



# HOLY SPIRIT

PREPARATORY SCHOOL

Dear Lower and Middle School Families,

Below are the Cougar Hour activities available to Lower and Middle School students for the second semester of the 22-23 school year.

Should you wish to register your child for any Cougar Hour activity, please scroll down to the Cougar Hour Registration Information for the classes that are currently available. Here you'll find the registration links and/or contact information for the clubs. Registration is required to attend and additional fees apply for many of them. Please note that registration, and fees should they apply, are with the vendor and not through HSP. You may contact the vendor directly should you have any questions about your registration and/or payments.

Our Extended School Program (ESP) continues to be available during this time as well. ESP runs from the conclusion of afternoon carpool to 6 pm. Please be sure to register should you plan to make regular use of the program.

**In addition, ESP is looking for any parents, or someone they may know, that could be interested in assisting with supervision for the program. The hours would be from 4-6 pm, Monday-Friday. This is a paid position. If this is of interest to you or someone you know, please reach out to Pete Radosta ([pradosta@holyspiritprep.org](mailto:pradosta@holyspiritprep.org)) and/or John Angelle ([jangelle@holyspiritprep.org](mailto:jangelle@holyspiritprep.org)) for more details. Thank you for considering!**

Should you have any questions about ESP throughout the second semester, please contact Mrs. Maria Insalaca at [minsalaca@holyspiritprep.org](mailto:minsalaca@holyspiritprep.org) or Mr. Pete Radosta at [pradosta@holyspiritprep.org](mailto:pradosta@holyspiritprep.org)

Should you have any questions about any of the particular Cougar Hour activities, please contact Mr. Angelle at [jangelle@holyspiritprep.org](mailto:jangelle@holyspiritprep.org) or reach out to the vendors directly.

Kind regards,  
John Angelle  
Lower and Middle School Assistant Principal

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**Addendum regarding Gymnastics:**

The Heart of the gym is in Owner & Founder, Kamilah Jones-Norman (Coach K). She created Airborne Gymnastics Club USA in 2016 to be a mobile and boutique style gym offering quality recreational & competitive gymnastics training while developing positive self esteem & the life skills of responsibility & good work ethic.

Coach Kamilah comes with a lifetime of gymnastics experience! Having trained at one of the top gyms in the nation alongside Olympic gymnast, Jordyn Weiber combined with her 18 years of coaching, Kamilah has a huge heart for developmental level gymnastics!

Coach K teaches excellent foundational skills in young gymnasts along with positive life skill motivation! She is also an experienced Floor Choreographer, strength & conditioning specialist & USAG professional instructor!

\*Parents, please feel free to exercise the option of paying the fee in two installments. If choosing to do so, please just leave a note in the comments when registering. **Also, see the Airborne flier attached below.**

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**22-23 Cougar Hour Activities - Second Semester**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Kindergarten</b>	ESP Gymnastics Spanish Club	ESP	ESP Sewing Club	ESP	ESP

<b>1st Grade</b>	ESP Gymnastics Spanish Club	ESP Boys' Club	ESP Sewing Club	ESP Girls Challenge Club Jr.	ESP
<b>2nd Grade</b>	ESP Gymnastics Spanish Club	ESP Flamenco Rhythm and Dance Boys' Club	ESP Sewing Club	ESP Girls Challenge Club Jr.	ESP
<b>3rd Grade</b>	ESP Gymnastics Spanish Club	ESP Flamenco Rhythm and Dance Boys' Club	ESP Sewing Club Upper Elementary Choir	ESP Girls Challenge Club Jr.	ESP
<b>4th Grade</b>	ESP Gymnastics Spanish Club	ESP Flamenco Rhythm and Dance Boys' Club	ESP Sewing Club Upper Elementary Choir	ESP Girls Challenge Club Jr.	ESP Girl Scouts (every other Friday)
<b>5th Grade</b>	ESP Gymnastics Spanish Club	ESP Flamenco Rhythm and Dance Boys' Club	ESP Sewing Club Upper Elementary Choir	ESP Girls Challenge Club	ESP Girl Scouts (every other Friday)
<b>6th Grade</b>	ESP Gymnastics	ESP Boys' Club	ESP	ESP Girls Challenge Club	ESP

<b>7th Grade</b>	ESP Gymnastics	ESP Boys' Club	ESP	ESP Girls Challenge Club	ESP
<b>8th Grade</b>	ESP Gymnastics	ESP Boys' Club	ESP	ESP Girls Challenge Club	ESP

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### Cougar Hour Registration Information

#### **ESP**

**Grades:** Kindergarten - 8th Grade

**Description:** The Lower and Middle School Extended School Program (ESP) provides safe and enriching activities for Kindergarten to 8th grade students after dismissal. The program operates daily from 3:00pm-6:00pm. All students participating in ESP must be registered.

**Start Date and Term:** Monday, August 15, 2022 through the end of the school year

**Time:** 3:00-6:00

**Fee:** Fees apply, information included in registration link

**Register:** <https://payit.nelnet.net/form/WeWVywUW>

**Spanish** \*Flier below

**Grades:** Kindergarten - 5th Grade

**Location:** Room 216

**Description:** Your child will love Brilliant Bilingual's fun Spanish program! Open to K-5 students of all proficiency levels, the Spanish Café uses authentic speaking and literacy activities to help students express information about themselves and about the world around them in Spanish!

¡Gracias y hasta pronto!

**Start Date and Term:** Monday, January 23rd - May 8th

**Time:** 3:00-4:00

**Fee:** Fees apply, paid directly to the vendor. \$395 for the semester (\$51.35 deposit required, in the link select the “pay in installments” option on the checkout page. Make a payment of \$51.35. Once enough students are registered for the class, your account will be debited the remainder of the \$395 fee. Should the class not get enough students, your deposit will be refunded to your method of payment.”

**Register:** <https://www.care.com/connect/brilliantbilingual/series/79361-holy-spirit-preparatory-academy-sp-anish-cafe-spring-2023>

### **Boys Club**

**Grades:** 1st - 8th Grade

**Location:** Fr. Andrew's Room

**Description:** Boys club will be geared towards helping form boys in 6<sup>th</sup> – 8<sup>th</sup> grade as mentors and examples of virtue for the boys in 1<sup>st</sup> – 5<sup>th</sup> 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.

**Time:** 3:00-4:00

**Start Date:** Tuesday, January 10th

**Register:** <http://evite.me/zYC41ySgEB>

**Link for parent volunteers to donate snacks:** [Link HERE](#)

### **Flamenco Rhythm and Dance** \*Flier below

**Grades:** 2 - 5th Grade

**Location:** Cafetorium

**Description:** Flamenco rhythm and dance classes are for boys and girls in grades 2-5 at Holy Spirit Preparatory School. Students explore cultural and emotional expression while exercising their bodies. The minds also get to work to coordinate the body and memorize movement sequences. Perhaps the thing that brings the biggest smiles will be the rhythm exercises, which are puzzles embodied. You might just hear your kids rattling out their soniquete at home after a few classes!

**Time:** 3:00 - 4:00

**Program Cost:** Fees apply, paid directly to the vendor (\$200 for 12 classes)

**Start Date and Term:** Tuesday, January 10th

Register: Contact Julie Galle, [julie@berdole.com](mailto:julie@berdole.com) or [julie\\_galle@yahoo.com](mailto:julie_galle@yahoo.com)

404-277-1499 (no text messages, please) or go to the link: <https://www.berdole.com/hsp/>

### **Girls Challenge Club Jr.:**

**Grades:** 1st - 4th Grade

**Location:** Room 112

**Description:** Girls Challenge Jr. is a club for 1st – 4th 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

**Start Date:** Thursday, January 12th

**Register:** Please email Ms. Elizabeth Stromberg for more information at [estromberg@regnumchristi.net](mailto:estromberg@regnumchristi.net)

### **Girls Challenge Club:**

**Grades:** 5th - 8th Grade

**Location:** Room 216

**Description:** Girls Challenge Club is a club for 5th – 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

**Start Date:** Thursday, January 12th

**Register:** Please email Ms. Elizabeth Stromberg for more information at [estromberg@regnumchristi.net](mailto:estromberg@regnumchristi.net)

### Girl Scouts

**Grades:** 4th and 5th Grade

**Location:** Fish Bowl (Room 216 if raining)

**Description:** Every Girl Scout has their own curiosity, dreams, and talents—so when they come together to decide which of the thousands of Girl Scout activities to try, the sky's the limit. Whether visiting an animal shelter, camping, hosting a dance-off, or filming a movie—they're learning to take risks, trust their gut, and team up with others for good.

**Time:** 3:00-4:00

**Start Date:** Friday, January 7th

**Register:** Please contact Meghan Pietrantonio for more information at [meghan.pietrantonio@gmail.com](mailto:meghan.pietrantonio@gmail.com)

### Gymnastics

**Grades:** Kindergarten - 8th Grade

**Location:** Cafeteria

**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:** Fees apply, paid directly to the vendor (\$325 for the semester)

**Start Date and Term:** Monday, Jan. 16th - March 31st

**Time:** 3:00-4:00

**Register:** [airbornegymatl.com](http://airbornegymatl.com)

### Sewing Club

**Grades:** Kindergarten - 5th Grade

**Location:** TBD

**Description:** K and 1st graders can take part in “Sew Plush,” learning about Hand Sewing which is a great skill that strengthens eye and hand coordination. Students will create a valentines themed pillow, a cloud

stuffies, a stuffed gumball plushie and other fun and wearable projects that will have a special sewing technique. All students will learn the whip stitch, running stitch, and more. All supplies are included in your fee.

2nd - 5th graders can take part in "Sew It All." Sewing is a great way to learn valuable life skills such as creativity, perseverance, self confidence, and patience. Our class will focus on learning the fundamentals of sewing by machine. Students will create 3-5 guided sewing projects that include home, apparel, accessories and play. Students will create a Valentines pillow, Hanging Cloud Room Decor, Fun floor Mat and more. Some of the skills learned are hemming, top stitching, encasing elastic, and mastering straight seams. All Supplies such as fabric and notions are included in your fee.

**Fee:** Fees apply, paid directly to the vendor (\$385 for the semester)

**Start Date and Term:** Wednesday, January 11th

**Time:** 3:00-4:00

**Register:** <https://forms.gle/8KdCahwtd3WQDHby9>

### **Upper Elementary Choir**

**Grades:** 3rd - 5th Grade

**Location:** Choir Room

**Description:** This class will serve as a semester-long introduction to Choir for students in grades 3-5.

Attendance in the club will be mandatory as students will be preparing for a performance on May 3<sup>rd</sup>.

**Fee:** \$50 (Covers the cost for sheet music and license rights)

**Start Date and Term:** Wednesday, January 11th

**Time:** 3:15-4:00 pm

**Register:** Please contact Mrs. Lagomasino ([alagomasino@holyspiritprep.org](mailto:alagomasino@holyspiritprep.org)) to register and for payment information.

**Please note:** The following offering from STEMTREE is NOT held on HSP's campus. A discounted rate is being offered by STEMTREE in partnership with HSP. The STEMTREE center is next to Kroger in the Long Island Shopping Center on the corner of Long Island Drive and Roswell Road. An employee of Stemtree walks over to receive the students from HSP and walks them over to the center. Parents are to pick up their students from STEMTREE at the conclusion of the class.

**STEMTREE** - Science, Technology, Engineering, and Mathematics Center

**Grades:** 1st - 8th Grade

**Location:** The STEMTREE center is next to Kroger in the Long Island Shopping Center on the corner of Long Island Drive and Roswell Road at 4920 Roswell Rd, Suite 15, Atlanta 30342.

\*An employee of Stemtree walks over to receive the students from HSP and walks them over to the center. Parents are to pick up their students from STEMTREE at the conclusion of the class.

**Description:** Science, Technology, Engineering, Mathematics and Robotics.

**Time:** 3:00-4:00

**Program Cost:** Fees apply, paid directly to the vendor. The center is offering a 15% discount on the regular course price, as well as waived enrollment fee for any families of HSP.

**Register:** Visit the website, <https://stentree.com/buckhead/>, or contact them at [buckhead@stentree.com](mailto:buckhead@stentree.com) or 678 819 2386.





## HOLY SPIRIT PREPARATORY SCHOOL (LOWER SCHOOL)

Afterschool Spanish Club

### GIVE YOUR CHILD THE BILINGUAL ADVANTAGE

Brilliant Bilingual is proud to bring our fun-filled Spanish Café to Holy Spirit Preparatory School. Our programs equip children with the language skills needed for success in today's global economy.

No prior Spanish required. Sign up today! It's time to shine in a new language!

**ENROLL NOW!**

at

[www.brilliantbilingual.com](http://www.brilliantbilingual.com)

Spaces limited

### SPRING 2023 PROGRAM DETAILS

- Program cost: \$395/semester\*\*
- Day/time: Mondays, 3:10-4:00pm
- Open to grades: K-5
- Club starts Monday, January 23, 2023
- Fun and interactive language learning
- Online home practice activities included
- Hands-on art, music and virtual reality field trips
- Easy online enrollment- all major credit cards accepted

\*\* When going through purchasing process, please select the "Pay in installments" option under the "Price" section.

# FLAMENCO

Rhythm & Dance on TUESDAYS in

Grades 2-5



No experience required

Students learn basic technique & rhythm  
and a short choreography

Explore cultural & emotional expression

No special dance gear required

\$200/12 classes

Taught by Julie Galle, flamenco dancer  
& teaching artist

[www.berdole.com/hsp](http://www.berdole.com/hsp)





# GYMNASTICS AFTER SCHOOL ENRICHMENT

*at Holy Spirit Prep*  
Classes take place at your school!

**Spring Session**

**January 16th - March 27th**

Registration is open now.

*"Stop saying I Wish & Start saying I Will."*



**Mondays**

**Grades K-8th  
3:10-3:50**

**\$325 per Session**



**To Sign Up:**

Visit [www.airbornegymatl.com](http://www.airbornegymatl.com)

Select "View Class Schedule"

Scroll to "Holy Spirit"

Select "Register"