



Experiential Learning 2021

Grades 6–8





Experiential Learning Program Overview

Course Dates: March 29-31, 2023

What is Experiential Learning? American Heritage School's Experiential Learning serves as an intensive implementation of the 4R-ing methodology, with the purpose of bridging academic experiences and exploration of real world applications—all in harmony with American Heritage School's mission statement.

Middle School Experiential Learning is a three-day experience offering students an in-depth experience in 1) science/technology/creation, 2) health/wellness, and 3) humanities/culture. During Experiential Learning, regular classes in grades 6-8 are suspended and replaced with project-based learning experiences in academic fields of interest to AHS students under the mentorship of experienced AHS instructors, professionals, guest presenters, and practitioners.

Middle school students will enroll in three different courses: On each of the three days, students will participate in a different course. Students must make 3 choices from each of the three main subject areas listed above, they will then be enrolled in one of those choices each day.

Experiential Learning courses may include classes at school, educational fieldtrips and/or guest presenters. Experiential Learning enables students to engage in rigorous learning experiences—to study one subject in depth.

What was the process for developing Experiential Learning? The initial concept for Experiential Learning came from the FACE Demonstration School, Stonebridge Academy (Virginia), which has a well-developed and highly successful experiential learning program in its high school. However, hundreds of schools around the nation (middle/secondary/post-secondary) use experiential learning programs to improve the quality of the educational experience for students and teachers. In 2013, the AHS Teacher Development and Curriculum Committee proposed Experiential Learning to the Board of Trustees, which approved the pilot program for the 2013–14 year. As with other programs at the School, we have done a significant amount of refining through the years, incorporating significant input from teachers, parents, administrators, and students. More input is welcome as we move forward and improve the program each year.

When is Experiential Learning? Experiential Learning Week will be held for Grades 6-8 during the week of March 29-31. These dates were carefully chosen in conjunction with teachers and administration to minimize disruption to continuing curricular programs and courses.

What is the learning value of Experiential Learning?

Focused Learning. Experiential Learning enables American Heritage School students to engage in intensive 4R-ing through in-depth research, applied reasoning, personal relating, and careful recording of “real-world” lessons and experiences. Experiential Learning should be a character-building experience and should also require hard work from students.

Portfolio of Learning. Experiential Learning culminates in American Heritage style portfolios, notebooks or another method of the 4R-ing Record component. The portfolio or another method of completing the Record component, as is most appropriate for each Experiential Learning option, creates an opportunity for students to create a record of what they have learned and the ways in which that knowledge relates directly to them and can help them be useful in the hands of the Lord. Consequently, portfolios are a key component of the Experiential Learning program.

Who is eligible to participate, and what expectations must students meet to participate? AHS students in grades 6-8) are eligible to enroll in Experiential Learning courses offered in 2023. Enrollment is a privilege that will be extended to students who meet basic academic requirements and demonstrate self-government in adherence to the Honor Code. Students are expected to work diligently during Experiential Learning Days. Students must understand that this is not a break from studies; rather it is an opportunity to explore in depth an area of personal interest. The dress code during Experiential Learning Week will consist of the school’s regular uniform, dress uniform (typically for a field learning experience), or spirit apparel, as specified by the instructor.

Are students required to participate? Can they choose any option? All full-time students are expected to participate. Not all Experiential Learning options will be available to every student every year. Some options may not ultimately carry based upon low enrollment interest, and some students may not be able to register for courses that are already full (priority registration begins with eighth grades first, followed by seventh grade). Academic performance, self-government, or other pre-qualification requirements may also be considerations.

Can a student participate in Experiential Learning without being enrolled at the school? No. Students must be enrolled in curricular middle school offerings, on-campus to participate.

What is the cost of this program? How will Experiential Learning Week affect AHS tuition? AHS tuition will not be affected by Experiential Learning Week. Middle School Experiential Learning Week courses have an associated cost of \$60 per student for the three full days of Experiential Learning courses. The board and faculty committees that developed the program felt it important to include a nominal participation fee to increase the commitment level of students to the program and to cover basic costs; however, in no case should the participation fee discourage a family or student from participating. Please contact an administrator if financial assistance is desired.

Experiential Learning Course Registration Instructions

Register at: american-heritage.org/experiential-learning

Registration opens at 4:30 p.m. on Wednesday February 8th, according to seniority.

- **Grade 8** Registration opens at 4:30 p.m. on Wednesday February 8th
- **Grade 7** Registration opens at 4:40 p.m. on Wednesday February 8th
- **Grade 6** Registration opens at 4:50 p.m. on Wednesday February 8th

Registration closes February 15th at 8:00 p.m. for all students.

Administration will review and approve all course registrations. If a student registers for a course that administration determines the student does not qualify for (see above, p. 4, regarding limited cases in which students may not qualify for a course), administration will notify the student and help the student to enroll in their next preferred course.

Parent Veracross credentials are required to register. All students in a family will be listed, but only middle school students will show active registration links on or after their priority registration day. “No programs available” will be shown until registration is open for them.

For technical questions or support issues please contact Shauna Maughan at smaughan@ahsmaail.com.

For questions about individual courses, please contact the instructor directly.

For questions about the middle school Experiential Learning Program in general, please contact Kimberly Heath at kheath@ahsmaail.com



Science, Technology & Creation:

(Select your top three choices, you will get one of these choices)



Word Art: Discovering and Creating Poetry

"My heart overflows with a pleasing theme; I address my verses to the king; my tongue is like the pen of a ready scribe." (Psalms 45:1)

Instructor: Heather Moulton – hmoulton@ahsmail.com

Cost: \$20

Are you fascinated by the power of words? Do you love how they sound? How words look on the page? By the emotions they create? Do you want to understand Poetry? Do you want to write poetry? Then join me for a day of poetry. We will study poets and poetry and together produce a full-color booklet of original poems written by participants. A picnic lunch will be provided.



A "Zoo"per Day!

"Of fowls after their kind, and of cattle after their kind, of every creeping thing of the earth after his kind, two of every sort shall come unto thee, to keep them alive." (Genesis 6:20)

Instructor: Abby Taylor – ataylor@ahsmail.com

Cost: \$20

Did you know a polar bear's hair is not actually white? Did you know giraffes are the tallest mammal in the world? Come find out more fun facts about the animal kingdom on our scavenger hunt at Utah's Hogle Zoo! We will learn more about the ecosystems, diets, and relationships of the animals in the animal kingdom! Please bring a packed lunch and eagerness to learn about all these lions and tigers and bears, oh my!



Renewal of the Soul: Horses, Self-Worth, and Service

"The spirit of the Lord is upon me, he hath sent me to heal the brokenhearted...to set at liberty them that are bruised" (Luke 4:18)

Instructor: Kimberly Faerber – kfaerber@ahsmail.com

Cost: \$20

Do you know your divine identity and purpose? Spend a day connecting with horses, friends, and yourself through Equine-Assisted Learning (EAL). Increase your closeness to the Savior and feel a renewal of the spirit at 'Bridle Up Hope', an equine therapy barn in Alpine. Students will participate in equestrian training and riding, life skills development, service and healing activities (such as yoga). Students will record their experience through journaling and/or art.



Cooking Around the World

"And whosoever among you are sick...shall be nourished with all tenderness, with herbs and mild food" (Doctrine & Covenants 42:43)

Instructors: Michelle Jorgensen, Heather Moulton – michelle@totalcaredental.com

Cost: \$20

The gospel teaches that our bodies are a temple and the things we put into them affect us, including food. Food can bring happiness, health and unite us through culture and tradition. Come around the world as we learn to love different cultures and explore how to cook traditional foods. Search ethnic markets in our area, try traditional cooking techniques representing Asian, South/Central American, African and Mediterranean meals. This course will be off campus, students provide their own transportation to/from Jorgensen home each day. (approx. 1 mile from AHS)



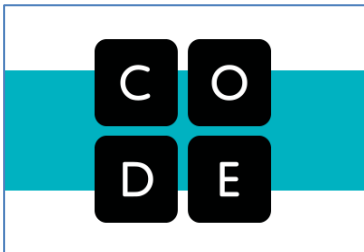
Onward Christian Spartans!

"Take up the full armor of God, that you may be able to resist in the evil day, and having done everything, to stand firm." (Ephesians 6:13)

Instructor: Jereamie Randall – jrandall@ahsmail.com

Cost: \$20

Do you have the physical and mental toughness to be a young Christian Spartan! Learn how to build your own Spartan shield with sword and participate in some epic Spartan battles. You'll need to know how to defend the wall and pass of Thermopylae, (a battle fought over 3000 years ago). The battle is on...will you be ready? This course is designed to be most enjoyable for 6th & 7th grades. Students need to bring their own lunch.



Coding Bootcamp

"I urge you to pursue your education and learn marketable skills so that [when and if the] situation arises, you are prepared to provide." (Thomas S. Monson, Oct 2004)

Instructor: Marie Dustin - mdustin@ahsmail.com

Cost: \$20

Students will participate in activities on and off the computer as they learn some basics of coding. We will work with Code.org, Pixar in a Box (A Pixar/Khan Academy Collaboration), and more! Students should bring their own lunches, snacks and water bottles.



Lions and Tigers and Beavers, Oh My!

"Since both plant and animal life are living souls, they are capable of experiencing happiness as they fulfill the measure of their creation." (Marcus Nash)

Instructor: Candee Tesch – ctesch@ahsmail.com

Cost: \$20

Did you know the humble beaver is a wetland superhero? Or that some dogs are smarter than a fifth grader? Just how important is each adorable baby sea otter? We will learn about keystone species, wildlife conservation and good stewardship over God's glorious creations. We will take virtual field trips, meet some amazing furry friends (touching is optional), and enjoy animal cuteness overload. Please bring a packed lunch and a willingness to learn.

Health and Wellness Courses

(Select your top three choices, you will get one of these choices)



Body, Mind and Spirit

"Of all the creations of the Almighty, there is none more beautiful, than a lovely daughter of God who lives in virtue, who honors and respects her body, who cultivates her mind, who nurtures her spirit with everlasting truth" (Gordon B. Hinckley)

Instructor: Amy Fallon – afallon@ahsmail.com

Cost: \$20

Students learn to exercise the body, persevere through emotional challenges and become more connected to their own conscience and to the Savior through the spirit. Join us to throw punches in a boxing gym, move with a certified yoga instructor, learn skin care and make-up skills from a certified aesthetician, hear guest speakers, engage in journaling. Cost of boxing hand wraps, skin care items, notebook and snacks are included. Students need to bring yoga mat, boxing gloves, sack lunch, appropriate workout clothing.



Fun Family Traditions!

"Successful marriages and families are established and maintained on principles of faith, prayer...and WHOLESOME RECREATIONAL ACTIVITIES." (The Family: A Proclamation to the World)

Instructor: ShaRee Hymas – Shareehymas@gmail.com

Cost: \$20

Enjoy participating in Fun Family Traditions, activities and games that are so much fun that you will want to go home and do them with your own families.



The Human Body: A Magnificent Gift

"They that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint." (Isaiah 41: 31)

Instructors: Ty Crossley and Karen Lee – tcrossley@ahsmail.com; klee@ahsmail.com

Cost: \$20

Life is meant to be enjoyed! Come learn to master activities you may enjoy for the rest of your life: yoga, ultimate frisbee and pickleball! We will begin each day with a brief devotional and be inspired by the magnificence of the human body. We will learn the fundamentals of pickleball and frisbee and enjoy the day together! A healthy lunch and light snack will be included.



Mountain Biking

"And I will make all my mountains a way, and my highways shall be exalted." (Isaiah 49:11)

Instructors: Kayson Brown and Toka Lakai - kbrown@ahsmail.com

Cost: \$20

Mountain biking is an exciting and increasingly popular outdoor sport. In this course, students will embark on a day-long mountain biking adventure. Participants will learn mountain biking fundamentals and good practices for safety. Participants must supply their own mountain bike and helmet.



Physical Me

"And Jesus increased in wisdom and stature, and in favour with God and man." (Luke 2:52)

Instructor: Janene Salvesen – jsalvesen@ahsmail.com

Cost: \$20

This course will explore why our physical development should be focused on 'increasing in stature'. We will discover some of our physical gifts and talents and learn how to use and develop them while bringing about God's purposes. Learn tools for taking care of our bodies (sleep, nutrition, and structural care). We will hear from athletes who have used their gifts for good in bringing about God's purposes. We will explore a variety of sports and games to develop and learn new things our bodies are capable of.



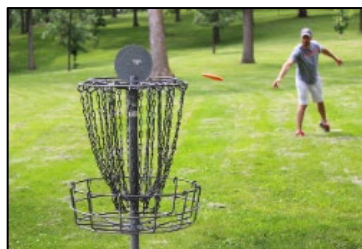
Let's go Hiking!

"Yea, all things which come of the earth, in the season thereof, are made for the benefit and the use of man, both to please the eye and to gladden the heart." (Isaiah 41: 31)

Instructor: Savannah Laycock - slaycock@ahsmail.com

Cost: \$20

The class will cover several hikes, exploring and appreciating the scenery of different locations. We will learn how hiking works and benefits the body. We will cover how to prepare for a hike, what to bring, and how to determine your limits.



Frisbee Golf

"However, there shall be between you and it, a distance of about 2,000 cubits by measure." (Joshua 3:4)

Instructor: Adam Brewer – abrewer@ahsmail.com

Cost: \$20

This course introduces learners to the basics of frisbee golf, a brief history of the sport's emergence in the US, terminology, and rules of the sport. Students will learn how to interpret flight rating system measures to select the proper disc for any given scenario on the course, including movement around obstacles. Students will learn proper form and technique in driving, approaching, and putting. Strategies for distance and precision will be explained and demonstrated. Students will be using the Innova Disc Golf starter set (3 discs).



It's More Than a Game

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?" (1 Corinthians 3:16)

Instructor: Coach Yahosh Bonner – ybonner@ahsmail.com

Cost: \$20

In this course we will be doing one full day of fundamental basketball skills training with Coach Bonner. Including ball handling, shooting, defense and possibly some games. We will work hard and have fun! Basketball develops many skills used in competition which are compatible with other aspects of life. Students will bring their own lunch and water bottles. Please bring shoes and modest clothing appropriate for basketball activities. Arrive in the Arena dressed and ready at 8:35 a.m.

Humanities and Culture Courses

(Select your top three choices, you will get one of these choices)



Brains and Bowling

"For God hath not given us the Spirit of fear; but of power, and of love, and of a sound mind." (2 Timothy 1:7)

Instructors: Nikki Kelley & Cassie Lytle – nkelley@ahsmail.com; clytle@ahsmail.com

Cost: \$20

Students will have a better understanding of the structure and function of the brain. Students will learn the importance of taking care of the brain through proper nutrition, exercise and rest. Activities will include pancake art, brain activities, bowling and nutrition. The day will end with a nutritious smoothie and fun facts about the brain.



Life Hacks for Middle Schoolers

"I tell you these things because of your prayers; wherefore, treasure up wisdom in your bosoms...if ye are prepared ye shall not fear." (Doctrine & Covenants 38:30)

Instructor: Emily Spackman – espackman@ahsmail.com

Cost: \$20

In this class, we will practice basic skills in four categories: Communication, Preparedness, Maintenance and Management. Students will learn how to make business phone calls and emails, create basic resumes and advertisement flyers. They will learn from a community First Responder about practical first aid and make a simple first aid kit. Next students will work on laundry and clothing prep/care skills and learn to detail a car. Finally, we will practice budgeting both time and money using a planner, breaking down a large school assignment into manageable pieces and shopping for an outfit.



Friendship 101

"What is most important always involves the people we love" (Thomas S. Monson)

Instructor: September Howard – showard@ahsmail.com

Cost: \$20

It is the friends we meet along the way that will help us appreciate the journey. Join us for a day filled with learning how to foster friendships, show kindness and be inclusive. We will play games, make crafts and spend valuable time together. Please bring your favorite board or card game to share.



Interior Design

"The desire to create is one of the deepest yearnings of the human soul." –Dieter F. Uchtdorf

Instructor: Jenny Burr – jburr@ahsmail.com

Cost: \$20

Interior design is all around us. Our homes, schools, and communities each exhibit some form of style and design created to invoke a sense of comfort or belonging. This class will expose students to design styles and elements of design. We will explore room planning, color theory, and scale applied in good design.



Floral Arranging

"Yea, all things which come of the earth...are made for the benefit and the use of man, both to please the eye and to gladden the heart." (D&C 59:18)

Instructor: Laura Yamada - lyamada@ahsmail.com

Cost: \$20

Students will be introduced to different varieties of flowers, both live and silk. They will learn how to select and prepare flowers and greenery to create beautiful arrangements. This class includes a field trip to shop for flowers, which will be used to create a project to take home. We will also visit a local florist to learn about the business aspect of floral design.



Basic Lifts & Extra Dance

"If thou art merry, praise the Lord with singing, with music, with dancing, and with a prayer of praise and thanksgiving." (Doctrine & Covenants 136:28)

Instructors: Raeli Bond, with National Champions in Cabaret assisting - rbond@ahsmail.com

Cost: \$20

Students will learn basic dance lifts and drops, as well as learning fun dances which they don't get to learn as part of our curriculum. (For example: Two Step, Lindy Hop, Quickstep, Paso)



Fun With Musical Theatre

"If thou art merry, praise the Lord with singing, with music, with dancing and with a prayer of praise and thanksgiving." (Doctrine & Covenants 136:28)

Instructor: Amy Oelrich – aoelrich@ahsmail.com

Cost: \$20

Come sing, dance, act and learn! Students will learn the basics of musical theater with a history of this popular genre. Learn and perform two musical numbers from popular musicals, receive instruction in singing, dancing and acting. Students will also learn how musical theatre can be a great way to gain confidence while having a great time.

