

Extracurricular Activities, 2022-2023

Senior Chorale (9th to 12th grade) - Open to all students

Place: Evangelical Presbyterian Church, 308 Possum Park Road, Newark

Director: Ira Rodrigues

Rehearsal Day/Time: Monday Evenings, 6:30 – 8:30 p.m.

Date: Fall semester starts September 12, 2022 (the Christmas concert will be on Monday evening, December 12 with a dress rehearsal on Friday, late afternoon, December 9)

Fees:

Registration Fee: \$90.00/semester

Music deposit: \$20/semester refunded when music is returned

Uniform Costs (one time only):

Ladies' uniforms approximately \$70

Gentlemen's uniforms approximately \$30

Credit: ¼ credit per semester

Mt. Sophia Academy Chorale is a non-auditioned ensemble open to all students in grades 9 through 12. We aim to equip our students to maximize their musical potential through choral singing. We will cover advanced concepts in vocal production including breathing, phonation, diction, foreign languages and expression. Students will be exposed to a variety of choral literature from different styles, periods, genres and languages. There will be a concert at the end of each semester where the students will have the opportunity to share their musicality and achievements. Students do NOT need to be enrolled in Mt. Sophia Academy in order to participate in Senior Chorale. Our choir members will also have the opportunity to audition for the Delaware All-State Choir.

If you have a student who enjoys singing, the Chorale may be just what you're looking for, and you'll find the Monday evening practices are also a wonderful time for your son or daughter to make new friends!

Very Important: There are two forms that need to be completed which can be found on the school's website: mtsophia.com (under the Forms tab). In order for the director to be able to prepare we are asking that the forms and payment be **mailed or dropped off to the Mount Sophia office this summer** (the earlier the better). Checks should be made out to "Mt Sophia Academy". You can contact the office at mtsophiahs@yahoo.com for the summer office hours and directions. The school's mailing address is Mount Sophia Academy, PO Box 9925, Newark, DE 19714-5025

Any questions can be addressed to the choir manager, Lisa Teodoro, at lisafriess@yahoo.com or to the director, Ira Rodrigues, at irailda_eneli@yahoo.com.br

Concert Choir (4th to 8th grade) - Open to all students

Place: Evangelical Presbyterian Church, 308 Possum Park Road, Newark

Director: Debra Arnold

Rehearsal Day/Time: Monday Evenings, 6:30 – 8:30 p.m.

Date: Fall semester starts September 12, 2022 (the Christmas concert will be on Monday evening, December 12 with a dress rehearsal on Friday late afternoon, December 9)

Fees:

Registration Fee: \$70.00/semester

Music deposit: \$20/semester refunded when music is returned

Mt. Sophia Academy Concert Choir is a non-auditioned ensemble open to all students in grades 4 through 8. We aim to equip our students to maximize their musical potential through choral singing. We will cover fundamental music reading skills, singing in parts, expression, foreign languages, instrument accompaniment skills and physical singing techniques. Students will be exposed to a variety of choral literature from different styles, periods, genres and languages. There will be a concert at the end of each semester where the students will have the opportunity to share their musicality and achievements. Students do NOT need to be enrolled in Mt. Sophia Academy in order to participate in Concert Choir. Our choir members will also have the opportunity to audition for the Delaware Junior All-State Choir.

If you have a student who enjoys singing and music, the Concert Choir may be just what you're looking for, and you'll find the Monday evening practices are also a wonderful time for your son or daughter to make new friends!

Very Important: There are two forms that need to be completed which can be found on the school's website: mtsophia.com (under the Forms tab). In order for the director to be able to prepare we are asking that the forms and payment be **mailed or dropped off to the Mount Sophia office this summer** (the earlier the better). Checks should be made out to "Mt Sophia Academy". You can contact the office at mtsophiahs@yahoo.com for the summer office hours and directions. The school's mailing address is Mount Sophia Academy, PO Box 9925, Newark, DE 19714-5025

Any questions can be addressed to the director, debdoremi@gmail.com or the manager, Barb Varnell, at dbvarnell@comcast.net

Math League - Open to all home schoolers

Teacher: Anna Hight (eltinwe@comcast.net)

Cost: ~ \$35/year

Dates and Times: The following Thursdays from 3:30 – 4:30 September 15, September 29, October 20*, November 3, November 17*, December 1, December 15*, January 12*, February 2, February 16*, March 2, March 16*, March 30 (* dates are testing dates)

Place: All meetings will be held at the Mount Sophia building (Newark Church of Christ – 91 Salem Church Road – park in the back parking lot and come in through the glass double doors)

Description:

Math League is a club to supplement your regular math program, which provides opportunities for children to engage in creative problem solving activities while developing a child's ability to reason, to be logical, to be resourceful, and occasionally to be ingenious.

Our goals for Math club participants include:

1. developing enthusiasm for problem solving and mathematics
2. deepening the understanding of mathematical concepts and strengthening the ability to use these concepts
3. considering concepts they might not otherwise encounter
4. enriching experiences in intellectually stimulating and significant mental activities
5. building a stronger foundation for assessments and for future mathematics studies

We will also explore problem solving strategies and how to choose the best strategy for any given problem when there are several successful possibilities. This class will involve required participation, and be primarily solving math problems individually and as a team, exploring as many methods and approaches as possible.

Like most worthwhile goals, there is no easy road to becoming a capable problem solver. You must first recognize that this is an important and desirable goal, and that it may take considerable time and effort to realize it. The more time and effort invested, the more one is likely to learn.

Your student will practice bi-weekly for six contests, monthly from October/November to March. Being able to solve a difficult problem is one of the most satisfying experiences one may have. On the other hand, struggling with a difficult problem should indicate to your child that he or she has found something worthwhile and new to learn. This should be viewed as a challenge and an opportunity to grow. Learning how to solve a problem and to understand its underlying mathematical concepts are the most important goals of mathematics education. Awards for each team will be given out at the end of the school year.

Science Olympiad Team- Open only to MSA diploma students grades 9 – 12

Coach: Kathy Martin

Credit: none, but participation can help to level up a MSA science class (see your science teacher for details)

Cost: \$50/ year (scholarships for team membership will be considered upon request)

Meeting: TBD—team meetings are typically held in the late afternoon on Monday or Thursday, usually no more than once per month, from September to the beginning of March (Can't make it during this time? You can still participate. Contact Mrs. Martin.)

In addition, students must meet regularly with event partners to work on their events (once a week or once bi-weekly per event).

Description:

Science Olympiad is a fun and exciting competition which is open to anyone who is curious about science. Students prepare for and practice their events for months in advance of the actual competition day. Science Olympiad is NOT a science fair! Instead, Science Olympiad is a nationally recognized competition in which a team of up to 15 students work as partners to fill a schedule of 24 events drawn from all the fields of science. Events range from traditional laboratory events (such as Chem Lab or Forensics), to events in which a device is built ahead of time and then tested at the competition (such as bottle rockets, mouse-trap vehicle, or rubber-band powered airplanes), to paper-and-pencil "study" events (such as astronomy, anatomy & physiology, or rocks& minerals). Each student may participate in as few as one event or as many as five events. Students usually work with a partner but may on occasion work alone. Long before the day of competition, students are assigned to events (based on their preferences) and practice for their events. A brief description of this year's events can be found on the national website at soinc.org/events/2023-division-c-events.

The Delaware Science Olympiad competition is typically held on the first Saturday in March at Delaware State University in Dover. Sixty high schools from all over Delaware compete in the day-long tournament. Medals are awarded to the top ten finishers in each event. The team which finishes first overall advances to the national competition. Because Science Olympiad is nationally known and respected, Science Olympiad looks really good on a student transcript even if no medals are earned!

Prior participation in Science Olympiad or in particular science classes is not necessary. As per national rules, our team members must be enrolled in the Mt. Sophia diploma program and be in grades 9-12. They should be enthusiastic, committed, curious and self-motivated! Although a coach will help students find study materials, answer questions as they arise, and guide students through the process, preparation is student-driven. The student must independently pursue preparing for events in conjunction with a partner. The coach is not teaching the material.

Not sure about Science Olympiad? Check out the information display in the tank, talk to Mrs. Martin, and attend the information meeting. Typically around the end of first quarter, students will fill out applications to be on the team, indicating the events that they'd most like to do. By mid to late October, students will be assigned partners and

events. Students are expected to practice with their partner *at least* twice a month per event in the fall and once a week during winter. Practice can be done at school or elsewhere. Come join the fun!

Rhetoric Team (8th-12th grade) - Open to all home schoolers

Teacher: Barb Varnell, dbvarnell@comcast.net

Cost: \$25/year

Credit: ¼ credit for the entire year

Meets: The following **Wednesdays** from **2 to 3:30** at MSA (Newark Church of Christ) – September 14, October 12, November 16, December 14, January 11, February 1, March 1, March 29, and May 3

Optional competitions will be held on Wednesday afternoon February 15 and April 26

Description:

Attention all high school students! Did you know that most colleges require a public speaking course at some point in your college career? In addition, if you go to ANY college for ANY major you WILL be doing some type of classroom presentations. You need to make sure you are comfortable speaking in front of people.

Even if you are not college-bound there is the possibility that you may have to teach Sunday School, go on a missions trip, present an idea before your boss, go into business for yourself, pray in front of people, or be called to give your testimony. All of these require speaking in front of others. Those people who do this well will be the people who become leaders and culture changers for Christ.

The Mount Sophia Academy Rhetoric Team (a fancy name for the speech team) is here to give you opportunities to learn how to feel more comfortable with speaking in front of people. The Rhetoric Team has a dual purpose- the first is to offer the students the opportunity to learn how to speak in front of people in a very low-key environment at its monthly meetings. We do this as a combination of teaching and fun speaking exercises. In our monthly meetings we train you in how to prepare speeches and presentations and practice exercises which will help desensitize you to speaking in public (while we have fun doing it). Even students who are scared silly have found that they can get comfortable with speaking before a group (some of them still may not like it, but they can do it).

The Rhetoric Team's second purpose is to offer the opportunity to participate in a number of different competitions (competitions look great on your high school transcript- especially public speaking ones). We will offer two optional competitions a year. These competition categories include humorous interpretation, dramatic interpretation, reader's theater, interpretation of children's literature, persuasive speeches, descriptive speeches, individual acting, duet acting, TV news team, and visual aid speeches.

Participation in speech related activities in high school is HIGHLY desirable to colleges. Colleges are looking for students to participate for MULTIPLE YEARS in the same activity, and the low-key nature of our team allows students to do this while fitting in all the academics they need.

The meetings include my teaching about some aspect of public speaking, but the bulk of the meeting consists of the students participating in various speaking exercises. Each student will do some type of speaking exercise(s) EVERY meeting; there will be plenty of opportunities during the school year for them to get comfortable with speaking in front of people even if they don't participate in the competitions. The exercises are not intense but meant to encourage each student to grow and become better. I only have a few rules for the team:

1. Everyone who is at the meeting MUST participated in the speaking exercises.
2. No talking when someone else is speaking up front (this includes using cell phones).
3. Everyone must smile and nod encouragingly at the speaker.

The team is a very supportive environment and includes students who have a variety of skill levels. I have students there who are literally shaking in their shoes the first time they get up and speak as well as students who have gone on to compete at the national levels in college (even one who has traveled around the world on the Air Force Academy debate team). We really have something for everyone! Most of my students participate each year they are in high school, which allows them to really improve (and looks good to colleges and scholarship committees).

The students who have participated have said that the team was one of the most valuable things they had done because they became comfortable being able to speak in any situation into which

God led them in life. We have seen students blossom from being terrified into confident speakers. All this in a supportive environment where everyone is rooting for you to succeed (because everyone is in the same boat- group suffering is a wonderful thing!)