



K–5 Experiential Learning Day

Wednesday, May 24, 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.

K–5 Experiential Learning is a one-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 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.

Students will enroll in one of the course options listed in this brochure. 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.

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.

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.

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

What is the cost of this program? How will Experiential Learning Day affect AHS tuition? AHS tuition will not be affected by Experiential Learning Day. K–5 Experiential Learning Day courses have an associated cost of \$30 or less per student. 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

Registration: Registration opens at 6:00 a.m. on Friday, May 5th and closes Monday, May 8th 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 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 K–5 students will show active registration links. “No programs available” will be shown until registration is open for them.

For technical questions or support issues please contact Sarah Costa at scosta@ahsmail.com.

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

For questions about the K–5 Experiential Learning Program in general, please contact Caroline McNiven at cmcniven@ahsmail.com.



Course Descriptions and Information



Little Chefs Can Cook (Grades K–3)

"Yea, all things which come of the earth, in the season thereof, are made for the benefit and the use of man... Yea, for food and for raiment, for taste and for smell, to strengthen the body and to enliven the soul." —Doctrine and Covenants 59:18–9

Instructor: Chris Moray – cmoray@ahsmaail.com

Cost: \$15

Children will learn the art of cooking. We will be going to Cooking School in the kitchen at Mrs. Moray's house for a "Little Chef Cooking Class." Students will be taught to make a complete meal from start to finish and then enjoy eating it. We will also learn about manners, setting a table correctly, and nutrition. We will conclude our day by going to get dessert at a nearby restaurant.



Getting to Know Your Roots Personally (Grades 1–3)

"They without us cannot be made perfect—neither can we without our dead be made perfect." —Doctrine and Covenants 128:15

Instructor: Sara Fenn – sfenn@ahsmaail.com

Cost: \$5

Students will learn to complete genealogy charts and share stories of personal history and church history.



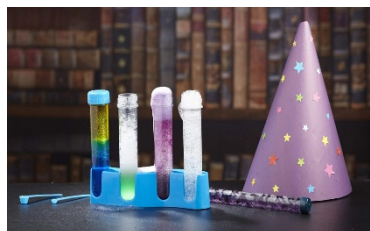
Dinosaur Discovery (Grades K–2)

"All things were made by him; and without him was not anything made...." —John 1:3

Instructor: Lane Bitner – lbitner@ahsmaail.com

Cost: \$25

Discover more about dinosaurs as we take a trip to the Thanksgiving Point Museum of Ancient Life and dig to unearth a T-Rex tooth. We will be applying our dino knowledge to complete art projects and go on a dinosaur scavenger hunt.



The Magic of Science (Grades 1–2)

"There is a law...upon which all blessings are predicated; and when we obtain any blessing...it is by obedience to that law upon which it is predicated." —Doctrine and Covenants 130:20

Instructors: Matt Robins – mrobins@ahsmaail.com

Cost: \$15

We will be chemists and will make physical and chemical changes doing hands on experiments. We will do earth science and learn about landforms and make volcanoes and explode them. We will be engineers and will work with pulleys, gears, and levers. We will do physics and find out what floats and what sinks and test friction with balloon races. We will study weather and make a tornado and rain in a jar. Students will need to bring a lunch.



Animal Discovery (Grades K–2)

"All things denote there is a God." —Alma 30:44

Instructor: Caroline McNiven and Laura Lee Bradshaw – cmcniven@ahsmail.com and lbradshaw@ahsmail.com

Cost: \$30

Students will explore the beautiful world of animals by immersing themselves in stories and art. Students will walk to the Marmalade library to check out their favorite animal book. Through stories, we will travel to all parts of the world where these amazing creatures are from. Students will see their favorite animal created from balloons and then create their own animal in art. This and other art explorations await your students in this fun "Animal Art Exploration." All that is needed is their imagination.



Clogging (Grades 3–5)

"If thou art merry, praise the Lord with singing, with music, with dancing, and with a prayer of praise and thanksgiving." —Doctrine and Covenants 136:29

Instructor: Lakyn Lee – lee@ahsmail.com

Cost: \$10

This will be an introduction to clogging course. Students will learn about finding the rhythm in music, specifically for clogging. Basic clogging steps will be taught. We will learn a short basic clogging dance. We will learn about what folk dance is and how we use it to praise God. We will also watch a performance by a local folk-dance team, American Rhythm. Students are encouraged, but not required to buy/rent clogging shoes. This course can be done in regular tennis shoes. However, it is easier (and more fun) to do it in clogging shoes. Some clogging shoes will be available to borrow, but sizing is limited.



Model Battleship Building (Grades 3–5)

"Teach ye diligently and my grace shall attend you, that you may be instructed more perfectly ... [of] the wars and perplexities of the nations...that ye may be prepared in all things." —Doctrine and Covenants 88:78–80

Instructor: Jared Cornell – jcornell@ahsmail.com

Cost: \$25

We will build a plastic model of the WWII battleship USS Missouri. Students should be mature enough to follow instructions, as well as read the instruction page included in the kit. Students should have motor skills that would allow enough dexterity to paint, glue, and assemble the kit. The kit is suitable for fourth and fifth graders, and more advanced third graders.



Journaling (Grades 3–5)

"I know that the record which I make is true; and I make it with mine own hand; and I make it according to my knowledge." —1 Nephi 1:3

Instructor: Kristie Mathews – kmathews@ahsmail.com

Cost: \$25

Journaling evokes mindfulness and helps writers remain present while keeping perspective. We will spend the day learning how to write different types of journals: dot, creative, gratitude, mixed media, goal setting, vision boards, creative writing, scheduling, and mindfulness.



Mental and Physical Strength: Reach your Peak (Grades 3–5)

"All saints who remember to keep and do these sayings, walking in obedience to the commandments...shall run and not be weary, and shall walk and not faint." —Doctrine and Covenants 89:20

Instructor: Thiago Lopes – tlopes@ahsmail.com

Cost: \$30

What's holding you back? Courage and confidence are key to facing life's challenges. In this course we will explore ways to gain confidence through increasing our physical and spiritual well-being. In addition, we will expand the limits of our courage as we rock climb at Bouldering Project in Salt Lake City—bouldering and scaling incredible rock walls, followed by an obstacle course after lunch! Come gain momentum to reach your peak!