

Clubs @Ilan High School

SPRING SEMESTER

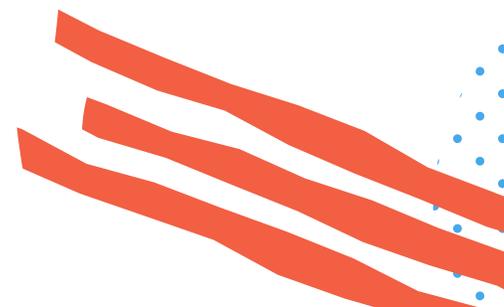
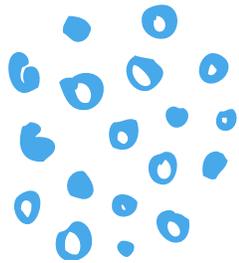
We are excited to announce the new list of Clubs that your daughter can choose from this semester. We are creating smaller classes and more choices to enhance our already successful Clubs period. Please review these options with your daughter tonight as the survey will go out tomorrow to the students. As a reminder, all students must choose their top five choices and we will try to accommodate the best we can!



KNITTING

Mrs. Betty Sitt

There are several basic skills involved in knitting. They are the stitches and methods that you will use in every project, and expand upon them for more difficult ones, Cast on, Knit stitch, Purl stitch, and Bind off. Over the course we will also discuss the terminologies associated with your project (Garter, Stockinette, Seed stitch, Rib). We will provide: Knitting needles, Ball of yarn, Supplies for a full project.



PODCASTING

Mrs. Rivka Grazi

Hit Central will bring all the equipment, (microphones, stands, headphones, junction box, PodCast Mixing station, Video camera, tripod, computer, stream deck and more). Each group of 4-8 students will produce at least one Episode of their Podcasts, professionally recorded and edited, with graphics, sound effects, theme music and more. These Podcast videos can be posted. Curriculum will cover: Knowing your audience, Picking a specific topic, Deciding on the members, Naming your show, Naming your Episode, Choosing graphics and opening music, Researching interesting points about the topic, Preparing questions and answers, Choosing a moderator, Intro and outro, How to actively listen & respond, Microphone technique & sharing, Choosing guests, Using a teleprompter, Editing, and Posting.



FIRST AID & CPR

Nurse Allison

In this serious, yet fun, course, students will learn the in-depth concepts of cardiopulmonary resuscitation, basics of first aid, using a defibrillator, choking relief, along with hands-on practice using mannequins and role playing. Students will then take the test and get their American Heart Association certification.



TOASTMASTERS

Mrs. Alegria Mamiye

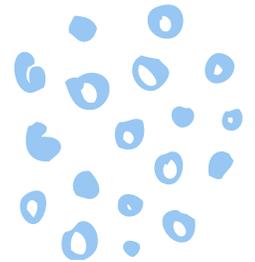
Using the Toastmasters Youth Education program designed specifically for teens, students will learn how to speak comfortably in public. This course also improves communication skills and builds leadership qualities. Participation in this club looks great on a college resume!



CARDIO TENNIS

Miss Grace

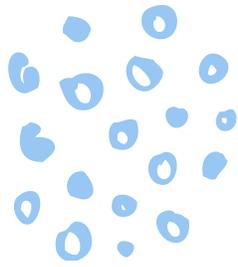
Cardio Tennis is a fun, sociable group fitness class with a tennis twist. This tennis workout is open to anyone - all ages and abilities! You'll get to hit lots of tennis balls during your class, build up your skills and work up a sweat.



BUSINESS STARTUP

Ms. Tina Desposito

Already have an idea of a business adventure? This small class will take a small number of students through the process from developing their idea, walking them through the process of starting up. Through guidance, students will be able to get their business idea up and running by semester's end.



SEWING

Tsirel Leah

Students will learn how to use a sewing machine; they will learn all about the tension in the threading, pivoting, and reversing. They will understand the basics of fabrics and be familiar with some terminology. The sewing project will be a tote bag with multiple pieces that will be fully lined with a pocket and straps.



HAIR DESIGN & STYLE



Learn about the five important principles of hair design: **proportion, balance, rhythm, emphasis, and harmony.** This course will teach you to cut, taper, blow, and style all hair types.

ISRAEL CLUB

Mrs. Alison Bar David

Take your love for Israel and put it into action! This empowering Club will allow you to plan and execute programs for honoring our relationship with Eretz yisrael. Want to be a Leader? You'll love this club! (Programs include Yom Haatzmaut and Yom Hazikaron,)



CAKE & COOKIE DESIGN

Mrs. Alexis Cohen

From baking delicious artisan desserts, decorating cookies and designing cakes, students will learn how to work with fondant, pipe royal icing, and add finishing touches on beautiful all-edible desserts.

CHESSED

Mrs. Shana Kozlowitz

Students will meet to brainstorm, train and organize visits and events for community seniors. We host bi-monthly luncheons with SBH seniors. Students gain immeasurably from visits with their adopted grandparent.



PHOTOGRAPHY

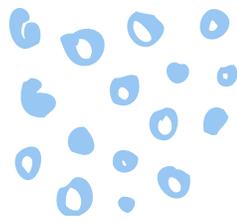
Mr. Josh Dehonney

This course covers basic concepts and practice of digital photography, including understanding and use of the camera, lenses, and other photographic equipment. The course will address aesthetic principles as they relate to composition, space, exposure, light and color. Students will also gain an understanding of how to use Adobe photoshop.



KOSHER KITCHEN

Mrs. Chaya malka



Open to seniors only, this class will focus on the laws and habits that go into creating a kosher kitchen and home. This course brings the halachot we learned over the past four years into real life application.

YOGA

Naomi Braka



In this highly requested course, students will learn basic yoga poses while increasing strength and flexibility while focusing on breath. Yoga is said to reduce stress, build strength, boost immunity, and improve mental health.

THE ART OF GAMES

Mrs. Melanie Tawil

Developing critical thinking and strategy, students will compete against one another tournament style weekly with different games learning a variety of skills necessary to succeed and win.

Games will include Backgammon, Chess, Blokus, Mastermind, Spit, Scrabble, Perpetual Motion and many

