

# Explore and Extend—Spring 2020

## Registration and Fees

Fees vary by class and are listed with course descriptions. Fees must be paid at registration. Space is first-come, first-served in all classes; space is reserved and registration is considered complete only when payment has been made. St. Francis reserves the right to change class locations, sizes, and instructors when necessary; close registration for programs that are full; and cancel programs that are under-enrolled. Money for cancelled classes will be refunded to student accounts.

**Note: All of a family's student account balances must be current for the student to register for and participate in Explore and Extend enrichment classes.**

## Billing Information

### After-School Care Monthly Fee:

**\$340 for Lower and Middle School; \$360 for Primary School:**

Billed monthly in advance

### Three-Day Pre-Primary/Primary I After-School Care Monthly Fee:

**\$215:** Billed monthly in advance

### Drop-In After-School Care Hourly Fee:

**\$13:** Billed monthly (no partial hours)

Short months (November, December, March) are not discounted. Requests to change billing options must be submitted in writing to the E&E Office before the first of each month.

## Refund Policy

All refund requests must be made in writing and submitted to the director of Explore and Extend by January 19, 2020. Refunds will be made on a pro-rated basis, based on the number of classes attended at the time of withdrawal, plus a 10 percent withdrawal fee.

After January 19, 2020, no refunds of fees will be made to any student who withdraws from a class or is dismissed from a class. St. Francis reserves the right to dismiss any student who does not comply with the expectations of the program. Fees will be refunded if St. Francis cancels a class offering.

## Short Stay

Lower School students with siblings in fifth grade or Middle School siblings participating in PE may choose to enroll in the Short Stay program from 3:10–3:45 p.m. each day.

Short Stay programs are staffed by full-time faculty and E&E After-School Care instructors. Lower School students use this time to do homework, play board games, create crafts, and have a snack. Cost for Short Stay is \$375/year. For Lower School students choosing to enroll for only one sports season, the cost is \$150/athletics season. **Students MUST have a qualifying sibling or carpool with a qualifying student to take advantage of this program. Short stay is not available on a drop in basis – advance registration is required.**

## Drop-Ins

While we prefer advance notice, we understand that unexpected circumstances arise from time to time. After-school care is available in these instances and is billed at the hourly rate. Lower School students who have not been picked up by 3:35 p.m. and Middle School students who have not been picked up by 4:00 p.m. will be considered drop-ins.

## Late Pickup

Late-pickup fees will be assessed starting at 6:01 p.m. Late-pickup fees are \$5 for the first 10 minutes and \$2 per minute thereafter.

## Contact

### Margaret Newsom

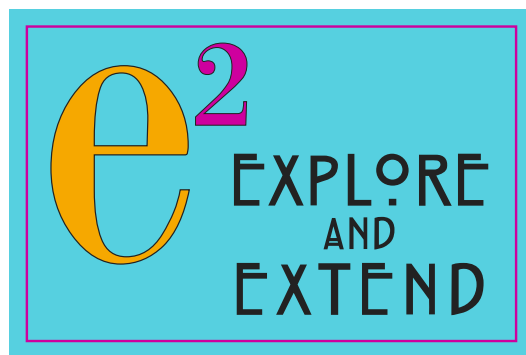
Director of Explore and Extend

Phone: 713.458.6467 • Fax: 713.782.4720

E-mail: MNewsom@StFrancisHouston.org



St. FRANCIS  
Episcopal School



## ST. FRANCIS AFTER-SCHOOL PROGRAM

## AFTER-SCHOOL CARE AND ENRICHMENT CLASSES For Students 2-Years-Old Through Grade 8

Explore and Extend (E&E) After-School Care begins at dismissal and runs until 6:00 p.m., providing students with structured daily activities and a healthy snack. Students are encouraged to develop self-help, social, problem solving, creative, and critical thinking skills within a developmentally appropriate environment.

Time is provided for students in Lower and Middle School to independently pursue homework. While teachers are available to assist as needed, Explore and Extend is not a tutorial service and cannot provide one-on-one tutoring during this homework time.

**CLICK HERE TO  
REGISTER ONLINE!**

## Explore and Extend Schedule

### MONDAY

- 2:30–3:15 Yoga (Primary I and II)
- 2:30–3:15 Pre-Ballet (Primary I)
- 3:15–4:15 Woodworking Level II (Grades K–2)
- 3:15–4:15 Soccer Shots (Grades K–2)
- 3:00–3:45 Group Guitar through the School of Music (Grades 3–5)
- 3:30–4:30 Manners with the VoomRoom (Grades 2-4)
- 3:45–4:30 Ballet/Jazz (Grades K–1)
- 4:30–5:30 Woodworking—Level II (Grades K–2)

### TUESDAY

- 2:30–3:15 Tae Kwon Do (Primary I and II)
- 2:30–3:15 Early Ballet/Jazz (Primary II)
- 3:30–4:30 Chess (Grades K–4)
- 3:30–4:30 Coding Trailblazers (K-3)
- 3:45–4:30 Tae Kwon Do (Grades K–4)

### WEDNESDAY

- 2:30–3:15 Mini-Stars All Sport (Primary I and II)
- 2:30–3:15 Constructions, Concoctions and Contraptions—Oh My! (Primary II)
- 3:30–4:30 Gymnastics (Grades K–4)
- 3:30–4:30 Archery (Grades 1–4)
- 3:45–4:30 Group Percussion through School of Music (Grades 2–5)

### THURSDAY

- 2:00–2:45 Mommy and Me Violin through School of Music (Primary II)
- 2:30–3:15 Tae Kwon Do (Primary I and II)
- 3:30–4:30 Theatre Magic (Grades K–3)
- 3:45–4:45 Financial Readiness, Vision Boards & Social Skills (Grades 4–5)
- 3:45–4:45 Cooking Sessions (Grades 1–5)
- 3:45–4:30 Tae Kwon Do (Grades K–5)
- 3:45–4:30 Wolf Cub Wrestling (Grades 1–3)

### FRIDAY

- 2:30–3:15 Gymnastics (Primary I and II)
- 2:30–3:15 Tae Kwon Do (Primary I and II)
- 3:15–4:15 Woodworking—Advanced (must have taken Level 2 and received instructor permission)
- 3:15–4:15 Brazilian Jiu-Jitsu (Grades K–3)
- 3:30–4:30 Yoga (Grades K–2)
- 4:30–5:30 Woodworking (Must have taken Level 2 and received instructor permission)

# Explore and Extend—Spring 2020

## "A TO Z" WOODWORKING—LEVEL 1 • (for Boys and Girls Grades: K–2)

### Class Dates:

Session I: Kindergarten–Grade 1, Mondays, 1/27–5/4, 3:15–4:15 p.m.

Session II: Grades 1–2, Mondays, 1/27–5/4, 4:30–5:30 p.m.

**Instructor:** Linda Engelland • **Cost:** \$425

**Min/Max Enrollment:** 6/8

In this amazing hands-on class, children learn to safely use real tools! Activities include sawing, hammering, shaping, boring holes, smoothing, gluing, and painting while making several small projects to take home. No kits are used, and all supplies are included! Students practice working step-by-step through a process, problem solving, developing motor skills, and gaining a greater spatial understanding through an age old craft.

Linda Engelland, who designs and teaches this class, has a BS in education from the University of Texas at Austin and is Montessori trained. She is excited to bring these classes to St. Francis!

## "A TO Z" WOODWORKING—ADVANCED LEVELS • (Must have teacher approval)

### Class Dates:

Session I: Fridays, 1/24-5/8, 3:15-4:15 p.m.

Session II: Fridays, 1/24-5/8, 4:30–5:30 p.m.

**Instructor:** Linda Engelland • **Cost:** \$425

**Min/Max Enrollment:** 6/8

Advanced is for those who have completed Level II either during the past school year or our summer program. This program builds on the skills learned in Level II and allows students to progress at their own pace and level, pursuing increasingly difficult skills and projects. Students may take Advanced level classes for several semesters.

## ARCHERY FOR BEGINNERS • (Grades 1–4)

**Class Dates:** Wednesdays, 1/22-5/13, 3:30–4:30 p.m.

**Instructor:** Mini-Stars • **Cost:** \$385 (includes all materials including bows, arrows, targets and safety equipment)

**Min/Max Enrollment:** 6/18

Students in this introductory archery course begin with the basics of safety, safety zones, and the physics of archery. Students are taught form, technique, principles of archery, and basic terminology. Hands-on practice allows for rapid growth in a fun, active environment. This sport is gaining in popularity, thanks to exposure through popular culture, and archery is seeing a resurgence in interest from students across the city.

## BALLET AND CREATIVE DANCE FOR STUDENTS IN PRIMARY I

**Class Dates:** Mondays, 1/13–5/4, 2:30–3:15 p.m.

**Instructor:** Crista Reuss • **Cost:** \$375

**Min/Max Enrollment:** 6/10

Students in this class work through exercises based around stories and particular forms of movement. They also learn French dance terms and phrases along with ballet history while gaining technique and motor skills in a developmentally appropriate class. Students will need a black leotard with an attached or separate skirt or bike shorts and pink ballet slippers. The semester culminates with a dance open house. Formal recitals occur in the spring semester.

## BALLET AND COMBINATION DANCE FOR STUDENTS IN PRIMARY II

**Class Dates:** Tuesdays, 1/14–5/5, 2:30–3:15 p.m.

**Instructor:** Crista Reuss • **Cost:** \$375

**Min/Max Enrollment:** 6/13

Students in this class work on body awareness and control within space as they learn solid foundations of ballet and jazz and/or tap movements. They will also learn French terminology for dance, history of dance, and stories behind popular ballet performance pieces. Students will need a black leotard with attached or separate black skirt (or bike shorts) and pink ballet slippers, as well as a pair of athletic shoes for jazz portions of class. Parents will be invited to observe a class toward the end of the semester. Formal recitals occur in the spring semester.

## BALLET AND JAZZ COMBINATION FOR STUDENTS IN KINDERGARTEN—GRADE 1

**Class Dates:** Mondays: 1/13–5/4, 3:45–4:30 p.m.

**Instructor:** Crista Reuss • **Cost:** \$395

**Min/Max Enrollment:** 6/14

Students in this class will continue to develop body awareness, with greater emphasis on strong early ballet and jazz technique, use of proper French terminology, history of dance, and storytelling through movement. Students will need a black leotard with attached or separate black skirt (or bike shorts) and pink ballet slippers, as well as a pair of athletic shoes or jazz boots for jazz portions of class. Parents will be invited to observe a class toward the end of the semester. Formal recitals occur in the spring semester.

## BRAZILIAN JIU-JITSU • (Kindergarten—Grade 3)

**Class Dates:** Fridays, 1/17-5/8, 3:15–4:15 p.m.

**Instructor:** Jesse Bailon • **Cost:** \$350 or \$400 with gi (students are required to have a gi, which can be purchased through the school or independently online)

**Min/Max Enrollment:** 6/10

Brazilian jiu-jitsu is the martial art created for a smaller person to be able to defend themselves from a bigger, stronger opponent. With both self-defense and sport applications, Brazilian jiu-jitsu encompasses both standing and ground techniques. Students learn non-violent defenses that work on both strangers and bullies. With focus on discipline, self-control, body awareness, physical development, and character development, children gain life-long skills and the confidence to assert themselves and not present themselves as victims. Learn to dissuade bullies, without becoming one.

Jesse Bailon is a 13-year practitioner of Brazilian jiu-jitsu and holds a black belt under Royce Gracie. He holds a business degree from the University of Houston and is a local business owner, dedicated to sharing the art of Brazilian Jiu Jitsu with a new generation.

## CHESS 1 • (Grades: K–4)

**Class Dates:** Tuesdays, 1/16–5/8, 3:30–4:30 p.m.

**Instructor:** USA Chess • **Cost:** \$275

**Min/Max Enrollment:** 7/14

USA Chess is the premier educational chess organization in the Southwest. Using experienced instructors with tournament backgrounds, students are taught the basics in a fun and challenging way while emphasizing sportsmanship and proper play. Lessons are designed to address the needs of students of all ages and experience levels, from beginners to scholastic tournament players.

## CODING TRAILBLAZERS • (Kindergarten—Grade 3)

**Class Dates:** Tuesdays, 1/14–5/5, 3:30-4:30 p.m.

**Instructor:** Kara Cooney-Galli • **Cost:** \$400

**Min/Max Enrollment:** 6/14

Journey into the world of coding! Starting with basic coding concepts, students will use a variety of unplugged and online coding activities to refine skills. Activities include Snap Circuits, Squishy circuits, Code and GO Mouse Maze and Robot Turtles games. Campers will work on individual and collaborative tasks, combining creativity with problem solving as they blaze a trail into the world of computer coding!

## CONSTRUCTIONS, CONCOCTIONS AND CONTRACTIONS—OH MY! • Primary II

**Class Dates:** Wednesdays, 1/15–5/6, 2:30–3:15 p.m.

**Instructors:** Kara Cooney-Galli

Join us in this fun STEAM-based class where students will explore science and engineering through hands-on experiments and problem-solving games. Students will work both individually and in small groups to complete engineering challenges and create amazing concoctions!

# Explore and Extend—Spring 2020

## COOKING BASICS • (Grades 1–4)

**Class Dates:** Thursdays, 1/16-5/7, 3:45–4:45 p.m.  
**Instructor:** Maria Cruzalegui-Reardon • **Cost:** \$325  
**Min/Max Enrollment:** 6/11

Senora Cruzalegui shares her passions for culture and learning through cooking. Each student will learn, hands-on, basics of cooking such as measurement, following directions, basic cooking terminology, planning and basic budget work, and connecting food to their own lives. Students will bring home a treat at the end of the class to share with their families.

## FINANCIAL READINESS, VISION BOARDS AND SOCIAL SKILLS WITH THE VOOM ROOM • (Grades 4–5)

**Class Dates:** Thursdays, 1/16–5/7, 3:45–4:45 p.m.  
**Instructor:** Leiselle Sadler • **Cost:** \$400  
**Min/Max Enrollment:** 6/18

In a more advanced class, Ms. Sadler and the VoomRoom take the manners taught to our younger students and emphasize the social skills needed for 9-11 year olds. Subjects covered will include handling money, shopping, restaurant etiquette, party etiquette, planning for personal growth and addressing the social issues that arise with this age group. Students will discuss how to gracefully avoid gossip, handle not being included in small group activities, accepting apologies with grace, and sportsmanship. The semester ends with a formal group dining experience.

## MANNERS WITH THE VOOM ROOM • (Grades 2–4)

**Class Dates:** Mondays, 1/13-6/4, 3:30–4:30 p.m.  
**Instructor:** Leiselle Sadler  
**Cost:** \$400 (includes an end of semester formal dining experience)  
**Min/Max Enrollment:** 6/18

*Etiquette, Social Skills, and Character Development in The Voom Room*  
Students learn the skills of etiquette and social graces with an emphasis on courteous and disciplined behaviors. Instruction evolves through hands-on practices and culminates with a luncheon to demonstrate acquired skills. This age-appropriate curriculum helps children develop social graces and etiquette for a variety of settings, through hands-on activities and role play. This includes dining etiquette, thank you notes, introductions, giving and receiving apologies, social media and cell phone boundaries, good sportsmanship, listening to others, and being a good host or hostess. Instruction also touches on gossip, bullying, and the secret to avoiding secrets. The semester ends with a group meal for formal dining.

## MINI-STARS ALL SPORT • Primary I—Primary II

**Class Dates:** Wednesdays 1/17–5/9, 2:30–3:15 p.m.  
**Instructors:** Luis Labastida and the Mini-Stars team • **Cost:** \$325  
**Min/Max Enrollment:** 10/20

This class focuses on developing skills each week, while solidifying previous teaching. Students concentrate on coordination games both with and without a ball. Fall will begin with some soccer skills and move to other games and sports drills. Students will be developing motor skills while building a basic understanding of different sports and games. Focus will be on turn taking, large motor development, sportsmanship, and fun.

## TAE KWON DO • (Primary I—Grade 5)

**Class Dates:**  
Primary I and II: Tuesdays, 1/16-5/8, 2:30–3:15 p.m.  
Primary I and II: Thursdays, 1/18-5/10, 2:30–3:15 p.m.  
Grades K–4: Tuesdays, 1/16-5/8, 3:45–4:30 p.m.  
Grades 1–5: Thursdays, 1/18-5/10, 3:45–4:30 p.m.  
Primary I and II: Fridays, 1/19-5/11, 2:30–3:15 p.m.  
**Instructor:** Master Bruce Alamdari  
**Cost:** \$450 for Tuesday/Thursday classes and \$435 for Friday classes  
\* uniform not included  
**Min/Max Enrollment:** 6/12 (Primary School); 6/15 (Lower School)

Tae Kwon Do with Master Bruce Alamdari remains one of the most popular courses offered at St. Francis! This class helps children develop physically and mentally in ways that both parents and students appreciate. Benefits include an increased attention span, enhanced respect for self and others, greater self-defense skills, and improved coordination.

## THEATRE MAGIC • (Kindergarten—Grade 3)

**Class Dates:** Thursdays, 1/16-5/7, 3:30–4:30 p.m.  
**Instructor:** Patty Edwards • **Cost:** \$300  
**Min/Max Enrollment:** 6/14

Theatre Magic promises to be a fun adventure! Students will play a variety of theatre games designed to increase their ability to concentrate and focus; increase creativity; learn to think outside the box; increase the ability to cooperate; become an ensemble; and increase skills in vocal production and non-verbal communication. The second part of the workshop will focus on putting together a performance script. Students will learn to script their own thoughts and explore the nature of finalizing a working script that will be performed for family and friends. Ms. Edwards has been teaching theatre for over 30 years, developing a creative drama program for students and an improvisational class and team. She has coached three National Presidential Scholars in the arts who performed at Kennedy Center. Her experience covers direction in upper, middle, and lower school levels, as well as on a professional level.

## TUMBLING WITH THE TUMBLING CO. OF HOUSTON • (Primary I—Grade 4)

**Class Dates:**  
Grades K–4: Wednesdays, 1/22–5/13, 3:30-4:30  
Primary I and II: Fridays, 1/17–5/8, 2:30–3:15 p.m.  
**Instructors:** Coach Robbie Hirst and staff  
**Cost:** \$350 for Wednesday classes; \$275 for Friday classes  
**Min/Max Enrollment:** 8/21 for Primary School; 10/22 for Lower School

Tumbling Co.'s goal is to encourage children through a series of success oriented, positive learning experiences in a non-competitive athletic setting. Instruction is provided in floor tumbling, vaulting, low beams, and simplified bars. Skills progress with the student's development and developing a love of movement is foremost in mind when coaches plan for each class.

## YOGA FOR PRIMARY SCHOOL • (Primary I—Grade 3)

**Class Dates:**  
Primary I and II: Mondays, 1/22-5/14, 2:30–3:15 p.m.  
Grades K–3: Fridays, 9/6–12/6, 3:30–4:30 p.m.  
**Instructor:** Cynthia Navarro • **Cost:** \$365  
**Min/Max Enrollment:** 6/10

This interactive class brings together fun lessons with a mix of yoga poses, games, and improvisation with a goal to have a positive effect on health, self-control, and social interactions in our youngest students. Yoga at an early age encourages self-esteem and body awareness while enhancing flexibility, coordination, and concentration. Coach Cynthia has more than 10 years of experience teaching yoga, and her objectives include helping students learn strategies for self-soothing and relaxation in a variety of situations. During class, students will engage in yoga through games, music, and relating poses to animals and elements of nature. All classes begin and end with music chosen to encourage relaxation.

## Parents' Night Out Events

**Mark your calendars and enjoy a series of Parents' Night Out events offered by Explore and Extend!**

On the dates listed below, students in Primary II–grade 5 can join us from 6:00–10:00 p.m., with pick-up at any time and a carpool running at 9:45 p.m. Students will have opportunities for board games, sports in the gym, arts and crafts, and a movie on the big screen in our Fine Arts Center. Older children will have opportunities to play video games on the large screen. We will also be partnering with Just Play Sports, Olympia Tae Kwon Do, Mini-Star All Sports, City Art Works, and more to amp up the fun. Students attending will be given dinner as well as a snack for the end of evening movie. Don't miss out on your night out—watch for the registration announcement in *Wolf Watch*.

December 6, 2019, January 24, 2020, February 21, 2020  
March 27, 2020, April 24, 2020