

SOAR 2020 WINTER/SPRING WORKSHOPS



January 31, 2020

Dear SCS Parents and Guardians,

Welcome! SOAR is looking forward to an exciting 2020 winter/spring line up of workshops. The first part of the catalogue lists classes for K-4 students and the second part lists workshops for 5-8 students.

We continue with a more direct way to get information about SOAR to you. This catalogue listing all 2020 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. This enables you to register without going to the SCS website.

Here is the link to the on-line registration form:

<https://forms.gle/oLbfmyCQ7Wg5hhMb7>

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, January 31st - Wednesday, February 12th. Classes will begin Wednesday, February 20th. Our registration form allows you to rank your preference (1st-4th) 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 17.** *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. If you want

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to mail payment please send to the following address: *Linda Sloane, Box 299, Falls Village, CT 06031*. However, sending checks via your child is the most efficient and preferred way for your payment to be received.

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 6th – 8th grade helper or two: Fun Fitness (for 1st and 2nd graders), Food Adventures (for 1st and 2nd graders) Collage! (for 1st – 3rd graders), and Think Like an Illustrator (for 1st – 3rd 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)

Monday	Tuesday	Wednesday	Thursday	Friday
No Classes	<ul style="list-style-type: none"> ◆ * Farm, Gr 3-8 ◆ Food Adventures, Gr 1-2 ◆ Fun Fitness, Gr 1-2 ◆ Puppets, Gr 4-6 ◆ * Redhawks Go Global Continued, Gr 5-8 ◆ * Spin For Fun And Fitness, Gr 5-8 ◆ Think Like An Illustrator, Gr 1-3 ◆ * Visual Art with Processing 	<ul style="list-style-type: none"> ◆ Exploring Collage, Gr. 1-3 ◆ Moving With Millen Gr 3-4 ◆ * SOAR STEAM, Gr 3-8 ◆ * Yoga and Mindfulness, Gr 5-8 	<ul style="list-style-type: none"> ◆ * Farm, Gr 3-8 ◆ Fun With Wixie, Gr 1-2 ◆ Fun Fitness, Gr 1-2 ◆ Magic: The Gathering Gr 4-8 ◆ Messy Science, Gr 2-4 	<ul style="list-style-type: none"> ◆ Dance With Darcy, Gr. 2-4 ◆ * The Ancient Art Of Henna, Gr. 5-8

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.**

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$30	Tues & Thurs 3:15-5:15	4/21, 4/23, 4/28,4/30, 5/5, 5/7	Hotchkiss's Fairfield Farm, 396 Sharon Rd., Lakeville	13 Students	Chris Oostenink Amanda McClure, Jen Rhinehart & Ellie Youngblood

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Food Adventures: Grades 1-2
We'd love 1 Middle School Helper.

SOAR is excited to partnering once again up with The Nutrition Center in Great Barrington to bring this fun cooking class to 1st and 2nd 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. 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	3/10, 3/17, 3/24, 3/31, 4/7	Teacher's room, upper building	10-12 Students	Nutrition Center Staff

Fun Fitness: Grades 1-2
We'd love 1 or 2 Middle School Helpers.

After a day in the classroom and before an evening in front of a computer and doing homework, it's time to get moving! Janet Kaufman returns with her ever-popular Fun Fitness class. This 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. Weather permitting we will be outdoors. Participants need to dress in loose clothing and have appropriate foot wear. Nutritional snacks are provided, and we will discuss healthy eating habits.

PLEASE let us know of any food allergies or dietary restrictions. Please don't forget to dress appropriately.

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$45	Tues & Thurs: 3:15 - 4:15	4/21, 4/23, 4/28/ 4/30, 5/5 and 5/7	Outdoors/Cafeteria	12 Students	Janet Kaufman

Puppetry Adventure: Grades 4-6

SOAR is delighted to partner up once again with Joe Brien from Lost Art Workshops for this engaging class. In this workshop participants will create wacky hand puppets and marvelous marionettes using a wide variety of commonly found materials. Participants will also learn how to bring their puppet creations to life with a few easy movements.

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Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$65	Tuesdays: 3:15-4:45	3/3, 3/10, 3/17, 3/24, 3/31 and 4/7	Guidance Suite	8 Students	Joe Brien, Lost Arts Workshops

Think Like An Illustrator: Grades 1-3

We'd love 1 Middle School Helper.

SOAR welcomes back Joanne Klein, well-loved SCS teacher, to bring this fun and engaging art meets Language Arts workshop to the 1st through 3rd graders at SCS. In this workshop, each student will create his or her own illustrated, sequential stand-up accordion book. Each participant will use a variety of art techniques and materials such as drawing, painting, cutting and collage to design their own papers for the pages of his or her own book. Tissue paper, patterned and textured papers, and magazine cutouts will also be available. A variety of children's picture books will be additional resource for inspiring both content themes and artwork.

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$40	Tuesdays 3:15 - 4:15	3/17, 3/24, 3/31, 4/7, 4/21	Art room	10-12 Students	Joanne Klein

Visual Art with Processing: Grades 3-8

SOAR is delighted to welcome back Marta Eso from Hotchkiss, our local coding expert. To follow up on her fall workshop, which focused on the Python program for learning how to code, this time around, students will explore a new software program called Processing. Students will learn some introductory coding skills in a visual context using this new programming language. Processing is a simple and elegant software sketchbook originally developed to support visual artists and designers. Accessible to all ages, students will be able to successfully explore art and design using this program. This class is appropriate for students new to coding and those who have had prior experience.

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$40	Tuesdays 3:15 - 4:30	3/31, 4/7, 4/21, 4/28, 5/5	Computer Lab	14 Students	Marta Eso

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Wednesday Classes

Exploring Collage: Grades-1-3
We'd love 1 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 collage. Participants will be using a variety of materials including magazines, paper bags, cardboard, tissue paper and hand-painted papers. For students who like to immerse themselves in hands-on, creative endeavors, this is the perfect workshop.

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$45	Wednesdays 3:15 – 4:15	2/19, 2/26, 3/11, 3/18, 4/1	Conference room, upper building	10-12 Students	Jaimie Sadeh

Moving With Millen: Grades 3-4

This is a new and fun offering in response to student and family requests to have the popular Fun Fitness class for grades 1 and 2 continue in grades 3 and 4. Who better to take on this new offering than SCS's very own Millen Murray? In this workshop, participants will participate in a variety of developmentally appropriate fitness activities and games as an important way to reinforce healthy habits. Good sportsmanship and teamwork will also be emphasized. After a long day in the classroom, this workshop will be a fun way to enjoy time with friends, improve fitness and get moving. Participants need to dress in loose clothing and have appropriate foot wear. Nutritional snacks will be provided, and healthy eating habits will be discussed. **PLEASE let us know of any food allergies or dietary restrictions.** *Please don't forget to dress appropriately.*

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$35	Wednesdays 3:15 – 4:30	4/1, 4/8, 4/22, and 5/6	Outdoors/Cafeteria	12 students	Millen Murray

SOAR STEAM: Grades 3-8

This winter/spring our SUMMER STEAM camp will run a SOAR program. SOAR STEAM will be an interactive environment that encourages all students to engage in higher order thinking, be successful and have fun in a non-academic setting. Students will develop perseverance, a sense of discovery and excitement about mathematics, engineering and science through problem solving, games and exploration. Students may be investigating math in art, STEAM projects, strategic game playing and interactive higher order discovery. We are excited to once again offer this very popular SOAR STEAM workshop to 3rd through 8th graders for 5 classes this winter and spring. Come join the fun!

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Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$45	Wednesdays 3:15 - 4:45	2.19, 2.26, 3.11, 3.18, 4/1	Lower building classrooms	No maximum	Laura Badolato, Kat, Bucceri, Carol Hackett and Raydin Neary

Thursday Classes

Fun With Wixie: Grades 1-2

Students will use their creativity and the online app called Wixie to learn and practice various digital skills. With Wixie, the students can do computer paintings with various graphics tools and add text as needed. The emphasis will be on having time to experiment without feeling the need to have a particular product. Returning students from the fall class and new students are all welcome

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$35.00	Thursdays 3:15 - 4:30	2.20, 2.27, 3.5, 3.12, 3.19	Computer lab	10 students	Pat Palmer

Messy Science: Grades 2-4

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 - 4:30	2/20, 2/27, 3/5, 3/12, 3/19	Music Room	10 students	Letitia Garcia-Tripp

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Magic: The Gathering: Grades 4-6 (Experienced 3rd graders welcome)

We welcome, Doran Blake, a long-time enthusiast of Magic: The Gathering. In this first time SOAR workshop, students will be offered a space for those interested and new to the game to learn to play, and also an opportunity for experienced players to gather, play, and develop their skills. The workshop will begin with instruction in the rules and mechanics of the game, explore a few of the most popular formats/ways to play (there are many options), and discuss deck-building and game-play strategies. For those new to the game and experienced players, there will be an opportunity to purchase for a fee of \$22.00 two new decks; one for constructed play and one from drafting. This purchase can be made directly through the instructor once the class has begun. Experienced players should bring the cards they have.

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$35.00	Thursdays 3:15 - 4:45	2/20, 2/27, 3/5, 3/12, 3/19, 4/2	Guidance Suite	14 students	Doran Blake

Friday Classes

Dance with Darcy: Grades 2-4

Fresh off the SCS/SOAR fall musical, Darcy is back to share her talent and love for dance and choreographer with the SCS students at her beautiful dance studio, SPACE on Route 41 in Lakeville, across from the Hotchkiss School. In this workshop, participants will explore elements of ballet, jazz, and musical theater dance. They will learn foundational steps and explore choreography and self-expression through movement in a fun, relaxed environment. This workshop will be appropriate and fun for experienced dancers, musical theater buffs and beginners alike. Students who own dance shoes are encouraged to use them for class but bare feet will also be fine.

Please note: This workshop will take place at the Blue Barn at SPACE on Route 41 across from Hotchkiss. Participants will need to provide their own transportation and car-pooling is strongly encouraged. Pick-up will be at SPACE promptly at 4:45pm.

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$40.00	Fridays 3:30 - 4:45	2/21, 3/6, 3/13, 3/20, 3/27	Blue Barn at SPACE on Route 41	12 students	Darcy Boynton

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WORKSHOPS FOR GRADES 5-8

Tuesday Classes

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

Refer to K-4 section for class description

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$30	Tues & Thurs 3:15-5:15	4/21, 4/23, 4/28,4/30, 5/5, 5/7	Hotchkiss's Fairfield Farm, 396 Sharon Rd., Lakeville	13 Students	Chris Oostenink Amanda McClure, Jen Rhinehart & Ellie Youngblood

Puppetry Adventure : Grades 4-6

Refer to K-4 section for class description

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$65	Tuesdays: 3:15-4:45	3/3, 3/10, 3/17, 3/24, 3/31 and 4/7	Guidance Suite	8 Students	Joe Brien, Lost Arts Workshops

Redhawks Go Global With Cucina Volante Continued: Grades 5-8

Your taste buds will once again be traveling far and wide in this cooking class that will explore regional and international cuisines. Together the participants will create various dishes from around the world so come prepared for culinary adventure. Good listening and teamwork skills required, along with willingness to set-up and cleanup for the meal. An ability to follow directions and take initiative is also essential. Let's hit the road, Redhawks chefs!

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$65.00	Tuesday: 5:00-7:00	4.21, 4.28 and 5.5	Salisbury Congregational Church 30 Main St. Salisbury	10 students	Emily Armstrong

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Spin For Fun And Fitness: Grades 5-8

This is the middle school version of the well-loved Fun Fitness for the 1st and 2nd 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	2/25, 3/3, 3/10, 3/17 3/24	Studio Lakeville, Lakeville (across from Patco)	14 students	Leslie Eckstein, Owner, Studio Lakeville

Visual Art with Processing: Grades 3-8

Refer to K-4 section fro class description

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$40	Tuesdays 3:15 - 4:30	3/31, 4/7, 4/21, 4/28, 5/5	Computer Lab	14 Students	Marta Eso

Wednesday Classes

SOAR STEAM: Grades 3-8

Refer to K-4 section for class description

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$45	Wednesdays 3:15 - 4:45	2.19, 2.26, 3.11, 3.18, 4/1	Lower building classrooms	No maximum	Laura Badolato, Kat, Bucceri, Carol Hackett and Raydin Neary

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Introduction To Mindfulness And Yoga: Grades 5-8

Suzanne Mazzarelli, a well-loved yoga instructor and the owner of Be Well Community Yoga in Canaan is a new instructor to SOAR and is delighted to be able to share her passion for yoga with SOAR and the SCS students. In this 5-week series, students will learn ways to relax, cope with stress, and listen to their inner compass with mindfulness, meditation and yoga. Through teaching stories, various activities, and self-reflection, students will learn to make a deeper connection between 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 required. Yoga mats will be provided but students are welcome to bring a mat if they own one. Please wear comfortable clothes that allow for easy movement and stretching.

Benefits of Yoga & Mindfulness Include: + 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)
\$40	Wednesdays: 3:15 – 4:15	2/26, 3/11, 3/18, 4/1, and 4/8	Music room, upper building	12 students	Suzanne Mazzarelli

Thursday Classes

Magic: The Gathering: Grades 4-6 (Experienced 3rd graders welcome)

Refer to K-4 section for class description

Fee	Day(s)	Dates	Location	Maximum	Instructor(s)
\$35.00	Thursdays 3:15 – 4:45	2/20, 2/27, 3/5, 3/12, 3/19, 4/2	Guidance Suite	14 students	Doran Blake

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Friday Classes

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	2/21, 2/28, 3/6, 3/13, 3/27	Lower building classroom	10	Niharika Vialpando

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.