**Arrow Christian Academy**  
**Home Economics**  
**2025–2026**

**Instructor**: Kristy Huntsman  
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**Course Overview:**

This class is all about learning the real-life skills that help create a home that’s both functional and meaningful. We’ll focus on areas like cooking, cleaning, budgeting, sewing, hosting, childcare, and more, with an emphasis on using those skills to build a home you enjoy living in.

The goal isn’t perfection, it’s progress. I want each student to leave this class more confident in their ability to care for themselves and others, and with a better sense of the kind of home environment they want to create someday.

**Supplies Needed**

Please bring the following to class each week:

* A 1" or 1.5" binder (for handouts, journaling, and notes)
* A recipe card box **or** recipe card binder (we’ll be collecting and sharing recipes throughout the year)
* Pencil or pen

Optional but helpful:

* Binder dividers to organize sections
* Apron for cooking days
* Small basic sewing kit (needle, thread, scissors—details will come later)

**Materials Fee**

There is a **$25 per semester materials fee**, which covers supplies for hands-on projects like cooking ingredients, sewing materials, first aid items, and more. This helps make sure everyone has what they need in class without having to remember to bring specialty items each week.

Fees are due the first week of each semester. If that’s ever an issue for your family, just let me know, we’ll work something out.

**What We’ll Cover**

This class will be divided into four main sections:

* **Quarter 1: Life Management Basics**  
  Time management, cleaning and organizing, laundry, budgeting, meal planning, personal care, emergency prep
* **Quarter 2: Kitchen Confidence**  
  Kitchen safety, cooking skills, basic baking, meal planning, nutrition, and a final group cooking challenge
* **Quarter 3: Sewing & Mending**  
  Intro to hand and machine sewing, practice projects, mending, and a final sewing project of your choice
* **Quarter 4: Homemaking & Independence**  
  Childcare basics, home decorating, hospitality, basic car care, and small business ideas for earning from home

We’ll end the year with a class showcase where students can present projects they’ve completed, like sewing projects, recipe collections, photos of meals they’ve made, or notes from at-home work.

**At-Home Projects**

Throughout the year, students will have a handful of simple at-home projects to apply what we’re learning. These will be practical, flexible, and designed to build real-life experience—things like planning a grocery list, cooking for the family, organizing a space, or helping host a guest. I’ll give plenty of heads-up and clear instructions for each one.

**How Assessment Works**

Since families handle transcripts, I’ll be giving informal feedback based on effort, participation, and project completion. There are no written tests or formal grades—just honest feedback on how your student is doing and areas they can keep growing.

**Class Expectations**

* Be respectful to yourself, your classmates, and the space we’re working in
* Come prepared and on time
* Participate! This class is hands-on, and you’ll get out of it what you put in
* Keep things safe and calm during projects
* Try new things and give your best effort, even when it’s new or hard