**Winter Cross Country with Coach Stella**

Winter Cross Country is back at Hillview for its 5th year! I am super excited to be back this fall and helping another group of kids improve their running endurance, speed, strength, and overall conditioning. I will also share nutrition and mental strategies that will help them with running as well as other sports and life in general. No previous running experience needed, just a good attitude and a willingness to run. If this sounds like something your child might be interested in, then Stella Fit’s Cross-Country Program is for you! Improving running strength and endurance can help your child excel in other sports, whether it is football, soccer, basketball, swimming, tennis, or lacrosse. A solid foundation of stability, strength, and endurance is essential for athletes to compete at their highest level. Stella Fit’s Cross-Country Program will teach your child the fundamentals of long distance running in a fun and safe environment. We will also weave in talks on nutritional support, mental strategies, and sleep for optimal health and performance. Our goal will be to compete in one or more cross country meets and run a 5K at Stanford at the end of the 8-week program. The program will be led by Stella Bergan, MEd, NASM CPT and assisted by Chelsea Fleher who is also a Certified Personal Trainer and Corrective Exercise Specialist.

**Starfire Coding - Python Level I 6-8**

This is a hands-on, project-based class where kids learn to code with Python by solving coding challenges. This class is for students grades 6-8 who have some experience coding with visual languages and want to learn Python to build games and apps. Students are eligible for this class when they have mastered Scratch or another visual based language. Students learn to think critically and creatively by solving challenging problems.

**Starfire Coding-Python Level II**

This is a hands-on, project-based class where kids learn by solving coding challenges. This class is for students grades 6-8 who have experience coding with Python. Students are eligible for this class after taking Starfire Coding: Python Level I. Students learn to think critically and creatively by solving challenging problems.

**Starfire Coding-Advanced Python 6-8**

This is a hands-on, project-based class where kids learn by solving coding challenges. This class is for students grades 6-8 who have experience coding with Python. Students are eligible for this class after taking Starfire Coding: Python Level I & II. Students learn advanced applications of Python.

**Speech & Debate Hillview 6-8**

Being a member of the after school Speech and Debate program, you will not only have a great time learning indispensable life skills and making lasting friendships, but also gain powerful tools to help with: processing and synthesizing information; taking Leadership roles; giving persuasive and effective Speeches and Presentations; acing Interviews; Middle and High School admittance. We use age appropriate, yet substantive topics and students are taught real high school/collegiate Parliamentary Debate. No simplified kiddie rules! After seeing their kids debate, parents are frequently amazed by their kids’ capabilities and see them in a new light. All the while participating in an exhilarating academic competition, members will have the chance to grasp an amazing growth opportunity by participating in our exciting and popular Debate Tournaments, as well as join us for our awesome Debate Community Events (Debate Skate).

**Rock Band Class 6-8**

This is a fun group class designed to teach kids how to play music in a rock band setting. This class is for kids of all skill levels. We are planning on splitting the class into levels during the 2nd quarter.

**Starfire Electrical Engineering 6-8**

This is a hands-on, project-based class where kids learn how electricity works and how it is used in the real world. Kids engage in project-based learning activities where they explore static electricity, voltage, resistance, circuits, batteries, conductors and insulators, and electromagnetism. They will bend water with static electricity, make a battery, build a flashlight, and make and test circuits in series and parallel. They will build an electric motor and make their own electromagnet, a telegraph, a radio and an electric toy. Advanced topics include an introduction to resistors, capacitors, transistors, breadboard, multimeter and measuring electricity.

**Mandarin for Beginners**

This program is designed for students who have not taken any Mandarin classes in elementary school, so they get a chance to start learning Mandarin in the middle school. We start with simple vocabulary building and applies its daily applications in school and family.

**Hillview Writing Workouts**

Writing Workouts at Hillview Writing Program for 5th, 6th, 7th and 8th graders\* \*(5th graders with instructor’s prior approval). Improve your writing through Writing Workouts! Writing Workouts feature short, in-class exercises designed to complement Hillview’s class work. Seminars will be highly interactive and fun. Students will participate and practice the common criteria needed to write well in any genre: Voice, Audience, Structure and Editing (VASE). Please choose either Wednesday or Thursday class. Size is limited to 15 students. Students will have the opportunity to review, discuss and present their writing, including writing for school assignments. No homework. Join at any time. Drop-in fees and scholarships available.

**Winter Cooking**

Join us this fall as we provide junior chefs with the tools necessary to create, cook, and learn. With new recipes, including Winter Favorites, our curriculum covers nutrition, seasonal cooking, knife skills, the purpose of core ingredients, and the many cultural aspects of food. Your junior chef will develop critical life skills, all while making new friends and having a blast! French Club - Intermediate/Advanced Speakers. The following is the description the vendor would like to use:

French Club – Intermediate/Advanced Speakers

This program is the perfect place for French speaking middle- school aged youth to stimulate and advance their language-learning adventure. We take a unique youth relevant approach to the French language which captures their natural curiosity by focusing on subjects like film, music, famous authors, newspaper articles, French cuisine as well as the vital role France played in American history. Being a French Club member will not only stimulate the mind but will also enhance the multi-cultural awareness and sensitivity of the youth because we present the language as a lens to view and appreciate the diversity of the major French speaking nations of the world. Come join us this semester!