

Winter 2020



ST. LOUIS
SCHOOL

Student Enrichment
Programs

Winter 2020 Student Enrichment Programs



WELCOME

Dear Parents,

We are pleased to offer the following enrichment package this winter for St. Louis students. Please see specific offerings for grade level participation, dates, and times.

Enrollment in these programs is on a first come basis, requiring prompt registration and payment on or before Friday, January 31st. In the event a program reaches the maximum number, a lottery system will be used to fill the remaining spots.

If your child is enrolled in the after-school program, you must register your child(ren) in the enrichment programs and submit payment for the program.

We kindly request any snacks for your child(ren) during the after-school enrichment programs be nut free in order to maintain a healthy environment for all.

Our goal is to provide a variety of programs that meet the interest of our students. We welcome your questions, comments and suggestions for future enrichment programs.

The spring enrichment program offerings will be released towards the end of the winter session.

Andrea Bosack, SAC Enrichment
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General Information

Registering is as easy as 1-2-3! Here's how:

1. Complete the form on page 9. Please use a separate form for each child.
2. Write a check payable to "St. Louis School" or by credit card via link.
<https://www.slspittsford.org/extracurricular>
3. Submit the form along with your check to the St. Louis School Main Office by January 31, 2020.

An enrollment confirmation will be emailed to you. Please note that the email address you provide will be shared when confirmations are sent. If an activity reaches its maximum capacity, enrollment will be decided on a first-come basis.

If an activity is under enrolled, a refund will be issued in these circumstances. Payment is non-refundable due to the student's absences, vacations, and/or illness.

Make-up sessions will be scheduled in the event of school cancellation and communicated on a case-by-case basis.

Winter 2020 Student Enrichment Programs



Cooking

Program Description:

Join us for a taste of food, fun & friends, a cooking school for kids at St Louis School! St. Louis students in grades 3 –5 will learn to develop their team building skills while “working” together to create delicious, healthy alternatives to store-bought, pre-packaged, pre-made items. With just a few ingredients from the fridge/pantry, watch your child’s self esteem take flight, as they are encouraged to roll up their sleeves, dig in and learn to create homemade, cost-effective meals and snacks. Kids can’t wait to grow up and this is a great way to allow them to be independent and resourceful—and to teach them how to utilize necessary ingredients for a healthy and delicious life! If you have any additional questions or concerns, check us out at foodfunandfriends585.com and on Facebook.

Please feel free to contact Mary any time at foodfunandfriends585@gmail.com or call +1-585-261-8170.

Fee	Grades	Instructor	Enrollment Min/Max
\$200	3-5	Mary Stachowski	8 / 12
Dates	Time	Location	Building
Below	3:15 - 4:15	Kitchen	Reddington

FEB							MAR							APR						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	1	2	3	4	5	6	7				1	2	3	4
2	3	4	5	6	7	8	8	9	10	11	12	13	14	5	6	7	8	9	10	11
9	10	11	12	13	14	15	15	16	17	18	19	20	21	12	13	14	15	16	17	18
16	17	18	19	20	21	22	22	23	24	25	26	27	28	19	20	21	22	23	24	25
23	24	25	26	27	28	29	29	30	31				26	27	28	29	30			

All after school enrichment activities require the assistance of one C.A.S.E.-trained parent volunteer to assist the instructor. No previous experience or special training, beyond C.A.S.E. training, is required. C.A.S.E training information and training can be found here: <https://www.slspittsford.org/creating-safe-environment-case/> Our enrichment programs depend on parent volunteers. Thank you in advance for your help!

Winter 2020 Student Enrichment Programs



Girls on the Run

Program Description:

At Girls on the Run we inspire girls to recognize their inner strength and celebrate what makes them one of a kind. Trained coaches lead small teams through our research-based curricula which includes dynamic discussions, activities and running games. Over the course of the ten-week program, girls in 3rd-5th grade develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. The program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event.

Fee	Grades	Instructor	Enrollment Min/Max
PAID ONLINE	3-5	TBD	N/A
Dates	Time	Location	Building
Mon / Wed	3:15 - 4:30	Gym, Courtyard (weather permitting)	Reddington

MAR							APR							MAY							JUN						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7				1	2	3	4						1	2	31	1	2	3	4	5	6
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	28	29					

Note: 5k Run Sunday June 7th

Online registration and payment information will be sent via email to those who submit the attached SLS registration form. This program does not require a C.A.S.E trained parent volunteer. A few of our wonderful teachers are donating their time again this year.

Winter 2020 Student Enrichment Programs



Mindfulness

Program Description:

Mindfulness is the perfect way to end a busy school week. This six-week class specializes in creative instruction in meditation, breathing practices, relaxation, stretching, games and activities with a strong emphasis on stress management for kids.

Fee	Grades	Instructor	Enrollment Min/Max
\$105	K-5	Julie Van Benthussysen	4 / na
Dates	Time	Location	Building
Below	3:15 - 4:00	Gym*	Reddington

FEB							MAR							APR						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	1	2	3	4	5	6	7				1	2	3	4
2	3	4	5	6	7	8	8	9	10	11	12	13	14	5	6	7	8	9	10	11
9	10	11	12	13	14	15	15	16	17	18	19	20	21	12	13	14	15	16	17	18
16	17	18	19	20	21	22	22	23	24	25	26	27	28	19	20	21	22	23	24	25
23	24	25	26	27	28	29	29	30	31					26	27	28	29	30		

*Note: first three classes to be held in the coat area for Kindergarten, in Reddington

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Winter 2020 Student Enrichment Programs



Robotics

Program Description:

Kids will race into the world of engineering and learn about simple machines such as gears, axles and wheels. They'll design, build, and experiment with awesome creations using LEGO® bricks, improving their design and problem-solving skills.

Fee	Grades	Instructor	Enrollment Min/Max
\$125	K-2	Sylvan Learning Ctr	6 / 12
Dates	Time	Location	Building
Below	3:15 - 4:15	Art Room	Reddington

FEB							MAR							APR						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	1	2	3	4	5	6	7				1	2	3	4
2	3	4	5	6	7	8	8	9	10	11	12	13	14	5	6	7	8	9	10	11
9	10	11	12	13	14	15	15	16	17	18	19	20	21	12	13	14	15	16	17	18
16	17	18	19	20	21	22	22	23	24	25	26	27	28	19	20	21	22	23	24	25
23	24	25	26	27	28	29	29	30	31					26	27	28	29	30		

Program Description:

Let's bring your child's imagination to life! Your son or daughter will experiment with simple machines, like levers and pulleys, to design and build complex structures.

Fee	Grades	Instructor	Enrollment Min/Max
\$125	3-5	Sylvan Learning Ctr	6 / 12
Dates	Time	Location	Building
Below	3:15 - 4:15	Basement	Reddington

FEB							MAR							APR						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	1	2	3	4	5	6	7				1	2	3	4
2	3	4	5	6	7	8	8	9	10	11	12	13	14	5	6	7	8	9	10	11
9	10	11	12	13	14	15	15	16	17	18	19	20	21	12	13	14	15	16	17	18
16	17	18	19	20	21	22	22	23	24	25	26	27	28	19	20	21	22	23	24	25
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Winter 2020 Student Enrichment Programs



Spanish

Program Description:

SPANISH FOR THE ELEMENTARY YEARS is an educationally oriented fun and interactive program designed specifically for the K-5 elementary student. The unique six-week curriculum features foundation vocabulary introduced through games, singing and hands-on activities. Students are able to compound words and begin forming simple sentences. Classes are never a repeat! Returning students can continue expanding their vocabulary base and new students can begin building their vocabulary base. Formerly known as CultureKids, our program uses a 5-year rotation of lesson plans!

Fee	Grades	Instructor	Enrollment Min/Max
\$60	K-5	The Enrichment Company	N/A
Dates	Time	Location	Building
Below	3:15 - 3:55	Library	Library

FEB							MAR							APR						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	1	2	3	4	5	6	7				1	2	3	4
2	3	4	5	6	7	8	8	9	10	11	12	13	14	5	6	7	8	9	10	11
9	10	11	12	13	14	15	15	16	17	18	19	20	21	12	13	14	15	16	17	18
16	17	18	19	20	21	22	22	23	24	25	26	27	28	19	20	21	22	23	24	25
23	24	25	26	27	28	29	29	30	31					26	27	28	29	30		

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Winter 2020 Student Enrichment Programs



Tennis

Program Description:

Midtown Athletic Club will be offering after school group tennis lessons for grades K5-2. All students are welcome, whether picking up a racquet for the first time or coming with prior experience, players will have a blast with the Midtown coaches! Midtown's goal is to help all players not only improve their level of play but to also develop friendships, sportsmanship and learn what it means to play as part of a team. Racquets will be provided if needed. At Midtown, all players participating in a weekly practice have access to the Friday games at no additional fee. We would love to see St. Louis players attend games. **Games are held on Fridays from 4-5:30pm.**

Fee	Grades	Instructor	Enrollment Min/Max
\$90	K5-2	Mr. Laramie Gavin	6 / 12
Dates	Time	Location	Building
Below	3:15 - 4:15	Gym	Reddington

FEB							MAR							APR						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1	1	2	3	4	5	6	7				1	2	3	4
2	3	4	5	6	7	8	8	9	10	11	12	13	14	5	6	7	8	9	10	11
9	10	11	12	13	14	15	15	16	17	18	19	20	21	12	13	14	15	16	17	18
16	17	18	19	20	21	22	22	23	24	25	26	27	28	19	20	21	22	23	24	25
23	24	25	26	27	28	29	29	30	31					26	27	28	29	30		

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Winter 2020 Student Enrichment Registration



Student Name _____

Parent/Guardian Name _____

Email _____

Cell _____

Aftercare? (Y/N) Yes No

If your child is enrolled in a class, are you willing to aid in the classroom one time per Winter Session? Yes No

	Description	Grade	Page	Weeks	Cost
<input type="checkbox"/>	Cooking	3-5	3	6	\$200
<input type="checkbox"/>	Girls on the Run	3-5	4	12	Online
<input type="checkbox"/>	Mindfulness	K-5	5	6	\$105
<input type="checkbox"/>	Robotics	K-2	6	6	\$125
<input type="checkbox"/>	Robotics	3-5	6	6	\$125
<input type="checkbox"/>	Spanish	K-5	7	6	\$60
<input type="checkbox"/>	Tennis	K5-2	8	6	\$90

Important: Any changes in transportation or pickup must be submitted to the main office.

I give permission for _____ to participate in the St. Louis Enrichment Programs. I understand that there will not be a school nurse available after school. We require that a parent of each student with relevant medical information (allergies or physical conditions) see the St. Louis Nurse to sign a HIPPA release at the time of Enrichment Program registration. I will pick up my child promptly at the end of each meeting or make arrangements as indicated above. I, as parent or guardian of the minor, do hereby, for my son/daughter, myself, my heirs, executors and administration, remise, release and forever discharge the St. Louis School/Parish, employees and agents of each of the foregoing, acting officially or otherwise, from any and all claims, demands, actions or causes of action on account of referred. I hereby certify that I am the parent/legal guardian of said minor, and I do hereby certify that to the best of my knowledge and belief said minor is in good health with medical conditions/limitations, allergies and medication reactions. I hereby certify that I will contact the activity leader in the event of a change in my child's medical condition. In case of illness or accident, permission is granted for emergency treatment to be administered. It is further understood that the undersigned will assume full responsibility for any such action, including payment of costs.

I have read and agree to abide by the St. Louis School Program Policies.

Name _____

Date _____

Signature _____