

Homeschool Hub

North Regional YMCA



2024/2025 Course Catalog

Table of Contents

Program Overview	<u>3</u>
2024/2025 Calendar	<u>5</u>
Daily Schedule	<u>6</u>
Fall 2024 Schedule	<u>7</u>
Spring 2025 Schedule	<u>9</u>
Pathfinders (Ages 6-9) Course Descriptions and Supply Lists	<u>11</u>
Trailblazers (Ages 9-13) Course Descriptions and Supply Lists	<u>12</u>
Navigators (Ages 13+) Course Descriptions and Supply Lists	<u>15</u>
High School Hybrid Courses	<u>16</u>
Teacher Bios	<u>19</u>
Policies and Procedures	<u>20</u>
- Registration Policies	<u>20</u>
- What to Bring	<u>21</u>
- Family Involvement	<u>21</u>
- Arrival/Dismissal	<u>22</u>
- Health and Safety	<u>23</u>
- Behavior Expectations	<u>25</u>
Homeschool Administration	<u>27</u>
Contact Information	<u>27</u>
Financial Assistance	<u>27</u>
Schedule Planning Template	<u>28</u>

Homeschool Hub - Program Overview

Here at the Homeschool Hub, we partner with you to support your child's homeschool education. We provide engaging courses that enrich your homeschool student's development through opportunities to learn and grow in collaborative, hands-on classes. Our classes are capped at 15 students.

Official registration as a homeschooling student with the North Carolina Department of Education is required to participate in this program for all students 7 years old or older. We are unable to provide classes for students enrolled in public or private schools.

Our program aims to be an inclusive environment where all students can feel welcome and thrive. We train all of our teachers in meeting the needs of all types of learners, and we value parent partnerships to help meet the unique needs of each student.

Additionally, while the Y is a Christian organization, we utilize secular curriculum in our classes and serve families from a variety of faith traditions and cultural backgrounds.

The Y Mission

Our Mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Our Mission compels us to embrace, reflect and celebrate the richness of diversity within each other and the many communities we serve. In that Christian principles are caring and inclusive, we are respectful of various expressions of faith and serve families and individuals from all traditions, backgrounds and perspectives. Together, we work to ensure that everyone has the opportunity to reach their full potential with dignity at our YMCA.

The Y's Diversity and Inclusion Statement

To fulfill our Mission and purpose of strengthening our community for all, the YMCA of the Triangle is committed to being a multicultural, anti-racist and inclusive organization, fully leveraging our collective resources and impact to address social inequities.

Types of Classes

Semester-Long Enrichment Classes

These classes are designed to build understanding of the course topic throughout the semester. Each class operates for 14 weeks, meeting 1 day per week. Classes meet at our Camp Kanata campus Tuesdays/Thursdays and at our Kerr Family YMCA campus Wednesdays/Fridays.

Students must be enrolled in half-day blocks, and therefore students must choose either two 1-hour classes (AM half-day or PM half-day) or 4 1-hour classes (full-day). Any registrations that do not align with these schedule requirements will be dropped two weeks prior to the start of the semester.

Students who attend our full day program have the opportunity to participate in a supervised lunch/recess break in the middle of the program day. Currently, we only have capacity for our full day students to participate in our lunch/recess hour.

High School Hybrid Classes

These academic classes provide rigorous high-school level content, and are designed to provide the equivalent of year-long high-school courses. Courses have both an in-person and an online component, and students will be expected to attend class regularly and complete work outside of class.

Age Cohorts

Our classes are multi-age, but are divided among 3 different age cohorts. We do have some flexibility for students at the border between groups (age 6, 9 and 13). These students may take classes in either of the cohorts appropriate for their age, depending on what is in their best interest both socially and academically. If you have a question about what cohort is best for your student, feel free to reach out to Karmen Paterson to discuss.

There are no age exceptions for our High School Hybrid classes. Additionally, some classes are restricted to a narrower grade or age range to best meet the developmental needs of our students. **Please pay close attention to the class descriptions for more information.**

- Pathfinders - Ages 6-9
- Trailblazers - Ages 9-13
- Navigators - Ages 13-17

2024/2025 Calendar

Fall Semester	
Thursday, August 22, 2024	Fall Family Open House at Camp Kanata
Friday, August 23, 2024	Fall Family Open House at Kerr
Tuesday, August 27, 2024	First Day of Fall Semester
Monday, September 2, 2024	Closed for Labor Day
Friday, September 6, 2024	End of Fall Drop/Add Window
Monday, October 7-18, 2024	Fall Break
Monday, November 11, 2024	Closed for Veterans Day
November 25-29, 2024	Thanksgiving Break
Friday, December 20, 2024	Last Day of Fall Semester
Spring Semester	
Thursday, January 9, 2025	Spring Family Orientation at Camp Kanata
Friday, January 10, 2025	Spring Family Orientation at Kerr
Tuesday, January 14, 2025	First Day of Spring Semester
Wednesday, January 29, 2025	End of Spring Drop/Add Window
Monday, February 17, 2025	Closed for Presidents' Day
Wednesday, March 10-21, 2025	Spring Break
Friday, May 2, 2025	Last Day of Spring Semester
Friday, May 9, 2025	Student Showcase

Daily Schedule

Class Schedule

	Elementary, Upper School
8:15-8:50	Rides-In
8:50-9:00	Transition to Classes
9:00-9:55	Period 1
10:00-10:55	Period 2
10:55-11:00	Half Day AM Dismissal
11:00-11:55	Lunch/Recess
11:55-12:00	Half Day PM Arrival
12:00-12:55	Period 3
1:00-1:55	Period 4
1:55-2:15	Rides-Out

Fall 2024 Schedule

Tuesday

	Ages 6-9		Ages 6-12	Ages 9-13			Ages 13+		
9:00-9:55	Beginning Spanish		Discovery Labs	US Geography		9:00-10:55	U.S. History	Algebra	
10:00-10:55	Stories Around the World		Discovery Labs	Beginning Spanish					
12:00-12:55	Hands-on Math			Poetry Tea Time		12:00-1:55	Spanish I	Pre-Algebra	Art
1:00-1:55	Science Explorations 1			Writing Workshop					

Wednesday

	Ages 6-9	Ages 9-13	Ages 13+
9:00-10:55	Hands-on History	P.E.	
12:00-1:55	P.E.		Writing Workshop

Thursday

	Ages 6-9		Ages 6-12	Ages 9-13			Ages 13+		
9:00-9:55	Grammar for Beginners	Art		Math Foundations		9:00-10:55	English Literature	Geometry	
10:00-10:55	Nature Explorers			Literature Discovery	Art				
12:00-12:55	Music Appreciation		Theater Games & Improv	Creative Writing		12:00-1:55	Civics & Government	Biology	
1:00-1:55	Science Explorations 2			Music Appreciation					Performance Theater

Friday

	Ages 9-13	Ages 13+
9:00-10:55	Biology	Health & P.E.
12:00-1:55	Hands-on History	

Bold classes are priced as Specialty Classes

Spring 2025 Schedule

Tuesday

	Ages 6-9		Ages 6-12	Ages 9-13			Ages 13+		
9:00-9:55	Beginning Spanish		Discovery Labs	US Geography		9:00-10:55	U.S. History	Algebra	
10:00-10:55	Stories Around the World		Discovery Labs	Beginning Spanish					
12:00-12:55	Hands-on Math			Poetry Tea Time		12:00-1:55	Spanish I	Pre-Algebra	Art
1:00-1:55	Science Explorations 1			Writing Workshop					

Wednesday

	Ages 6-9	Ages 9-13	Ages 13+
9:00-10:55	Hands-on History	P.E.	
12:00-1:55	P.E.		Writing Workshop

Thursday

	Ages 6-9		Ages 6-12	Ages 9-13			Ages 13+		
9:00-9:55	Grammar for Beginners	Art		Math Foundations		9:00-10:55	English Literature	Geometry	
10:00-10:55	Nature Explorers			Literature Discovery	Art				
12:00-12:55	Music Appreciation		Theater Games & Improv	Creative Writing		12:00-1:55	Civics & Government	Biology	
1:00-1:55	Science Explorations 2			Music Appreciation					Performance Theater

Friday

	Ages 9-13	Ages 13+
9:00-10:55	Biology	Health & P.E.
12:00-1:55	Hands-on History	

Bold classes are priced as Specialty Classes

Pathfinders (Ages 6-9) - Course Descriptions and Supply Lists

Class Name	Semester	Pricing	Teacher	Description	Required Supplies
Art	Fall, Spring, or Both	Specialty	TBD	Students will develop their basic art knowledge and further develop techniques in art. Children will explore the great world of art using a variety of different art mediums. This unique learning experience places an emphasis on having fun while exploring creativity. Additionally the students will develop an understanding of the 7 elements of art.	
Beginning Spanish	Fall, Spring, or Both	Regular	TBD	Coming Soon!	
Grammar for Beginners	Fall, Spring, or Both	Specialty	TBD	Entry level for younger students teaching parts of speech, and basic editing such as capitalization, commas, breaking down basic sentence structures.	
Hands-on-History	Fall, Spring, or Both	Regular	TBD	Join this project-based history class where kids get a hands-on approach to learning about the ancient world. Students will participate in activities like arts and crafts, puzzles, experiments, simulations, and much more.	
Hands-on-Math	Fall, Spring, or Both	Regular	TBD	In this fun hands-on math class, students will develop their understanding of our number system and other foundational math concepts by exploring the way math works.	
Music Appreciation	Fall, Spring, or Both	Regular	TBD	Coming Soon!	
Nature Explorers	Fall, Spring, or Both	Regular	TBD	Using our beautiful outside spaces, students will explore the world around them. Students will develop their observational and critical thinking skills as they practice noticing, asking questions, and designing experiments or researching to find the answers. Students will journal (both writing and drawing) about what they observe and discover. This class will meet outside in most types of weather, so weather appropriate clothing is required, (including rain boots and rain jacket on days with light rain).	
Physical Education	Fall, Spring, or Both	Regular	TBD	Building good habits of health and wellness. Physical education will focus on body weight exercises, running form, and plyometrics. Children will learn fun games that focus on individual mastery and teamwork. The cool down will include nutrition education and self care.	
Science Explorations 1 or 2	Fall, Spring, or Both	Regular	TBD	Become a scientist as we work through a variety of labs touching on all subjects of science! Focus of the coursework will be teaching students the Scientific Method and how to apply it.	
Stories Around the World	Fall, Spring, or Both	Regular	Karmen Paterson	Students will travel around the world and learn about a variety of places through the experiences of characters featured in children's literature. Students will also develop their understanding of literary analysis by discussing the books they read, including the characters' traits, as well as the plot and setting of each story.	

Trailblazers (Ages 9-12) - Course Descriptions and Supply Lists

Class Name	Semester	Pricing	Teacher	Description	Required Supplies
Art	Fall, Spring, or Both	Specialty	TBD	Learners will focus on the elements and principles of art and design. Deeper exploration of the elements and principles will help to create the backbone of a student's art experience. Students will develop observation and technical skills in drawing, painting, printmaking, sculpture, and various other art mediums.	
Beginning Spanish	Fall, Spring, or Both	Regular	TBD	Coming Soon!	
Biology	Fall, Spring, or Both	Regular	Karmen Paterson	Using R.E.A.L. Science Odyssey Biology as a spine, students will learn Biology through instruction and hands-on activities and experiments. We will start with the building blocks of life and continue through all of the complexities that make up our natural world.	
Creative Writing	Fall, Spring, or Both	Regular	TBD	If there is a class that is not about rules, this is it. Here you are welcome to express yourself, give life to your big ideas, and write your heart out. Yet most of us know that writing, maybe especially when anything goes, can feel hard. So students will be provided with super-fun prompts and enough structure to make it easy to get started and just write. Expect a balance of sharing and imagining together along with quiet time to focus and get words on the page. There will be bountiful student choice and peer feedback within a respectful, supportive framework. We'll read a variety of authors and genres so we have mentors and models galore. Get ready to write stories, sure, but so much more: poetry, flash fiction, non-fiction, letters. Let's have a blast with words and ideas! [Rest assured that fall and spring semesters will cover different ground. Brand-new prompts and challenges and unexplored territory each semester and each week!]	
Hands-on History	Fall, Spring, or Both	Regular	Karmen Paterson	Join this project-based history class where kids get a hands-on approach to learning about the Classical Era of history including the Greeks, Romans, Persians, and Byzantine. Students will participate in activities like arts and crafts, puzzles, experiments, simulations, and much more. Most activities will take place during class, but each month students will expand what they are learning by completing research and a project at home, then presenting to the class.	
Literature Discovery	Fall, Spring, or Both	Regular	TBD	Coming Soon!	
Math Foundations	Fall, Spring, or Both	Regular	TBD	In this hands-on math class, students will use manipulatives to explore the "why" behind our number system and develop a deeper understanding of the way math works. Concepts discussed will include: understanding relationships within the base 10 number system, modeling word problems to understand and solve, and a deep dive into the connections between whole numbers, fractions, and decimals.	

Music Appreciation	Fall, Spring, or Both	Regular	TBD	Coming Soon!	
Physical Education	Fall, Spring, or Both	Regular	TBD	Building good habits of health and wellness. Physical education will focus on body weight exercises, running form, and plyometrics. Children will learn fun games that focus on individual mastery and teamwork. The cool down will include nutrition education and self care.	
Poetry Tea Time	Fall, Spring, or Both	Regular	TBD	Using Early American poets, we will read, listen, and write our own poetry. We will learn about different styles of poetry, all while sharing some tea.	
U.S. Geography	Fall, Spring, or Both	Regular	Karmen Paterson	We will study the geography of the United States through mapping, games, and other fun activities.	
Writing Workshop	Fall, Spring, or Both	Regular	TBD	In this class, students will develop their ideas into writing of a variety of genres. Students will focus on the writing process, improving their writing through revision and elaboration of their ideas. Students who enroll in this class should be comfortable with writing stories independently that are at least one page long and have a clear beginning, middle, and end.	

Pathfinders & Trailblazers (Ages 6-13) - Course Descriptions and Supply Lists

Class Name	Semester	Pricing	Teacher	Description	Required Supplies
Discovery Labs	Fall, Spring, or Both	Regular	TBD	Our Discovery Labs serve as spaces to inspire creativity, imagination, and collaboration (if desired). This is an ideal environment for students with lots of big ideas, who thrive when following their own curiosity outside of the structure of a traditional classroom. Some materials will be provided, but students may also bring the materials they need for their projects. If students need support, our Discovery Labs teacher works with each individual student to develop a plan for their time each day, to help them stay engaged and learning within this flexible environment. Students may sign up for as many of these hours as they would like to attend and are not limited to one session per day.	
Theater Games and Improv	Fall, Spring, or Both	Regular	TBD	This theater class will focus on building skills through games and improv. We will work on articulation, blocking, characterization and motives all while having fun. This class will not have a performance at the end of the semester.	

Navigators (Ages 13+)- Course Descriptions and Supply Lists

Enrichment Classes Only - [Hybrid classes below](#)

Class Name	Semester	Pricing	Teacher	Description	Required Supplies
Art	Fall, Spring, or Both	Specialty	Karmen Paterson	Students will do weekly projects through focusing on specific artistic techniques in a hands-on, dynamic way. Students will hone their technical skills in mark-making, line quality, color values, depth perception, spacial awareness, and complex artistic conceptualization with each project. Students will experience a multi-disciplinary course that engages them from project conceptualization through project completion.	
Health & Physical Education	Fall, Spring, or Both	Regular	TBD	Building good habits of health and wellness. Physical education will focus on body weight exercises, running form, and plyometrics. Children will learn fun games that focus on individual mastery and teamwork. The cool down will include nutrition education and self care.	
Theater	Fall, Spring, or Both	Regular	TBD	Students will rehearse and perform a play. They will learn how to audition and how the rehearsal process works. There will be a performance on the last day of class.	

High School Hybrid Classes

Our High School Hybrid classes are designed to provide your student with a more thorough exploration of a given course than a 2 hour/week class can provide. These classes are year-long and will meet during both Fall and Spring semesters.

These classes are hybrid, meaning they will have both an in-person component and additional required work outside of class, approximately 5 hours per class meeting. Students will be expected to keep up with their assignments, submit them on time, and communicate with their teachers through Canvas, our online learning platform. **All students must have use of a computer or tablet with internet access that they can use to access Canvas and electronic course resources.**

Grades will not be provided, but teachers will provide students and families with feedback on their assignments and learning that families can choose to include in their own assessment and awarding of High School class credit.

Students can take a combination of High School Hybrid classes and our Upper School Enrichment classes, so both types of classes should be considered as you build your student's schedule.

If you have any questions, please contact Karmen Paterson at Karmen.Paterson@ymcatriangle.org

All High School Hybrid classes are ESA+ Eligible.

High School Hybrid Class Descriptions

Class Name	Teacher	Description	Pre-requisites	Required Text/Supplies
Algebra 1	TBD	This hybrid course will use engaging investigations and real-world problems to explore the topics of Algebra 1, including solving equations; solving inequalities; working with units; linear equations and graphs; functions; linear word problems; sequences; systems of equations; inequalities (systems and graphs); absolute value and piecewise functions; rational exponents and radicals; exponential growth and decay; polynomials; factorization; quadratics (multiplying, factoring, functions, and equations); irrational numbers.	Pre-Algebra or the equivalent.	
Biology	TBD	This class will comprehensively cover the topics typically covered in an introductory high school biology class—evolution, energy, cell biology, living systems, genetics, reproduction, ecology—while making connections and applying their knowledge to real-world situations. Class time will focus on discussion, inquiry-based labs and hands-on activities, with some lecture/explanation as needed to clarify understanding. Students will spend time outside of class reading, watching videos, and doing activities to extend and expand their knowledge and comprehension. Assessments will focus on analysis, application and higher-order thinking rather than regurgitation of facts, and the emphasis of the course will be on gaining a deep understanding of concepts while developing generalizable skills (teamwork, problem-solving, critical thinking, writing, and study skills).		
Civics & Government	TBD	Coming Soon!		

Geometry	TBD	This hybrid course will use engaging investigations and real-world problems to explore the topics of geometry including basic geometric definitions, properties of triangles, polygons and circles, transformations, similarity, pythagorean theorem, area, volume, basic trigonometry, proofs, and constructions.	Algebra 1	
English Literature	TBD	Coming Soon!		
Pre-Algebra	TBD	If your student is not quite ready for Algebra 1, this class will cover a variety of topics intended to prepare them for higher level math. Students will use manipulatives and visual models to develop a solid foundation of understanding of the "why" behind the math.		
Spanish 1	TBD	Spanish 1 will follow the NC World Language Essential Standards. We will cover beginning grammar and vocabulary. Students will work on basic reading, listening and conversation skills.		
U.S. History	TBD	This class will cover the History of the United States from its pre-Columbian roots to the early 21st century, in two parts. Students will learn about the political, social, and economic developments that have made the US the nation it has become. Special attention will be given to the development of critical thinking skills, especially in asking and answering questions related to historical significance, as well as writing about historical events and people.		

Teacher Bios

Teacher Name	Classes	Bio
Karmen Paterson	U.S. Geography High School Art Biology (9-13 y/o) Hands-on-History (9-13 y/o)	<p>I am an artist and graphic designer, homeschooling mom of 4, and online educator. I have an Associate's of Art in Graphic Design, and Associates of Science in Economics, and a Bachelor's of Science in Agricultural Business and Environmental Science. I started teaching in 2011 as a teaching assistant for Geology and Environmental Science at North Carolina State University. In 2013, my family embarked on an educational journey that positioned me in a significant teaching role for my own children as a home education provider. I also began leading group classes for co-ops in everything from art and science to history and debate. I am well known in my co-op groups for blowing things up! In 2018 I began teaching art, graphic design, and science online to kids around the world.</p>

Policies and Procedures

Registration Policies

Registration

All registration must take place through the YMCA of the Triangle Website. You will need to create an online account to register.

Please make sure you carefully read the descriptions for each of the classes you register for, paying special attention to course content, recommended age ranges, homework expectations, and supply requirements before choosing classes for your child. **All class transfers and withdrawals will result in the loss of the \$25 deposit/administrative fee paid at registration.** Please be mindful of this when registering. Transfers that take place due to a waitlist spot opening or a canceled class will not be charged an additional administrative fee.

Using ESA + Funding

If your child is an NCSEAA grant recipient, the YMCA of the Triangle is now an official vendor and can be paid through ClassWallet for some of our classes. Please contact Karmen if this applies to your family for details on how to utilize these funds to pay for Homeschool Hub classes!

Class Changes

We hope your children will love their classes, but in case something isn't a good fit, our program will have a two week Drop/Add window, beginning on the first day of class. During this time, class changes can be made as long as there is an open spot.

To request a transfer or cancellation of a class please contact customer service at 919-719-9622 or Customer.Service@ymcatriangle.org

All class transfers and withdrawals will result in the loss of the \$25 deposit/administrative fee paid at registration, even if requested prior to the first day of program.

After the drop/add window ends we will not be able to accommodate class transfers or cancellations. Families will be responsible for the total cost of the classes their students are enrolled in, and we will be unable to issue refunds after this time.

What to Bring

All students ages 6+ should bring the following basic supplies. Please make sure items are labeled with your child's name. It is very important that students bring these materials every day so that they are able to participate fully in the activities their teachers have planned. Explorers will have a separate list to keep things easier for your youngest students.

- Backpack
- Water Bottle
- Pencil Box with the following: Sharpened Pencils, Colored Pencils or Crayons, Markers, Glue Stick, Scissors
- Clipboard
- 2 Pocket Folder

Full Day Students should also bring a lunch each day. We are unable to provide lunches for students.

Some classes will have additional required supplies. Please see our Class Descriptions and Supplies sections for more details.

Students should have all materials, including textbooks/workbooks by the first day of class. If this will not be possible for your family, please let us know as soon as possible.

Family Involvement

Communication

Our program will use Class Dojo to connect families directly to our teachers. You will receive a Class Dojo code for each of your child's classes at Open House. Teachers will use Class Dojo to share pictures and updates about what is happening in the classroom. They may also use this to message you directly.

If questions or concerns about an individual class arise during the course of the semester, please reach out to the teacher. This is often the fastest way to get to a resolution.

Additionally, you will receive a monthly newsletter with program related updates. These will be delivered to your email.

Parent Involvement Opportunities

If you are interested in being more involved in our Homeschool Hub Community, please let us know! Opportunities include subbing for classes (paid position), volunteering in classrooms or at lunch/recess, planning field trips/outings, or joining our Parent Advisory Committee!

Arrival/Dismissal

Rides In: 8:20-8:50

Rides Out: 2:00-2:15

Rides In will end promptly at 8:50 to ensure that all students are able to get to their classrooms before class begins at 9:00.

Arrival and Dismissal at Camp Kanata will take place in the Rides In/Out Circle at the Day Camp Shelter, the first shelter you come to on your right as you pull down the driveway. Parents should drive up to the sidewalk and drop their child off with a staff member.

Parents who drop off or pick up children outside of these scheduled Rides In/Out times should park and come into the Pine Knoll lodge across the field from the Pool

Arrival and Dismissal at Kerr will primarily take place in our Rides In/Out lane, on the left side of the Kerr building. Parents should drive up to the sidewalk and drop their child off with a staff member.

Parents who drop off or pick up children outside of these scheduled Rides In/Out times should park and come to the main homeschool space to sign their child in or out.

Please do not park and send children unaccompanied from the parking lot. Even our older students must be accompanied and checked in with a staff member before they join our program.

Pickup Procedures

At pickup time, children will only be released to parents, legal guardians and those designated as emergency contacts with pickup on your child's account. Drivers must display YMCA pickup cards or photo identification. If you plan to have anyone else pick up your child, you must notify us in advance.

Severe weather may affect the pickup process. In cases of driving rain and/or lightning, staff will keep children sheltered until conditions improve. This may slow down the pickup process, requiring drivers to wait. The safety of YMCA children and staff is our first priority. The YMCA/our staff or volunteers do not buckle children of any age into their car seats or fasten seatbelts, even when requested by the parents. We make every effort to be efficient in the Rides Out line. We provide parking spaces or space for a parent to pull up so they can secure their own child.

Pickup Cards

To ensure the safety of all participants, parents will receive pickup cards on the first day of program. Please clearly print your child's first and last name on the card and display it on the car windshield at pickup time (you may use one card for multiple children). YMCA staff will request a picture ID from anyone who attempts to pick up a child without displaying a card. If you need additional cards for sitters, grandparents, etc., please ask. If a questionable situation arises,

staff will hold the child until a parent has been contacted. A driver's license may be requested for identification.

Pickup Late Fee

A late fee is charged for children picked up after the last pickup time (2:15 pm). The late fee is \$5 for the first 10 minutes past pickup time and \$1 for each additional minute thereafter. Two staff members will remain with the child until a parent arrives.

Health and Safety

Safety at the Homeschool Hub

We want to remind you of YMCA policies and practices that help keep our YMCA youth programs secure for your child.

Parents, family members and any other authorized adult must show their photo I.D. or pick-up card in order to pick up children in our care. Please make sure your emergency contacts are up to date in your online portal and that you've checked the box for "allowed to pick up." Please also confirm that we have the most up-to-date phone numbers for you and your family.

All YMCA staff must complete a variety of trainings that include child abuse prevention, bullying prevention and a variety of other topics on how to keep children safe in a variety of situations.

When to Stay Home

Please do not send your child to YMCA programs with any of the following symptoms:

- Sore throat
- Excessive coughing
- Diarrhea or vomiting
- Fever
- Head lice
- Undiagnosed rash, sore, or other skin condition
- Any other contagious disease or symptom

A child must be diarrhea, vomiting and fever-free for a full 24 hours before returning to the program.

Medication Procedures

Please do not pack medication with your child's belongings. Parents (not the child) must bring necessary medications to the program office. Medications must be in their original containers with written instructions for dispensing. A Medication Distribution Form must be provided for staff to dispense all prescription or over-the-counter medications.

Generally, children are prohibited from having medication with them, unless the medication is dispensed on their person (such as an insulin pump) or a doctor has specifically indicated in writing that the child may self-administer and safety precautions are met for the safe handling of the medication. If a doctor has given this written permission, a copy must be provided to the YMCA. A parent or guardian must give the medication to the program staff. For safety reasons, all medications are stored and locked in the program office.

ADA Policy

We're committed to providing equal opportunity and access to all children.

YMCA of the Triangle does not discriminate against any individual on the basis of disability or on the basis of any individual's association or relationship with an individual with a disability in the full and equal enjoyment of the goods, services, facilities, privileges, advantages, or accommodations offered at any of its locations.

Everyone who attends YMCA programs has unique needs. We are better when we take time to find out what those needs are, build empathy and understanding, and respond to individuals appropriately. The YMCA offers inclusive, welcoming programs dedicated to serving those needs in the best way possible.

Because every person is unique, we address each request individually. Your child's success and safety in our programs are our top priorities; therefore, we respectfully ask parents and caregivers to inform the YMCA, prior to the start of the program, of any special needs which may require special accommodations, so we can work together to support your child in reaching their full potential.

If you have questions about ADA accommodations at the Homeschool Hub, please contact Karmen Paterson.

Custody

Please alert the YMCA program office of child custody arrangements. It is imperative that official, current court documents are maintained in your child's file if custody or visitation is a concern. Without court orders, we cannot withhold a child from his/her parent. Based on the information that you share with us, we will tell you if additional documentation is required. If additional information is required, you may send it to risk@ymcatriangle.org.

The parent(s) who registers the child for the program is responsible for payments. We cannot sub-divide fees.

If parents are separated or divorced with joint custody, both parents must provide written consent for all names on the Emergency Contacts & Authorized Pick-ups list.

Behavior Expectations

At the YMCA of the Triangle, our behavior expectations and discipline procedures are based on our core values of caring, honesty, respect, responsibility and faith. We believe in creating a safe, secure and fun environment where all youth have the opportunity to learn the importance of demonstrating good character. We believe that in order to do this, all youth need to know and understand the rules and expectations for appropriate behavior. We also believe that when youth do not follow the rules or when they demonstrate inappropriate behavior, we have an opportunity to help youth learn from their mistakes.

The YMCA promotes behavior guidance and discipline through creating a positive environment, developing structure and clear limits, promoting social and emotional learning, reinforcing our core values and addressing challenging behaviors.

All youth are expected to follow the rules established by the YMCA for the safety of all youth in the program. Your cooperation and support ensure that all youth have a safe and fun experience.

The YMCA does not allow the following behaviors:

- Any action that could threaten the physical or emotional safety of the youth, other youth or staff. Prohibited conduct may include, but is not limited to: abusive jokes, insults, slurs, threats, name-calling or intimidation
- Destructive behavior
- Behavior that is a violation of personal boundaries or is of a habitual nature and negatively impacts the program, and/or safety and enjoyment of others
- Behavior that is of a sexual nature

The YMCA uses positive discipline, which means staff members promote desired behaviors through teaching and reinforcement. Staff will redirect or problem-solve with youth when they are not displaying desired behaviors, rather than restrict behaviors by taking away opportunities or controlling youth with fear of punishment. We believe this approach focuses on the needs of the youth and contributes positively to the youth's overall development. Staff shall use positive discipline, which shall include the following:

- Communicate to youth using positive statements
- Encourage youth, with adult support, to use their own words and solutions in order to resolve interpersonal conflicts
- Communicate with youth by getting on their level and talking to them in a calm, quiet manner about the behavior that is expected
- There are times when restrictions may be necessary and will most likely be directly linked to the health, safety or well-being of the youth or others. The YMCA staff does not use corporal punishment under any circumstance. In the event of a youth harming themselves, another youth, or an adult, staff may physically restrain the youth to ensure safety.

YMCA Discipline Procedures

The YMCA staff desire to partner with families of the youth in our care. If at any time you have concerns about your child's behavior or success in our program, please do not hesitate to reach out to your Youth Director to set up a conference.

If a youth is unable to meet established behavior expectations, YMCA staff will follow these disciplinary procedures below given that the nature of the behaviors does not require immediate suspension or dismissal.

- Conversation between staff and youth to discuss behavior and reset expectations.
- Staff will first use positive reinforcement and redirection to redirect a youth's behavior. If this is ineffective, staff may use a timeout as an opportunity for the youth to take a break from the behavior before rejoining the group.
- Staff will communicate with parents/guardians if/when youth is not following established YMCA rules. This communication may be at Rides Out, over the phone or via a parent conference.
- If positive discipline and redirection are ineffective in changing the youth's behavior, the Youth Director may suspend the youth. The length of suspension will be determined based on each individual situation. Factors such as type/severity of behavior, behavior history, age of youth, etc. will be considered when determining the length of the suspension.
- If the youth continues to have challenges after a suspension, the Youth Director may set up a conference with the parent/guardian to develop a behavior plan for the youth.
- If suspensions nor a behavior plan are effective in changing the child's behavior, the child may be dismissed from the program. Dismissal from the program for disciplinary reasons could result in permanent removal from all YMCA programs.

Special Circumstances

The goal of the YMCA of the Triangle is to meaningfully include all youth and provide accommodations in our programs when needed. To help us achieve this goal, we respectfully ask parents or guardians to inform the YMCA, prior to the start of the program, of any special circumstances which may affect your child's ability to participate. By providing information regarding the strengths and needs of your child, the staff can prepare helpful accommodations that will better serve all children in our programs.

Upon being informed of such circumstances, the Program Director or other staff member may request a meeting to gather more information and discuss the accommodations that can be created to successfully include your child.

While we aim to be as inclusive as possible within our classes and we are able to provide some accommodations, students must be able to adhere to our behavior expectations and participate in each class as they are explained in the class descriptions. We provide a variety of teacher-led and student-led environments so that we are able to match students to the appropriate environment for their current needs. Not all classes will be appropriate for all students.

Bullying and Conflict Resolution

Bullying is any unwanted behavior that involves a power imbalance. Here at the Y, our goal is to stop bullying, and we encourage our participants, parents, and staff to be Upstanders. An Upstander is one who recognizes when something is wrong and acts to make it right. If there is disclosure, discovery, or suspicion of bullying we will handle each instance case by case and with care. At the Y we are building a caring, respectful, honest, and responsible community for all; the safety of our program participants is our main concern.

Conversely, we define conflict as a disagreement or argument in which both sides express their views and there is an equal power balance. We believe conflict with resolution is a natural and important part of Youth Development. Conflict can be constructive if managed in the right way. We will identify and resolve conflicts in a healthy and proactive fashion. The conflict resolution skills we learn and practice will make a positive impact on our Y programs and in every child's future.

Homeschool Administration

The Homeschool Hub is not a school, and therefore you will remain the administrator of your child's homeschool. Our teachers will provide students with feedback about their progress in class, but will not provide students with graded assignments. We also do not provide attendance records, credits, or transcripts. All state required homeschool documentation should be maintained by each child's homeschool administrator. If you have any questions about what your child is learning, please reach out to the individual teacher for more information.

Contact Information:

Address - Camp Kanata
13524 Camp Kanata Rd
Wake Forest, NC 27587

Kerr Family YMCA
2500 Wakefield Pines Dr
Raleigh, NC 27614

Program Phone Number - (919) 562-9622 or (919) 556-2661

Homeschool Lead Teacher - Karmen Paterson Karmen.Paterson@ymcatriangle.org

Financial Assistance:

Thanks to funds from our **Annual We Build People Campaign**, the YMCA of the Triangle provides financial assistance for children, teens, adults and families who cannot afford the full cost of YMCA programs. All are welcome to **apply for financial assistance**.

Schedule Planning Template

	Fall Semester	Spring Semester
Tuesday 9:00-9:55		
Tuesday 10:00-10:55		
Tuesday 12:00-12:55		
Tuesday 1:00-1:55		
Wednesday 9:00-10:55		
Wednesday 12:00-1:55		
Thursday 9:00-9:55		
Thursday 10:00-10:55		

Thursday 12:00-12:55		
Thursday 1:00-1:55		
Friday 9:00-10:55		
Friday 12:00-1:55		