration: \$50**



## **NEW! PRINCESS PARTY: GOOD MANNERS (AGES 5-8)**

Wear your favorite Princess Party Attire! Learn how to become a Princess by using your magic words, by knowing your dining manners and how to properly introduce others. Enjoy a Princess craft and music!

**Registration: \$25**

**Saturday, November 3, 10-11 a.m.**

## **FAMILY FAIRY GARDEN (AGES 3 to 100+!)**

Party'n With Plants is the expert in helping first time fairy gardeners create something unique and personable. The

workshop includes a short lesson with step by step instructions for your indoor tabletop garden. All supplies are included such as over 50 succulents to choose from, vibrant colored moss, rocks and sand, and then a huge selection of miniatures - such as fences, animals, mushrooms, furniture, fairies and holiday décor as well. Party'n With Plants workshops are recommended for ages 3 years old and up and also provides gnomes or dinosaurs for boys to create a garden as well. Party'n With Plants only uses baby succulents, which are low maintenance plants and easy to care for! No green thumb required!



## **FAMILY FAIRY GARDEN: Small or Medium Garden**

**Saturday, 9-10:30 a.m. / November 10**

**Registration: \$19 for small garden / \$29 for medium garden**



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**NEW! CHILDREN'S DINING ETIQUETTE & MANNERS  
(AGES 8-15)**

This new and exciting class will be held at Santosuosso's Italian Restaurant in Medina where you will be served a delicious 3-course dinner. Enroll just in time for holiday dinners and make all of your relatives proud of the dining etiquette and manners you learn! Learn how to set a table from start to finish, including American style of dining, continental style of dining, posture, proper introductions and so much more. Minimum 10 students.

**Saturday, November 3, 3-5 p.m. / Registration: \$45**



**NEW! SUPERHERO PARTY: GOOD MANNERS  
(AGES 5-8)**

Wear your favorite Superhero attire! Learn how to be a Superhero by using your magic words, by knowing your dining manners and how to give proper introductions. Enjoy a Superhero craft and music!

**Registration: \$25**

**Saturday, November 3, 11 a.m. to 12 p.m.**

**SATURDAY MORNING ADULT CLASSES  
HELD AT HIGHLAND HIGH SCHOOL**

**NEW! GUITAR - SONG WRITING 101**

So you have words... Words that describe your innermost feelings, words that can uplift and motivate not only yourself but others as well. How do we add a bed of music to hold up, showcase, and raise our words into the hearts of our listeners? Join us in a song writing 101 class. Bring your smiles and guitars, (heck bring your kazoo if you would like) and enjoy your newfound freedom of expressing yourself through song. Bring your guitars, your smiles and your laughter, for one awesome class.

**Registration: \$47**

**Saturdays, 10-11:30 a.m.**

**October 20, 27, November 10, 17**



**TOXIC AWARENESS - LEARN HOW TO 'GO GREEN' AFFORDABLY**

Join Joy Wright, a Toxicologist Educator, to learn how to change your environment and reduce your exposure to potentially toxic chemicals found in your home. Discover what you can change to stay healthy personally, physically and environmentally!

**Registration: \$20**

**Saturday, 9-11 a.m. / October 27 OR November 10**

*(Please indicate class choice on registration)*

## **ADULT EVENING CLASSES HELD AT HIGHLAND HIGH SCHOOL**



### **ADULT / INFANT/ CHILD CPR TRAINING WITH AED (Automated External Defibrillator)**

This class is designed for anyone interested in learning the steps to assist in saving a life. You will learn what to do in an emergency if someone stops breathing or their heart stops beating. You will also learn skills to assist a person if they are choking or you need to use an AED due to cardiac arrest. Upon completion, you will receive an American Red Cross CPR two-year certification. Optional certification fee: \$27 payable to instructor. **Registration \$45**

**Tuesday, November 6, 6-10 p.m.**

### **BASIC THERAPEUTIC MASSAGE**

Do you ever have a sore neck, sore shoulders or a sore back? Sign up with a friend or significant other for this two-week class and you will both learn how to relieve those aches and pains using basic massage at home! Students are asked to bring a pillow and a thick blanket to class. **Registration: \$40 (covers 2 students)**

**Thursdays, 7-9 p.m. / November 8 and 15**



### **BEEKEEPING 101**

Have you considered becoming a beekeeper but you just do not know where and how to get started? Maybe you think honeybees are special (and they are) and you want to learn more about the inner workings of the colony so you can do your part in helping the honeybees and other native pollinators. This class will teach you beekeeping essentials for the first year. A complete beehive will be brought in to utilize as a demonstration tool to allow the prospective beekeeper to visualize the equipment involved. The use of beekeeping tools for hive inspections will be demonstrated. A detailed explanation of what specific things to look for during the inspection will be covered. You will learn about roles of the worker bees, the queen and the drone. Find out where propolis, flower pollen, honey and royal jelly come from and the medicinal benefits we can reap from the honeybee bi-products. Also learn about diseases that afflict the honeybees and the cause of colony collapse disorder. Visit [www.gaughanbeedancin.com](http://www.gaughanbeedancin.com) for a complete list of events and products. Participants in the class will receive the book, "First Lessons in Beekeeping" and a syllabus. **Registration: \$79**  
**Tuesdays, 7-9 p.m. / October 16, 23, 30, November 6, 13**

### **A.C.T. TEST PREPARATION**

This course is designed to help students develop the skills necessary to improve ACT scores and reach their testing potential. English, math, reading, writing and science skills are reviewed and test-taking techniques are emphasized. Some students who complete this course have increased their ACT score by as much as 5 points! **Registration: \$179**

**Tuesdays, 6-8 p.m.**

**November 6, 13, 20, 27, December 4**

Please register online at: [www.ACTTestPrep.info](http://www.ACTTestPrep.info)

### **HYPNOSIS SMOKING CESSATION SEMINAR**

Hypnosis is not sleep, in fact it is a heightened state of awareness. There is no surrender or control, no magic. No one can be hypnotized against their will. Anyone of average intelligence or higher can be hypnotized if they choose. Hypnosis is a valuable tool to help someone overcome fears, eliminate bad habits and reach their goals to be a happy and healthy person. Smoking cessation is easy and relaxing. You will be in a light state of trance in order to get your subconscious and conscious minds to agree on your goal to be a healthy clean air-breather. With hypnosis you will no longer desire to smoke or light up a cigarette ever again. You will not gain weight or feel nervous. The AMA has endorsed this hypnosis since 1955. All students will receive a reinforcement CD to take home  
**Tuesday, November 13, 7-9 p.m.                      Registration: \$49**

### **HYPNOSIS WEIGHT CONTROL SEMINAR**

Hypnosis is not sleep, in fact it is a heightened state of awareness. There is no surrender or control, no magic. No one can be hypnotized against their will. Anyone of average intelligence or higher can be hypnotized if they choose. Hypnosis is a valuable tool to help someone overcome fears, eliminate bad habits and reach their goals to be a happy and healthy person. Weight Control hypnosis is easy and relaxing. You will be in a light state of trance in order to get your subconscious and conscious minds to agree on your goal to control your weight. This is not a diet but a way to eat nutritionally to achieve your goals to be slim and trim. All students will receive a reinforcement CD to take home.  
**Tuesday, November 6, 7-9 p.m.                      Registration: \$49**

### **RETIREMENT PLANNING TODAY**

Today, many people view retirement as a new and fulfilling chapter of their life. The two-session course blends retirement education with life planning to help you build wealth, align your money with your values and achieve your retirement lifestyle goals. The course covers the complete planning process including retirement lifestyle planning, income planning, strategies to manage investment risks, how to invest in and take money out of your company's retirement plan, risk protection, using tax laws to your advantage, how to determine the savings you will need to retire, and so much more. This course provides all materials, including a 235-page illustrated textbook. This class is also offered at hundreds of colleges in the U.S. The registration fee also includes your spouse/guest at no additional charge. Class sizes are limited, so register today!



**Registration: \$49**

**Tuesday, 6:30-9:30 p.m. / October 2 and 9**

**-OR-**

**Wednesday, 6:30-9:30 p.m. / September 26 and October 3**

*(Please indicate class choice of Wednesday or Thursday on registration)*

**Questions about courses listed?**

**Please contact Mary Fran Kudla,**

**Community Education Director, at 330-239-1901,**

**ext. 5503 or via email at**

**mkudla@highlandschools.org.**



**NEW! ADULT ONLINE  
LIVE VIDEO CHAT CLASS  
AN INTRODUCTION TO  
VOICEOVERS**

“Wow, you have a great voice!” How many times have you heard that? Or maybe you listen to your favorite audio books, commercials, or cartoon characters and think, “I could do that!” Explore the voiceover industry with your instructor, a professional, working voice actor from Voices For All. Discover current trends in the industry and how they make it easy and affordable for just about anyone to get involved. You’ll learn about different types of voiceovers and the tools you’ll need to find success. Your instructor will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. You’ll receive a professional voiceover evaluation later. One-time, 90-minute, introductory class. Learn more at <http://www.voicesforall.com/ooo>. Ages 18 and over. You owe it to yourself to finally explore the possibilities of this fun and rewarding job! Requirements: Students must have internet access and video chatting capabilities using a method such as: Skype (for PC/Mac users) or iChat/FaceTime (for Mac Users).

**Registration: \$49**

**This is an online live video chat course. Information will be sent to you upon receiving your registration. PLEASE INCLUDE YOUR EMAIL ADDRESS.**



# HIGHLAND

## Local Schools

*a legacy of excellence*

We are a benchmark of educational excellence. Our vision, mission and goals have created both the foundation and framework to promote a culture of high performance – academically, athletically and within all areas of the fine and performing arts.

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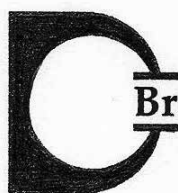
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# Highland Community Education Registration Form

Use this form to register multiple family members or to enroll in several different course offerings. **Note: We do not send registration confirmations.** If you do not hear from us, assume that you are enrolled in the class of your choice. Questions? Contact Mary Fran Kudla, Director, at 330.239.1901, ext. 5503 or via at [mkudla@highlandschools.org](mailto:mkudla@highlandschools.org). Mail completed form to: Highland Community Education, c/o Mary Fran Kudla, 4150 Ridge Road, Medina, OH 44256. Fee must accompany form. Make checks payable to: Highland Local Schools.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

## COURSE INFO:

Name: \_\_\_\_\_ Fee: \_\_\_\_\_

Name: \_\_\_\_\_ Fee: \_\_\_\_\_

Name: \_\_\_\_\_ Fee: \_\_\_\_\_

**Complete the section below ONLY if  
participant is under the age of 18**

School: \_\_\_\_\_

Student's Current Grade: \_\_\_\_\_

Current Teacher: \_\_\_\_\_

*Parental Permission: I, the undersigned, give permission for my child to enroll in Highland Local Schools' Community Education Program. I understand that neither the course instructor, nor Highland Local Schools, will be responsible for any accidents or injuries which may be sustained by students. I grant permission for my child's activities and/or special needs.*

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_



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