

## SOAR 2019 Winter/spring Workshops



January 31, 2019

Dear SCS Parents and Guardians,

Welcome! SOAR is looking forward to an exciting 2019 winter/spring line up of workshops. Please note that the catalogue of workshops is set up differently than in the past to make sign up easier. The first part of the catalogue lists classes for K-4 students and the second part lists workshops for 5-8 students. Also, we are excited to pilot some workshops for kindergarteners.

In an attempt to be responsive to the feedback we received from families on the recent SOAR Parent Survey, we are trying a new, more direct way to get information about SOAR to you. The catalogue listing all winter / spring SOAR classes and a direct link to the on-line registration form have been forwarded to you by your child's homeroom teacher; you can now register without going to the SCS website.

**Here is the clickable link to the on-line registration form:** <https://goo.gl/forms/8KISxUghHQOykWES2>

(if you get a prompt, click "Allow")

Once you know the workshops your child(ren) is interested in signing up for, click on the above link to get to the on-line registration Google Form. *If you have any difficulties registering your child, please contact Linda Sloane, SOAR Program Director, at soarenrichment@gmail.com*

**Registration for SOAR classes will be open Friday, February 1st - Wednesday, February 13<sup>th</sup>.** Classes will begin Wednesday, February 20<sup>th</sup>. We recognize that this is a short turn around time. However, our registration form allows you to rank your preference (1<sup>st</sup>-4<sup>th</sup>) for multiple classes, and everyone who registers by 2/13 will have an equal chance of getting into a high preference class. Please rank only one class as a first choice, second choice, third choice, etc. class. **Registration confirmations will be e-mailed on or before Monday, February 18.** *After 2/18, late registrations will be offered if spots remain; many classes will already be full.*

**PAYMENT:** Please send payment to the school via your child only *AFTER* you have received class confirmation(s) so that your check accurately reflects your actual total. Please send payment in an envelope labeled with your child's name and homeroom teacher.

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**SCHOLARSHIPS:** SOAR feels strongly that financial constraints should not limit any child's ability to participate in SOAR. As a result, we offer confidential scholarships. To request scholarship support, check the appropriate box on the registration form or call or e-mail the SOAR Director, Linda Sloane. We do ask that each family contribute what it can, but we are happy to work with families as needed.

**EXTRAS CREDITS:** Children, who attend a SOAR workshop on a day they are already enrolled in EXTRAS, may attend SOAR free of charge. Please indicate if your child is attending EXTRAS on the days of workshops selected on the registration form.

**MIDDLE SCHOOL HELPERS:** Instructors have requested Middle School Helpers for several classes. This term the following classes would love a 6<sup>th</sup> – 8<sup>th</sup> grade helper or two: Fun Fitness (for 1<sup>st</sup> and 2<sup>nd</sup> graders), Exploring Printmaking! (for 1<sup>st</sup> and 2<sup>nd</sup> graders), and Think Like an Illustrator (for 1<sup>st</sup> and 2<sup>nd</sup> graders). Middle School Helpers **must register** for the class they would like to help with but **do not need to pay** for that class.

Please be in touch with any questions or concerns. On behalf of the Program Committee and the Board, we look forward to lots of new discovery, creativity and excitement with these wonderful offerings. Thanks for your continued robust support of SOAR workshops.

Best,  
Linda Sloane,  
Program Director  
860.485-4845  
soarenrichment@gmail.com

### Workshop Reminders

1. **Note dates of each workshop:** they vary by workshop and are not consistent from class-to-class. Many classes do not meet consecutive weeks due to instructor's schedules or the Region 1 calendar. Some classes run from February through until April vacation and several classes don't even begin until after the spring break.
2. **Contact the SOAR Program Director** if your child has a behavioral plan or food allergy which SOAR instructor/s should be aware of
3. **Pack an additional healthy snack** on the days your child attends SOAR. Snacks improve a student's ability to concentrate and enjoy the workshop. Time is provided during workshops for children to have snacks.
4. **Notify the SCS office** if your child will be in school the day of their workshop but *will not* be attending SOAR. Failure to do so delays the departure of SCS buses.
5. **Pick-up your child promptly:** Pick-up is from the upper building circle, unless otherwise noted. Dismissal times vary from workshop to workshop.

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### **WEEK-AT-A-GLANCE**    (*\*- classes for 5-8*)

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
No Classes	<ul style="list-style-type: none"> <li>◆ * Farm, Gr 3 – 8</li> <li>◆ Food Adventures, Gr 3-4</li> <li>◆ Fun Fitness, Gr 1-2</li> <li>◆ * Redhawks Cook Sweet And Savory, Gr 5-8</li> <li>◆ * Spin For Fun And Fitness, Gr 5-8</li> <li>◆ Think Like An Illustrator, Gr 1-2</li> </ul>	<ul style="list-style-type: none"> <li>◆ Exploring Printmaking, Gr. 1-2</li> <li>◆ Exploration Of Light Meets Art, Gr. 2-3</li> <li>◆ * Math Circle, Gr 3-8</li> <li>◆ Picture Books Are My Jam: Writing And Illustrating Your Own Picture Book, Gr. 3-4</li> </ul>	<ul style="list-style-type: none"> <li>◆ * Farm, Gr 3-8</li> <li>◆ French Story Time, Gr. K-1</li> <li>◆ Fun Fitness, Gr 1-2</li> <li>◆ Kitchen Science, Gr 2-4</li> <li>◆ * Yoga And Mindfulness, Gr 5-8</li> </ul>	<ul style="list-style-type: none"> <li>◆ * iPhone Photography, Gr. 5-8</li> <li>◆ * The Ancient Art Of Henna, Gr. 5-8</li> </ul>

Nature Investigations Gr. K-1: this class meets on a different day each of its 3 meetings.

## **WORKSHOPS FOR GRADES K-4**

### **Tuesday Classes**

#### **Food Farming And Fun At Hotchkiss's Fairfield Farm:** Grades 3-8

In this well-loved workshop, SOAR students will work side-by-side with Hotchkiss students at Hotchkiss's Fairfield Farm, working to prepare the fields and plant spring crops. We will also explore the landscape and learn how the animal and plant cycles shift from season to season. Transportation to the Farm is provided, but **pick-up is at the Farm promptly at 5:15pm.**

<b>Fee</b>	<b>Day(s)</b>	<b>Dates</b>	<b>Location</b>	<b>Maximum</b>	<b>Instructor(s)</b>
\$25	Tues & Thurs 3:15-5:15	4/23, 4/25, 4/30, 5/2, 5/7, 5/9.	Hotchkiss's Fairfield Farm, 396 Sharon Rd., Lakeville	13 Students	Charlie Noyes, Amanda McClure & Ellie Youngblood

#### **Fun Fitness:** Grades 1-2

**We'd love 1 or 2 Middle School Helpers.**

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After a day in the classroom and before an evening in front of a computer, it's time to get moving! Millen Murray, a long time paraprofessional at SCS will run this ever-popular Fun Fitness workshop. This well-loved workshop is designed to teach children to appreciate their own physicality. Participants will test their skills with different games while improving physical co-ordination, learning about strategy and good sportsmanship. Emphasis is placed on rules of conduct so that everyone feels comfortable and has a good time. Whenever the weather permits, this class will take place outdoors. Participants need to dress in loose, weather-appropriate clothing and have appropriate foot wear. Nutritional snacks are provided, and healthy eating habits will be discussed. *Please let us know of any food allergies or dietary restrictions, as snacks will be provided for this class only.*

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$40	Tues & Thurs: 3:15 - 4:15	4/30, 5/2, 5/7, 5/9, 5/14, 5/16	Outdoors/Cafeteria	12 Students	Millen Murray

### **Think Like An Illustrator:** Grades 1-2 **We'd love 1 Middle School Helper.**

Who better than former, well-loved SCS teacher, Joanne Klein to bring this fun and engaging art meets Language Arts workshop to the 1<sup>st</sup> and 2<sup>nd</sup> graders at SCS? In this workshop, each student will enjoy creating his or her own illustrated, stand-up, sequenced accordion book. Each participant will use a variety of art techniques and materials such as drawing, painting, cutting and pasting with beautiful printed papers and collage. A variety of children's picture books will be used and available as models and inspiration. Each child will be inspired by their favorite illustrators to tap into their own creative talents and produce their own uniquely illustrated accordion book.

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$40	Tuesdays 3:15 - 4:15	3/19, 3/26, 4/2, 4/9, 4/23	Art Room	10 Students	Joanne Klein

### **Food Adventures:** Grades 3-4

SOAR is excited to partner up with The Nutrition Center in Great Barrington to bring this fun cooking class to 3<sup>rd</sup> and 4<sup>th</sup> graders at SCS. The Nutrition Center has created well thought out, Standards-based cooking curriculum that they have taught in many schools. Their Food Adventures program inspires students to learn about nutrition and healthy food preparation in a fun, hands-on environment. Students team up to prepare healthy and delicious meals and snacks while learning nutrition, cooking safety and how to make balanced food choices.

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Classes are based on educational standards that incorporate health, math, English, reading, science, art, geography and cultural studies. By embarking on Food Adventures, students are exposed to new food and experiences in a peer-supported environment.

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$55	Tuesdays 3:15 – 4:15	4/2, 4/9, 4/23, 4/30, 5/7	Science Room, upper building	12 Students	Staff from the Nutrition Center

### Wednesday Classes

#### **Exploration Of Light Meets Art:** Grades 2-3

SOAR is excited to partner up with Flying Cloud Institute in Great Barrington to bring you this new offering. Their mission is to inspire young people and educators through dynamic science and art experiences that ignite creativity, and they have been doing this very well through school based programs, after school workshops and summer programs for years. And now, it is SOAR's chance to work with this great group! In this exciting workshop, participants will experiment with light as a scientist and an artist! Students will experiment with the different materials to see how light interacts with them to make interesting images. They will experiment with making shadow art, refracting images using water, creating kaleidoscopes, and ultimately working together to make a series of large colorful triangles that can be re-built into different sculptures that interact with light. This workshop will offer a unique science and art experience, as well as an opportunity to experience the wonderful work being done by the Flying Cloud Institute.

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
<u>\$45</u>	Wednesdays 3:15–4:45	2.20, 2.27, 3.6, 3.13, 3.20, 4.10	Guidance Suite	8 Students	Kristen Sparhawk, Flying Cloud Institute staff

#### **Exploring Printmaking:** Grades-1-2

#### **We'd love 1 or 2 Middle School Helpers.**

Jaimie Sadeh returns to SOAR with another wonderful art offering. This time around, she will be immersing her students in all kinds of printmaking. Participants will experiment with creating monoprints, Styrofoam prints, mandala prints and more! For students who like to immerse themselves in hands-on, creative endeavors, this is the perfect workshop opportunity.

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
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\$45	Wednesdays: 3:15-4:15	2/20, 2/27, 3/6, 3/13, 4/10	Science Room, upper building	10 Students	Jaimie Sadeh
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### **Math Circle:** Grades 3-8

This Spring *MMMMM Pi* will be offered for the third year in a row, and SOAR is excited to extend the offering down to 3rd and 4th graders for the first time. *MMMMM Pi*, also known as Salisbury Central’s Math Circle, is an interactive environment that encourages all students to engage in higher order thinking, be successful and have fun in a non-academic setting. Our circle will develop perseverance, a sense of discovery and excitement about mathematics through problem solving, games and exploration. Not just math, not just adding wrinkles to your brain, just fun! You may be investigating math in art, STEAM projects, strategic game playing and interactive higher order discovery. *MMMMM Pi* will be offered to 3rd through 8th graders for 5 weeks this winter co-taught by three math-loving SCS faculty members. This class is not just for students who love math – this is a great class for *any* student who likes engaging investigations and hands-on learning opportunities. Come join the fun!

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$35	Wednesdays 3:15 - 4:45	2/20, 2/27, 3/6, 3/13, 3/20	Lower building classrooms	20 students	Laura Badolato, Kat, Bucceri, and Raydin Neary

### **Picture Books Are My Jam: Writing And Illustrating Your Own Picture Book:** Grades 2-4

Molly Salisbury, the children’s librarian at the Scoville Library will once again combine her vast knowledge of picture books with her passion for art in this workshop! Picture books are for everyone, including early readers! Knowing how to “read” pictures is something most kids are better at than adults. Taking this skill as a jumping off place, we will try out, then choose different illustration mediums - collage and pastels will be options as well as good old drawing. For inspiration, we will read many different kinds of children’s books like ABC books, rhyming stories and fairy tales while writing our own stories. Page by page our work will come together into a finished book. As a culmination activity, we will arrange to read our books out loud in front of a younger audience before the end of the course.

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$45	Wednesdays 3:15 - 4:30	2/20, 2/27, 3/6, 3/13, 3/20, and 4/10	Art Room	8 students	Molly Salisbury

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### Thursday Classes

#### **French Story Time:** Grades K-1

SOAR is excited to welcome Renée Allen as a new instructor this term. She is a long-time parent at SCS and is excited to share her passion for French with the younger SCS students. Renée is a fluent French speaker and ran a very successful French Story Time at the library at Hotchkiss for 3 years. This course will use children's books, hand songs, and manipulatives to introduce young children to the sounds of the French language. Children will learn such basics as the alphabet, colors, numbers, opposites, frequently used action verbs, and the names of common objects including animals, body parts, and foods. Those children who have begun to read will also begin connecting the French words they hear to their written forms and making connections to the other languages they know. Research shows that this is a perfect age range for introducing children to new languages. Come join the fun!

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$35	Thursdays 3:15 - 4:15	2/21, 2/28, 3/7, 3/21, 3/28, 4/11	Guidance suite	10 students	Renée Allen

#### **Kitchen Science:** Grades 1-2

SOAR welcomes back long-time environmental science teacher at HVRHS, Letitia Garcia-Tripp. She will once again offer a version of her well loved science class from last winter. This time around, participants will explore the world of science through kitchen science experiments that use everyday household items. Learn the science behind and make a rainbow in a glass, invisible ink, a bouncing ball, ice cream and more! This is the perfect class for students who love hands-on science investigations!

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$45.00	Thursdays 3:15 - 4:15	2/21, 2/28, 3/7, 3/14, and 3/21	Science room, upper building	10 students	Letitia Garcia-Tripp

### Multiple Days of the Week

#### **Nature Investigations:** Grades K-1

#### **We would love 1 or 2 Middle School Helpers!**

SOAR is excited to team up with Roaring Brook Nature Center from Canton, CT and one of their long-time staff naturalists and instructors, Peggy Heck to bring this wonderful class to the youngest students at SCS. As the world comes back to life after a long winter, this class will offer three spring and nature-focused classes. The first class in this workshop is called "Spring is Here", the next class, "Insects" and the

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third and final class, "Nature's Engineers". This workshop will encourage curiosity and wonder about the natural world for all participants. When a child signs up for this class, he or she is signing up for the series of three classes. These classes will be hands-on and take place primarily outdoors, so please dress your child accordingly. Please note that this class will meet on three different days of the week over the course of three weeks.

<b>Fee</b>	<b>Dates and time</b>	<b>Location</b>	<b>Maximum</b>	<b>Instructor(s)</b>
\$45	<b>3:15-4:30</b> <b>Tuesday, 4.30,</b> <b>Wednesday, 5.8, &amp;</b> <b>Thursday 5/16</b>	Cafeteria and outdoors	10 students	Peggy Heck, Roaring Brook Nature Center

### **WORKSHOPS FOR GRADES 5-8**

#### Tuesdays

#### **Food Farming And Fun At Hotchkiss's Fairfield Farm:** Grades 3-8

Refer to K-4 section for class description

<b>Fee</b>	<b>Day(s)</b>	<b>Dates</b>	<b>Location</b>	<b>Maximum</b>	<b>Instructor(s)</b>
\$25	Tues & Thurs 3:15-5:15	4/23, 4/25, 4/30, 5/2, 5/7, 5/9.	Hotchkiss's Fairfield Farm, 396 Sharon Rd., Lakeville	13 Students	Charlie Noyes, Amanda McClure & Ellie Youngblood

#### **Redhawks Bake Sweet And Savory:** Grades 5-8

For those who like to walk on the sweeter side, we'll spend the spring session whipping up cupcakes, muffins, biscuits, cookies, hand pies, quick breads . . . and a few yeasty treats too. Taste testing, light competition, and kitchen camaraderie promised. Students will create a related savory dinner option at every class. Ability to follow directions, work collaboratively, clean up, and have fun required. If that sounds like you, grab your cookie sheets and let's get baking! Participants will need to **be dropped off and picked up at the church.** *Please make SOAR aware of any food allergies or dietary restrictions.*



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Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$60.00	Tuesday: 5:00-7:00	4.23, 4.30, and 5.7	Salisbury Congregational Church 30 Main St. Salisbury	10 students	Emily Armstrong

### **Spin For Fun And Fitness:** Grades 5-8

This is the middle school version of the well-loved Fun Fitness for the 1<sup>st</sup> and 2<sup>nd</sup> graders! Leslie Eckstein, the owner of Studio Lakeville and long-time fitness trainer is once again bringing her popular fitness classes for teens to SOAR. Part of each class will be spent on spinning bikes and the other part will be spent participating in a variety of fitness activities, which will include some work with weights and other equipment. After a long school day and with the shorter winter days, this class will be a fun way to get moving, build fitness, blow off steam and spend time with friends. Students will need to bring sneakers to change into from street shoes or boots and should dress in comfortable clothes made for moving and stretching. Participants must **be at least 4'11" tall** in order to use the spin bikes. Participants will need to **provide their own transportation to and from Studio Lakeville.**

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$65.00	Tuesday: 4:15-5:15	2/26, 3/5, 3/12, 3/19, and 3/26	Studio Lakeville, Lakeville (across from Patco)	14 students	Leslie Eckstein, Owner, Studio Lakeville

## Wednesdays

### **Math Circle:** Grades 3-8

Refer to K-4 section for class description

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$35	Wednesdays 3:15 - 4:45	2/20, 2/27, 3/6, 3/13, 3/20	Lower building classrooms	20 students	Laura Badolato, Kat, Bucceri, and Raydin Neary

## Thursdays

### **Introduction To Mindfulness And Yoga:** Grades 5-8

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Back by popular demand, this workshop will be taught by Eliza McCabe, a trained yoga instructor, a regular yoga student herself and parent at SCS. In this 5-week workshop, Eliza will share her love for yoga and inspire students to learn how to incorporate mindfulness, relaxation techniques and yoga into their daily lives. Through various activities, discussion and quiet reflection, kids will learn to make a deeper connection between the mind and body. This workshop idea originally came from middle school students who asked for SOAR to offer a class on yoga and mindfulness. No previous experience with yoga or mindfulness required! Yoga mats will be provided but students are welcome to bring their own mats if they own one. Please wear comfortable clothes that allow for easy movement and stretching.

Benefits of Yoga & Mindfulness: ♦ Develop body awareness ♦ Manage stress through breathing, awareness, meditation and healthy movement ♦ Build concentration ♦ Increase confidence and positive self-image ♦ A greater awareness of feelings and emotions and how they impact us

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$45	Thursdays: 3:15 – 4:15	2/21, 2/28, 3/7, 3/14, and 3/28	Music Room, upper building	12 students	Eliza McCabe

### Fridays

#### **The Ancient Art Of Henna:** Grades 5-8

In this new and exciting offering, local henna artist, Niharika Vialpando (Nicky) will introduce students to the ancient art of henna. During the workshop, students will learn about the history of this art form, the art of blending hennas, various Henna designs from the simple to more complex, techniques and styles to create professional quality designs, after-care instructions and various tips and tricks and dos and don'ts. This is a unique opportunity to work with a henna master to learn a beautiful and ancient art form.

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$55	Friday 3:15-4:15	2/22, 3/1, 3/8, 3/22, 3/29	Science room, upper building	10	Niharika Vialpando

#### **IPhone Photography:** Grades 5-8

We welcome first time SOAR instructors, Dan Karp, a photography instructor at Simons Rock and John Atchley, a local fine arts

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photographer. They will bring their creative talents and love for photography to this workshop. This course will start with a discussion of the origins of photography, using slides and actual early photographs as examples. All students will then learn how to make their own cyanotypes, one of the earliest and most basic of photo processes. Students will get to see and examine different types of film cameras as part of this historical view. Then a basic lesson in how a camera works and what its controls do and how they affect the image. From here we will focus on the basic elements of a successful photograph; light, composition, color, framing etc. All the remaining lessons will be utilizing the smartphone. Students will learn all they need to know to make a successful image and how to edit that image on their phones. Finally, all students will print several images to exhibit during the final class. If time permits, matting and framing demo will also be included. Participants will need to have an iPhone, another smartphone or an iPad.

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$50	Friday 4:15-5:15	3/1, 3/8, 3/29, 4/5, 4/26	Computer Lab, upper building	12	Dan Karp, John Atchley

### Notes:

1. SOAR workshops are “after hours”, informal and intimate, but all SCS school rules apply during SOAR programs. In addition, children enrolled in SOAR classes are expected to follow the **SOAR Behavioral Expectations**, which follow closely the SCS Behavioral *Expectations* and are posted on the SOAR informational page on the SCS website.
2. SOAR has a zero tolerance policy for behavior that is disrespectful, disruptive or which threatens the safety of others.
3. Students who display unsafe, disruptive and/or disrespectful behavior will need to be picked up immediately and may not be allowed to take future workshops. **IMPORTANT: SOAR programs are automatically cancelled if SCS closes early, has a scheduled early dismissal or cancels after-school activities. Every effort will be made to make-up missed SOAR classes but this is not always possible.**