



MOUNT SAINT MARY ACADEMY SUMMER ACADEMY 2026



ENRICHMENT SESSIONS

WEEK 1: JULY 27 - 30

MORNING SESSIONS

Students may choose two of the following courses for the morning session.

Algebra Jumpstart: Building Summer Momentum

Algebra Jumpstart is designed to help you “level up” before the school year even starts. We’re focusing on skills you will need to crush your next Math class. Imagine walking into class on Day 1 already knowing exactly how to solve the problems on the board. We’ll turn “x” from a mystery into a tool you can use to solve anything. Learn how to graph like a pro so you can see the Math!

Baking Through the Seasons

Get ready to bake through the seasons! In this interactive workshop, each day will be devoted to a different season. Students will learn baking skills while creating delicious seasonal treats, such as Busy Bee Cake Pops for spring and No-Bake Peppermint Pie for winter.

Comparative and Human Anatomy

This course offers a hands-on, lab-centered exploration of how the human body works. Learning experiences include comparing human and animal skulls, assembling life-sized human skeleton models, using microscopes to examine bone and blood at the cellular level, testing reflexes and reaction time, and more. Throughout the course, students build scientific skills while gaining a deeper appreciation of the body’s interconnected systems.

Stock Market Superstars

Students will explore how the stock market works, what it means to own a share of a company, and how investors make decisions. Through class discussions, real-world examples, and team challenges, we’ll break down concepts like risk and diversification while exploring the beauty of compound interest!

WEEK 1: JULY 27 - 30

AFTERNOON SESSIONS

Students may choose two of the following courses for the afternoon session.

3D Printing Workshop: Create Your Own Keychain!

This course will introduce students to the basics of 3D modeling and printing using TinkerCAD and the Mount's 3D printer. After learning about and observing the 3D printer in action, students will design and print their own keychains.

Checkmate Tales: Strategy on the Chessboard and on the Written Page

Students will read and discuss short stories and poems about chess during the first half of each class, and then practice learning chess (or improving skills they already have) in the second half. In addition to learning about parallels between the geometry of the written page and that of a chess board, students will develop acceptance of consequences, thinking on their feet, resilience and emotional maturity, and how to execute plans.

Musical Theater Showcase

This program will introduce students to the fundamentals of musical theater performance. Students develop skills in acting, vocal performance, and dance while learning how to interpret characters and how to bring select scenes from musicals to life. Through guided instruction, participants gain confidence on stage and strengthen their performance technique. This will culminate in a final showcase performance that highlights the work students have practiced throughout the program.

Neurographic Art: Mindfulness + Science + Creativity

Art, mindfulness, wellness, and science intersect in Neurographica, an artform which was developed in 2014 by Pavel Pikarev, a Russian psychologist. Students will complete colorful watercolor pieces by creating abstract, curving lines that organically meet, reflecting neural pathways and inner thoughts. This spontaneous and mindful art form encourages self-expression and promotes stress relief. Students will learn how free-form drawing can promote self-care and creativity, while learning about neuroscience and cognitive flexibility.

WEEK 2: AUGUST 3 - 6

MORNING SESSIONS

Students may choose two of the following courses for the morning session.

Introduction to Mixed Media

Join us in the Art Room at the Mount to experiment with a variety of different creative materials! This a great opportunity to draw, paint, work with clay, and more. All artistic backgrounds and skill levels are welcome!

Mindful Movement and Meditation

Mindful movement (similar to yoga) is intentional physical movement focusing on the breath, sensation and alignment. The class will work on improving mindfulness, flexibility and balance. Mindful meditation will include art, music, and writing to help students calm the mind and focus on the present moment without judgment.

SHIFT Your Mindset: A Positive Approach to Growth

What if you could shift your mindset from negative to positive, starting today? This course will enable students to gain understanding about their own thoughts, emotions, and personal experiences as well as refer to the SHIFT approach (slow down, hear yourself, identify your feelings, focus, and take action) to help expand their knowledge of themselves. Through gentle reflection and mindfulness practices, participants will learn how to navigate stress, change, and difficult life moments. This class will encourage self-awareness, emotional well-being, and practical strategies for moving forward with greater clarity and resilience.

Solve the Mystery: A Forensic Science Lab

In this hands-on science session, students will explore the fascinating world of forensic science by learning how scientists analyze clues and evidence to solve mysteries. Through fun laboratory activities and investigations, students will practice observation, critical thinking, and problem-solving while exploring basic techniques used in real forensic labs. Students will work together to examine clues, conduct simple experiments, and apply scientific thinking to uncover the story behind a mystery.

WEEK 2: AUGUST 3 - 6

AFTERNOON SESSIONS

Students may choose two of the following courses for the afternoon session.

A Beginner's Guide to Personal Finance

This course introduces essential skills students will need to secure a successful financial future. It will cover the basic skills of budgeting, saving, spending, and investing, just to name a few. Through hands-on activities, students will start to get an understanding of key skills they will need to start building their financial future.

Game On! Learn to Play Pickleball

Serve up some summer fun with pickleball at Summer Academy! Students will learn the fundamentals of one of the fastest growing sports in the country in a supportive, energetic environment. Through drills, guided practice, and matchplay, students will build skills such as serving, rallying, scoring, and teamwork. Whether you're brand new to the game or looking to sharpen your skills, pickleball is a great way to stay active, build confidence, and make new friends this summer at the Mount!

Law & Order: Mount Mock Trial Challenge

Spend a week building a case and putting together a mock trial with the back-to-back Somerset County Championship team! Mock Trial has something for everyone! Whether you've got a love for the spotlight or you're painfully shy, you'll learn new skills, like how to adapt and think on your feet, and make new friends. Whether you're interested in law, you just like to argue, or you want to try something new, you're guaranteed to have a great time!

WEEK 3: AUGUST 10 - 13

MORNING SESSION

9:00-11:30 a.m.

Scholars' Edge: High School Entrance Test Prep Course

Brush up on your math, science, and reading/writing skills so you can do your best on the Mount's entrance test! This course is designed to help you build the skills and strategies needed to succeed on competitive high school entrance exams. Through guided instruction and targeted practice, students will develop a strong academic foundation while learning how to approach entrance tests with confidence.



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