

Hazel Avenue School PTA • After School Class Descriptions and Teacher Bios

Si necesita esta información en español llame la consejera, Leila Tirado-Smith at 973-669-5448

The Power's In YOU: A "Feel Good Through Wellness" Class (Session 1: K-2)

This 5-week class introduces students to the idea of being powerful through taking charge of their health and wellness. Students will learn how to make smart, but tasty snack choices; relax with yoga and meditation; take a stab at the martial arts; and use pressure points on their bodies to cure common ailments like headaches, tummy aches, and nervous butterflies. This interactive, action-oriented class will be led by Jen Maidenberg of Mindful Living NJ.

BIO: Jen Maidenberg, mother of Tobey Maidenberg, (1st Grade), Oliver and Annabel, through her business, Mindful Living NJ, is at the forefront of a movement: To increase world consciousness and compassion through holistic health and wellness. With Mindful Living NJ, Jen aims to further this movement, and by doing so, heal the community, one person at a time. Mindful Living NJ achieves this by planning wellness workshops, events and fairs, as well as educating the community through her bi-monthly e-zine "This Week with Mindful Living NJ."

Learn to Save Your Memories: Scrapbook Class (Session 1: 3-5)

A perfect class for you to start your own scrapbook. Join in on this class and learn about basic tools, how to choose your photos, crop and mat your photos, layout designs, working with colors, journaling, and titles. These are the basic steps for every page and once you feel comfortable with these, you are well on your way. All you need to bring is your own photos!

BIO: Namrta Shah, mother of Anjali, (1st Grade), Anika and Jeevan, has a passion for scrapbooking and has used her creativity to express herself through photography. "I enjoy taking pictures and then displaying them in a creative way in a scrapbook." Through Namrta's business, Nina's Niche, she sells a variety of scrapbooks and cards. She looks forward to working with other children to help them build on their creativity and express it through this art form of scrapbooking.

Explore, Discover, Plant & Build: in the Rainbow Garden (Session 1: K-5) (Session 2: K-5)

Using Hazel's Rainbow Garden as an outdoor classroom, students will explore the environment around them through hands-on learning activities. Over the five class sessions, students will learn about variety of topics such as, habitats, plant growth cycles, how we use plants, cycle of seasons. Class will begin and end indoors. Whenever possible, work time will be outdoors.

BIO: Tracey Clarke, mother of Vivienne Clarke (1st Grade) and Oliver, taught Art, Technology and Design at the Brooklyn New School (PreK-5th Grade) and The Brooklyn School for Collaborative Studies (6-8th Grade). She received her Bachelors of Fine Arts from the University of Miami and a Masters Degree in Art and Design Education from Pratt Institute. She currently is the PTA Chair of the Green Thumb Committee and enjoys teaching kids about their environment.

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Little Scientists (Session 1: K-2)

Investigate the mysteries of the world around you, all while learning how to think like a scientist! In this Science enrichment course, our “little scientists” will practice key concepts in the scientific method through inquiry based activities and labs. The skills learned during these fun experiments will reinforce the foundations of scientific processing, as well as compliment learning in the classroom. Our “Little Scientists” will begin their adventure by investigating the concepts of ecology, interdependence and animal adaptation through observations of ladybugs and other cool creatures. If time permits, the Little Scientists will then delve into an exploration of the physical world around them by determining cool properties of different states of matter.

BIO: Jennifer Coxe, mother of Sean (Kindergarten) and Kirsten, currently teaches Physical Science (Grade 8) and Earth & Environmental Science (Grade 6) in middle school in Bergen County. Over her twelve year teaching career she has also taught Life Science to seventh graders, as well as creating and teaching a Health program to all middle school grades. In addition to her teaching duties, Jennifer is also the Science Department Chair and runs school wide programs such as the Science Fair. Because of her love of technology, she has also spearheaded several technological advances at her school, like websites and Google Doc accounts. Jennifer completed her university training in Canada. She has a Bachelor of Science in Life Science, as well as a post-graduate Bachelor of Education degree, specializing in junior-intermediate Science.

Super Savers: Learn How to Manage Money (Session 2: 3rd-5th grade)

This class will gradually build upon the most basic concepts of money management and saving, teaching the value of planning, delayed gratification and investment opportunities. Topics include, but would not be limited to: the concept of money, basic functions of a bank and how to use their services, how to save (the beauty of compound interest), budgeting, lending, investing, banking careers.

BIO: Lisa Duke-Lees, mother of Adam (Kindergarten) and Hannah, currently a full-time mom, spent 14 years as a corporate manager and trainer for Pier 1 Imports, Tommy Hilfinger, USA and Commerce Bancorp. In addition to her extensive training experience, (including organizing motivational seminars, managerial training, and leading intensive coursework for banking professionals), Lisa was raised by two teachers who nurtured her curiosity through hands-on experiments and real-life experiences.

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Fun Fitness (Session 1: 3-5)* **No Class April 27th. Make-up Class, May 6th.*

An hour of games and drills disguised as aerobic and resistance circuit training that will include the basic form and safe way to perform standard exercises like squats, lung walk, sit-up, push-up, jump rope, and jumping jack. Medicine balls, and resistance bands are also utilized, as well as agility drills which help coordination, develop core strength and balance. Obstacle course, tug of war, and soccer drills with balls are some examples of what we will do.

BIO: Jennifer Ferlauto-Wasky, mother of Delia Wasky (Kindergarten), received her Bachelor of Arts Degree in Family and Child Studies and a Master of Arts Degree in Exercise Science from Montclair State University. As a Therapeutic teacher, Jennifer, instructed young children at Newark Beth Israel Medical Center. Her experience and education established the groundwork for health and fitness coaching, which concepts are deeply rooted in Family Health for Living. The focus of Jennifer's work is to educate and train individuals who wish to improve their physical and mental wellness through exercise and proper nutrition.

Adventures in Art (Session 1: K-2)

This art class will explore the works of Georges Seurat and pointillism, Henri Matisse and fauvism, Pablo Picasso and cubism, Diego Rivera's murals and Jackson Pollack and abstract impressionism. We will learn about each artist and their work. What is so interesting about their paintings? What made them famous and their work stand out? Students will create their own masterpieces based on some of these techniques.

Bio: Karyn Kim, mother of Carter Sampson (Kindergarten) and Ethan, has a great appreciation for art and art history and would like to share with the Carter and his friends at Hazel. Her interest started with Seurat's A Sunday Afternoon on the Island of La Grande Jatte. "I can appreciate Seurat's technique and his use of color, but it was even more interesting to learn what his famous painting was about."

Knitting (Session 2: 3-5)

Students will learn how to: count stitches, follow patterns of numbers and colors, co-ordinate right and left hands, and give careful attention to the activity. Large wooden needles and yarn provided.

Karyn Kim, see Bio Above

Please Note: Parent-offered classes require a \$5.00 fee. This fee will help the PTA pay for materials. Our parent-teachers are volunteers. Fee due upon acceptance into program.