

Dear Lower and Middle School Families,

Below are the Cougar Hour activities available to Lower and Middle School students for the third quarter, starting on Monday, January 10, 2022.

Your child may already be signed up for an ongoing Cougar Hour activity that extends through the third quarter. If so, you will not need to take any action. You may contact the vendor should you have any questions about your registration.

Should you wish to register your child for any Cougar Hour activity, for which your child is not already registered, please do so before January 10. Please note that registration is with the vendor and not through HSP.

Should you have any questions, please contact Terrance Vinson at tvinson@holyspiritprep.org.

Cougar Hour Activities - Third Quarter

	Monday	Tuesday	Wednesday	Thursday	Friday
Kindergarten	*Gymnastics * ESP	*Playball *ESP	*ESP	*ESP	*ESP
1st Grade	*Gymnastics * ESP	*Boys Club *Playball *ESP	*ESP	*iFaith *ESP	*ESP
2nd Grade	*Gymnastics * ESP	*Boys Club *Playball *ESP	*ESP	*iFaith *ESP	*ESP

3rd Grade	*Gymnastics * ESP	*Boys Club *Playball *ESP	*ESP	*iFaith *ESP	*ESP *Robotics
4th Grade	*Gymnastics * ESP	*Boys Club *Playball *ESP	*ESP	*iFaith *ESP	*ESP *Robotics
5th Grade	*Gymnastics * ESP	*Boys Club *Playball *ESP	*ESP	*ECyD Challenge *ESP	*ESP *Robotics
6th Grade	* ESP	*Boys Club *ESP	*ESP	*ECyD Challenge *ESP	*Robotics *ESP
7th Grade	* ESP	*Boys Club *ESP	*ESP	*ECyD Challenge *ESP	*Robotics *ESP
8th Grade	* ESP	*Boys Club *ESP	*ESP	*ECyD Challenge *ESP	*Robotics *ESP

Cougar Hour Descriptions - Monday

Gymnastics

Grades: Kindergarten - 5th Grade

Class Description: The children will learn the level 1 and 2 fundamental skills of gymnastics on the uneven bars, floor exercise, vault and balance beam. We provide professional instructors and a variety of age appropriate equipment and training aids for our classes.

Your child will develop confidence, strength and coordination as they learn essential skills including forward and backward rolls, bridges, handstands, cartwheels, round offs, pull overs and casting on bars, hops, walks and runs on balance beam, leaps, jumps and turns etc.

Fee: \$90/month and there is a \$50 registration fee

Register: airbornegymatl.com

Cougar Hour Descriptions - Tuesday

Playball

Grades: Kindergarten - 5th Grade

Class Description: Playball's number one goal is to teach kids that fitness can be fun, and that it can easily be part of their everyday lives. Students will learn new sports and activities in a non-competitive environment, with kind and patient coaching. No previous experience is required and this class is appropriate for boys and girls of all abilities.

Examples of games and skills we practice include: Basketball, Baseball, Soccer, Tennis, Golf, Hockey, Frisbee, throwing, catching, aiming at a target, ball control, balance, flexibility, running, jumping, skipping, hoppin and more.

*Inclusive modifications are always available. Please contact us prior to your child's first lesson.

Register: <https://atlantaplayball.com/schools>

Boys Club

Grades: 1st - 8th Grade

Class Description: Boys club will be geared towards helping form boys in 6th – 8th grade as mentors and examples of virtue for the boys in 1st – 5th grade. The middle school boys will help the younger boys prepare presentations and a few will be chosen each time to organize games for them. There will also be some opportunities to serve some communities in need.

- 3:00-3:30- LS boys outdoor play
- 3:30-4:30- LS and MS Boys' Club discussion
- 4:30- LS boys dismiss
- 4:30-5:00- MS boys outdoor play

Register: email Father Andrew at agronotte@holyspiritprep.org.

Cougar Hour Descriptions - Wednesday

ESP

Cougar Hour Descriptions - Thursday

Girls iFaith

Grades: 1st - 4th Grade

Description: iFaith / Challenge Jr. is a girls club for 1th – 5th grade girls to come together in faith, friendship, and fun, helping them to know, understand and love Christ, themselves, and others better.

Time: 3:15-5:00

Register: <https://bit.ly/HSPChallengeClub>

Girls ECyD Challenge:

Grades: 5th - 8th Grade

Description: ECyD Challenge is a girls club for 6th – 8th grade girls to come together in faith, friendship, and fun, helping them to know, understand and love Christ, themselves, and others better in order to experience the joy of spreading their faith through service projects.

Time: 3:15-5:00

Register: <https://bit.ly/HSPChallengeClub>

Cougar Hour Descriptions - Friday

Robotics

Grades: 3rd - 5th Grade

Description: The Stemtree Robotics program uses the wonder and genius of robotics to inspire students and help them learn engineering and robotics. Students will apply their knowledge and skills of basic science, model construction, computer programming, and problem solving to explore these topics. Our robotics program offers a structured, yet flexible curriculum that gives students a solid foundation and necessary skills to think critically, problem-solve, build solutions. It is both a perfect introduction to the world of robotics for younger students and an opportunity to expand the knowledge base of older students.

During each of our programs, we will assess each student's proficiency in robotics & engineering. Students will be placed in groups of two based on their school grade and results of the assessment (with students of similar skills placed together).

Students in 3rd grade will use Lego WeDo 2.0 kits provided by Stemtree to build and program their robots.

Students in 4th grade and higher will use Lego SPIKE Prime kits provided by Stemtree.

Visit www.stemtree.com/buckhead for more information.

Time: 3:00-4:00

Register: <https://www.hisawyer.com/stemtree-of-buckhead/schedules/activity-set/269593>

Program Cost – Program costs are as indicated and inclusive of student material (e.g., laptops, tablets, robotics kits, etc.), student progress binders, software, USB drives, and student assessments. Stemtree will provide all supplies that are needed to conduct Sessions.

Robotics

Grades: 6th - 8th Grade

Description: The Stemtree Robotics program uses the wonder and genius of robotics to inspire students and help them learn engineering and robotics. Students will apply their knowledge and skills of basic science, model construction, computer programming, and problem solving to explore these topics. Our robotics program offers a structured, yet flexible curriculum that gives students a solid foundation and necessary skills to think critically, problem-solve, build solutions. It is both a perfect introduction to the world of robotics for younger students and an opportunity to expand the knowledge base of older students. During each of our programs, we will assess each student's proficiency in robotics & engineering. Students will be placed in groups of two based on their school grade and results of the assessment (with students of similar skills placed together).

Students in 4th grade and higher will use Lego SPIKE Prime kits provided by Stemtree.

Visit www.stemtree.com/buckhead for more information.

Time: 3:30-4:30

Register: <https://www.hisawyer.com/stemtree-of-buckhead/schedules/activity-set/269594>

Program Cost – Program costs are as indicated and inclusive of student material (e.g., laptops, tablets, robotics kits, etc.), student progress binders, software, USB drives, and student assessments. Stemtree will provide all supplies that are needed to conduct sessions.