



## SUNDAY COURSES

### CIS Hebrew for College Credit:

#### A Collaboration with the University of Minnesota

The College in the Schools Hebrew Program with the University of Minnesota offers you the opportunity to study Hebrew and earn college credits. Yachad offers five levels of college Hebrew - beginner, intermediate, and advanced levels. A placement exam decides your level. Enroll in three hours per week and complete assignments and assessments following the course syllabus. College level credits transfer to most colleges. More information about earning college credit can be found on the Yachad website. **Begins Wednesday, September 12<sup>th</sup>. Orientation for students and parents/guardians @ 7:00 pm.**

**Sundays & Wednesdays** (times vary) @ JCC

**9<sup>th</sup>-12<sup>th</sup> grades**

**Year-Long Course**

**\$2300 + \$200 materials fee**

*Placement testing will be available on August 30<sup>th</sup> between 1:00 and 4:00 pm or by appt.*

*\*Minimum 5 students per class*

### HaZamir:

#### The International Jewish High School Choir

Join your peers to make beautiful music together in this unique choir. This musical opportunity brings together teens of all ages and skills to sing and harmonize with one another. Local chapters across the country and the world practice the same Jewish choral pieces. All of the chapters join together in the spring for a festival and Gala Concert in New York City. *Trip dates are March 28 - April 1st, 2019.* **Begins Sunday, September 16<sup>th</sup>. All new students will audition between 11:30 am-12:30 pm followed by a student and parent/guardian orientation, and a short rehearsal until 1:30 pm.**

**Sundays 12:30-3:00 pm @ Beth El Synagogue**

**9<sup>th</sup>-12<sup>th</sup> grades**

**Year-Long Course**

**\$2000 + \$170 international dues paid independently,**

*includes all travel costs*

*\*Minimum 6 students*

## WEDNESDAYS: YEAR-LONG COURSES

### Moot Beit Din/Jewish Law

Argue a modern day court case using Jewish text. Use critical thinking skills and apply *Halakhah* (Jewish law) to the case. You will present written and oral arguments and defend your conclusion for a panel of judges at a national competition at the American Hebrew Academy in Greensboro, North Carolina. *Trip dates are April 4 – April 7<sup>th</sup>, 2019.*

**Wednesdays 7:00-8:00 pm @ JCC**

**11<sup>th</sup>-12<sup>th</sup> grades**

**Fall & Winter terms**

**\$1800 includes instruction + all travel costs**

*\*Minimum 4 students; maximum 8 students*

### Seeds of Justice Fellowship

Stand up and make a difference! Join other teens to create your own Social Justice League. Become social justice leaders as you learn the skills necessary for bringing about social change. You will participate in real world application as you create and implement a self-selected advocacy campaign.

**Wednesdays 7:00-8:00pm @ JCC**

**9<sup>th</sup>-12<sup>th</sup> grades**

**Year-Long Course**

**Cost TBD**

*\*Minimum 8 students*



## WEDNESDAYS: FALL TERM

### Jews in Journalism

Study with several of our own local Jewish journalists and TCJewfolk about the art of relating the news. Learn the components and structure of news stories. Practice composing your own stories. Discuss how this structure affects the ways news is presented and consider how this method of organizing information may be of use in written communication (like school work) that is not news-related.

Fall term - students can receive help with the application to 'Rising Voices Fellowship', a leadership development program for female-identified teens who have a passion for writing, and a strong interest in feminism and Judaism, particularly as they relate to social justice.

Spring term - students have the option of applying for a summer internship with TCJewfolk.

**Wednesdays 6:00-7:00pm @ JCC**

**9<sup>th</sup>-12<sup>th</sup> grades**

**Fall or Spring term**

**\$150 per term**

*\*Minimum 6 students*

### Power, Privilege & Responsibility

One's power and privilege shapes one's understandings, relationships and involvement in social justice and activism. How did systems and personal experiences of power, privilege and responsibility affect individual relationships between American Jews and African Americans during the civil rights era? How do power and privilege operate in contemporary movements and in your own lives? As part of this class we will see the movie 'BlackKlansman' together and attend the speaking engagement at Beth El on October 25<sup>th</sup> with Ron Stallworth, the black detective who infiltrated the klan.

**Wednesdays 6:00-7:00pm @ JCC**

**9<sup>th</sup>-12<sup>th</sup> grades**

**Fall term**

**\$150**

*\*Minimum 6 students*

## WEDNESDAYS: WINTER TERM

### In Our Own Voices

Are you interested in becoming a history maker? Have you ever thought "I should really write that story down that Grandma just told me"? This class is a how-to guide for conducting life history interviews with American Jewish women. In this class you are invited to become "makers of history" by using oral history to capture and preserve the stories of your mothers and grandmothers, teachers and colleagues, community members and friends. *Class adapted from the Jewish Women's Archive.*

**Wednesdays 6:00-7:00pm @ JCC**

**9<sup>th</sup>-12<sup>th</sup> grades**

**Winter term**

**\$150**

*\*Minimum 6 students*

### Mental Health & You - in collaboration with JFCS

*"Mishnah, Pirkei Avot 2:4 tells us "Do not separate yourself from the community," and yet often families dealing with these challenges isolate because they don't feel invited to engage with their community over these issues. It is the responsibility of our leadership to create a culture where addiction and mental illness are not taboo subjects." Marla Kaufman, Founder, Jewish Addiction Awareness Network*

This class will explore common mental health conditions, provide support, build connections, increase wellbeing and resilience, and learn about reducing the stigma around mental health. Often times when we know someone, a friend or family member who is experiencing a mental health crisis, we don't know where to find the resources to understand or be helpful. This class will address these and several other important topics.

**Wednesdays 6:00-7:00pm @ JCC**

**9<sup>th</sup>-12<sup>th</sup> grades**

**Winter term**

**\$150**

*\*Minimum 6 students*



## WEDNESDAYS: SPRING TERM

### Girls in Trouble

This condensed version of the Girls in Trouble curriculum, a project by Alicia Jo Rabins, is based on Alicia's indie-folk song cycle of the same name, and follows individual women through their stories in the Torah. In each lesson, students are encouraged to engage with both the Torah text and Alicia's songs, to consider the story's relevance to their own lives, and to generate their own creative interpretations. This curriculum brings Biblical women to life, demonstrating the power of these often under-studied stories, and highlighting the ways in which they can help us navigate our own complicated lives.

**Wednesdays 6:00-7:00pm @ JCC**

**9<sup>th</sup>-12<sup>th</sup> grades**

**Spring term**

**\$150**

*\*Minimum 6 students*

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**Wednesdays 6:00-7:00pm @ JCC**

**9<sup>th</sup>-12<sup>th</sup> grades**

**Fall or Spring term**

**\$150 per term**

*\*Minimum 6 students*

## WEDNESDAYS:

### Sacred Studies & Community Building

#### Ayeka - Developing Your Own Personal

#### Relationship with God

Where are you? Ayeka does not profess to hold the answers. Every person's challenge is to seek and provide answers for themselves. In the Garden of Eden, when Adam was asked the question "Ayeka", he hid. This struggle of the first human being presents us with an eternal paradigm of human nature. At times it is difficult to be fully present in our own lives. Ayeka enables each individual to search for their own authentic answer to the question "Where are you?" We believe that engaging the question of Ayeka is a springboard for personal and spiritual growth.

**Wednesdays 7:00-8:00pm @ JCC**

**9<sup>th</sup> grade only**

**Fall, Winter and/or Spring terms**

**\$150 per term**

*\*Minimum 6 students*

#### 10th grade Confirmation

#### Sacred Study with Rabbis: Adath & Beth El

**Wednesdays 7:00-8:00pm @ JCC**

**10<sup>th</sup> grade only**

**Year-Long Course**

**\$360 per year**

*Students studying with Rabbis from Bet Shalom, Shir Tikvah & Temple Israel are hosted in home synagogues*

#### Passage Works

Passage Works provides a safe space for juniors and seniors to recognize, explore and honor the changes taking place in their lives. Through guided discussions, teens address the commonality and normality of their concerns. Students reflect on the impending changes - of childhood, friends, mentors, family and hometown while preparing for the excitement of the adventure of a new life and new friends.

**Wednesdays 7:00-8:00pm @ JCC**

**11<sup>th</sup>-12<sup>th</sup> grades only**

**Fall, Winter and/or Spring terms**

**\$150 per term**



## SPECIALTY EXPERIENCES

### Making the World a Better Place:

#### An Alternative Spring Break

We are excited to offer an alternative spring break program with Habitat for Humanity and AmeriCorps. While enjoying time off from school, we make a difference volunteering alongside future homeowner families, learning about poor living conditions and how decent, affordable housing builds strength, stability and self-reliance for those families. This unique one-week volunteer program runs from Monday-Saturday night, and culminates at a University Hillel for Shabbat services, dinner and reflection. Alternative spring break allows us to travel, meet new people and feel the satisfaction of working to improve a community - and lives. No experience is needed to volunteer. While we will have lots of fun at Habitat, please remember that it is a working/volunteering trip. Only register if you are interested in doing significant work while making a difference. *The class will meet twice in October and then again in March. Meeting dates and times TBD by the teens. Trip dates are April 1 – April 6<sup>th</sup>, 2019.*

**10<sup>th</sup>-12<sup>th</sup> grades** (must be 16 years old at time of trip)

#### Spring term

**\$1800** includes coursework to prepare + estimated cost of trip

*\*Minimum 6 students; maximum of 10 students*

### J-Serve: Sunday April 7<sup>th</sup>, 2019

#### International Day of Jewish Youth Service

Since 2005, J-Serve has provided teens with a unique opportunity to band together through service as a united global network committed to fulfilling the Jewish values of *gemilut chasidim* (acts of loving kindness), *tzedakah* (just and charitable giving), and *tikkum olam* (the responsibility to repair the world). Every year, Jewish teens worldwide join each other on this special day and throughout the spring to make their community and the world a better place.

Youth groups including BBYO, NIFTY and USY will collaborate to see Minneapolis youth participate in this day of service.

*\*J-Serve is a collaborative effort run by BBYO in partnership with GOOD DEEDS DAY, REPAIR THE WORLD, and YSA's GLOBAL YOUTH SERVICE DAY.*

### Sunday, April 7<sup>th</sup>, 2019

#### 9<sup>th</sup>-12<sup>th</sup> grades

**\$36** includes multiple service sites, round-trip transportation from JCC and mentorship

*\*Minimum 20 students*

### Peer Leadership Fellows

This program is designed to enrich our teens' Jewish identity and knowledge, as well as train and empower teens to be communal connectors. Fellows reimagine how they can develop meaningful relationships with their peers, connecting those peers to the array of opportunities available to Jewish teens in this community and beyond. Fellows meet monthly, building a team of leaders helping to strengthen their community and each other. Each Fellow serves as a resource for those that are uninvolved or marginally engaged. Fellows must apply and be nominated by clergy, youth director or community leader. *Meeting dates and times TBD by the group. Meets Monthly. First meeting: Sunday, October 7<sup>th</sup>, 4:00 pm @ YUM! In St. Louis Park.*

### 11<sup>th</sup>-12<sup>th</sup> grades

#### Year-Long Course

**No Cost.** Fellows receive a stipend for active participation

*\*Maximum 10 students*