

# **Lower School Electives Course Descriptions 2024-25**

## Introduction:

These courses represent the totality of offerings at the Einstein School. Their inclusion does not mean they are offered every year; many are based on student interest and/or minimum enrollment in the class. Contact us if you have a question regarding the availability of particular classes.

### **Chargers Spirit – (Cheer and Dance)**

*Prerequisite: None*

This course will give students an understanding of how to plan spirit-building events. Students may elect to learn cheerleading techniques, dance styles, and performance skills, but everyone will learn the importance of teamwork and school spirit. Students who prefer not to focus on cheer will learn to plan, advertise, fundraise, and host events that contribute to the positive energy of the Einstein School. Students are expected to participate in events both inside and outside of school. Additional fees apply per semester.

### **LS Creative Writing (7th grade and above)**

*Prerequisite: None*

This course encourages student writers to develop versatility by exposing them to the forms, standards, and techniques used by professional authors. Students learn how to scaffold the writing process and to critically evaluate their own work while setting manageable goals for themselves as writers.

### **LS Culinary Arts: Practice and Execution**

*Prerequisite: None*

This course introduces students to basic kitchen skills, the science of food preparation, and various culinary practices. Students will gain practical, hands-on experience as they follow and then modify recipes before innovating original dishes. The class will culminate in an exploration of world cuisines. Additional fees apply per semester.

### **LS Event Planning/Interior Design**

*Prerequisite: None*

This course is designed for students interested in learning about the event planning industry. Students are introduced to several facets of event planning including site selection, budgeting, promotion, catering, and interior design. In addition, students will assist with event planning at Einstein. Additional fees apply per semester.

### **LS Executive Functioning**

*Prerequisite: None*

Executive function is a skill that enables students to make plans, remember instructions, focus, and multi-task successfully. This course offers students strategies to enhance their inhibitory control, working memory, and cognitive flexibility. Students learn to sharpen their time management and study and organizational skills. By developing these skills now, students establish a strong foundation for the future.

### **LS Introduction to Performing Arts**

*Prerequisite: None*

This course allows students to experience several types of performance while studying age-appropriate plays and musicals. Students deepen their knowledge and develop their skills as they listen, speak, read, write, view, and represent in a wide variety of contexts and for a range of purposes -- expressive, aesthetic, and pragmatic. This course will build performance skills and includes class discussions, writing assignments, and vocabulary study.

### **LS Journalism (7th grade and above)**

*Prerequisite: None*

This introductory level course teaches students how to ask the right questions, look for the details, and find the story in any situation. Students will gather information, organize ideas, format stories for media production, and edit their articles.

### **LS Music Theory**

*Prerequisite: None*

In this course, students will learn to understand the various elements of music and be able to recognize all the aspects of the music score when reading or composing music.

**LS Robotics**

*Prerequisite: None*

Students in Robotics learn fundamentals of engineering design and programming by using the VEX IQ system to design, build, and program robots that compete in challenges. Arduino microcontrollers help students understand fundamentals of programming logic and physical computing. Scratch (or similar variants) is used to blink LED lights, detect button presses, and use other sensors with Arduino. Additional fees apply per semester.

**LS Yearbook**

*Prerequisite: None*

Students learn practical editorial writing and photojournalism skills as they design and create the school's yearbook under the direction of their teacher and a student editor-in-chief. Students in Yearbook become self-starters, learning document management, journalistic writing, and how to take good photographs, all with the goal of creating a unique and creative yearbook that reflects Einstein's students.

**LS Yoga**

*Prerequisite: None*

During mindful yoga practice, students experience the transformative journey of self-awareness and inner harmony. This yoga class is designed to cultivate a deeper connection between the mind, body, and spirit, offering an oasis of balance and tranquility amidst the unpredictable stressors and anxieties of everyday life. Additional fees apply per semester.