

# Explore and Extend—Fall 2021

## 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 September 17, 2021. 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 September 17, 2021, 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. Only those carpooling with Middle School students leaving at 3:45 may participate in this program.

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 \$400/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. Spaces are limited for this program.

## 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

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## ST. FRANCIS AFTER-SCHOOL CARE AND ENRICHMENT CLASSES FOR STUDENTS 2-YEARS-OLD AND UP

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.

## Explore & Extend Schedule Fall 2021

### MONDAY

- 2:30–3:15 Yoga (Primary I and II)
- 2:30–3:15 Pre–Ballet (Primary I)
- 3:15–4:15 Woodworking Level I (Grades K–2)
- 3:45–4:30 Ballet/Jazz (Grades K–1)
- 3:45–5:00 DIY Art (Grades 3–5)
- 4:30–5:30 Woodworking—Level I (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 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)
- 3:30–4:30 Gymnastics (Grades K–4)
- 3:30–4:30 Archery (Grades 1–4)
- 3:30–4:30 Soccer Skills (Grades K-2)

### 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)
- 3:45–4:45 Cooking Basics (Grades 1–5)
- 3:45–4:30 Tae Kwon Do (Grades K–5)
- 3:45–5:00 Cartooning Club (Grades 3–5)

### FRIDAY

- 2:30–3:15 Gymnastics (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)
- 4:30–5:30 Woodworking (Must have taken Level 2 and received instructor permission)

# Explore and Extend—Fall 2021

## "A TO Z" WOODWORKING • (Kindergarten—Grade 2) for Boys and Girls

**Class Dates:** Level 1 | Mondays, 9/20–12/16

Session I: Kindergarten—Grade 1, 3:15–4:15 p.m.

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

Advanced | Fridays, 9/26–12/3

(*must have teacher approval*)

Session I: | 3:15–4:15 p.m.

Session II: | 4:30–5:30 p.m.

**Instructor:** Linda Engelland • **Cost:** \$395

**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!

Advanced is for those who 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, 9/8–12/8, 3:30–4:30 p.m.

**Instructor:** Mini-Stars

**Cost:** \$385\*

**Min/Max Enrollment:** 6/12

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 • (Primary I)

**Class Dates:** Mondays, 9/13–12/6, 2:30–3:15 p.m.

**Instructor:** Skyler Sinclair • **Cost:** \$365

**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 • (Primary II)

**Class Dates:** Tuesdays, 9/7–12/7, 2:30–3:15 p.m., 9/4-12/4

**Instructor:** Skyler Sinclair • **Cost:** \$365

**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. Students will learn French terminology for dance, history of dance, and stories behind popular ballet performance pieces. Students will need pink ballet slippers and a black leotard with either a skirt (attached or separate) or bike shorts, as well as a pair of athletic shoes for jazz portions of class. The semester culminates with a dance open house. Formal recitals occur in the spring semester.

## BALLET AND JAZZ COMBINATION • (Kindergarten—Grade 1)

**Class Dates:** Mondays, 9/13–12/6, 3:45–4:30 p.m.

**Instructor:** Skyler Sinclair • **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, 9/10–12/10, 3:15–4:15 p.m.

**Instructor:** Jesse Bailon

**Cost:** \$375 or \$425 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.

## CARTOONING CLUB • (Grades 3–5)

**Class Dates:** Thursdays, 9/9–12/9, 3:45–4:45 p.m.

**Instructor:** Margaret Dye • **Cost:** \$275

**Min/Max Enrollment:** 6/11

Join Lower School art teacher, Margaret Dye, in a study of cartoons and comics. Students will work on drawing skills, layout, design, and storyboarding, along with allowing their imaginations to grow.

## CODING TRAILBLAZERS • (Kindergarten—Grade 3)

**Class Dates:** Tuesdays, 9/7–12/7, 3:30–4:30 p.m.

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

**Min/Max Enrollment:** 6/11

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!

## COOKING BASICS • (Grades 1–4)

**Class Dates:** Thursdays, 9/9–12/9, 3:45–4:45 p.m.

**Instructor:** Maria Cruzalegui-Reardon • **Cost:** \$350

**Min/Max Enrollment:** 6/11

Senora Cruzalegui shares her passions for culture and learning through cooking. Each student will get hands-on experience learning the basics of cooking: measurement, following directions, cooking terminology, planning and 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.

**\*Includes all materials (bow, arrows, targets, and safety equipment).**

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## DIY ART • (Grades 3–5)

**Class Dates:** Thursdays, 9/13–12/6, 3:45–4:45 p.m.

**Instructor:** Margaret Dye • **Cost:** \$350

**Min/Max Enrollment:** 6/12

Students in this session will design artistic pieces that are both decorative and functional for home use. Using common household pieces as a base, a variety of techniques will be explored for creating art in three dimensions.

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

**Class Dates:** Wednesdays 9/8–12/8, 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.

## SOCCKER SKILLS • (Kindergarten—Grade 2)

**Class Dates:** Wednesdays, 9/8–12/1, 3:30–4:30 p.m.

**Instructor:** Klaus Schoelman • **Cost:** \$295

**Min/Max Enrollment:** 5/11

In this class, students will work on developing individual ball handling skills, passing drills, shooting goals, defense, footwork, and age appropriate conditioning. Students compete only with themselves, with focus on fun and development of individual motor skills and confidence in footwork and agility.

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

**Class Dates:** Grades K–4 | Wednesdays, 9/8–12/8, 3:30–4:30 p.m.

Primary I and II | Fridays, 9/10–12/10, 2:30–3:15 p.m.

**Instructors:** Coach Robbie Hirst and Staff

**Cost:** \$360 for Wednesday classes; \$250 for Friday classes

**Min/Max Enrollment:** 8/20 for Primary I and II;

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.

## TAE KWON DO • (Primary I—Grade 5)

**Class Dates:** Primary I–II, Tuesdays, 9/7–12/7, 2:30–3:15 p.m.

Primary I–II, Thursdays, 9/9–12/9, 2:30–3:15 p.m.

Grades K–4, Tuesdays, 9/7–12/7, 3:45–4:30 p.m.

Grades 1–5, Thursdays, 9/9–12/9, 3:45–4:30 p.m.

**Instructor:** Master Bruce Alamdari • **Cost:** \$425

**Min/Max Enrollment:** 6/12 (PS), 6/15 (LS)

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.

## YOGA FOR PRIMARY SCHOOL • (Kindergarten—Grade 3)

**Class Dates:** Mondays, 9/13–12/6, 2:30–3:15 p.m.

**Instructor:** Claudia Schoelman • **Cost:** \$365

**Min/Max Enrollment:** 6/20

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 Fall 2021

**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 (5:30–8:00 p.m. for Primary School events) 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 enrichment teachers, 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*.

**October 15, 2021**

**December 10, 2021**

**February 11, 2021**

**March 25, 2021**

**May 6, 2021**

### Special Family Event – Gingerbread House Decorating!

Join us for Gingerbread House decorating with all the holiday spirit! Houses and decorations are provided, and our families bring the imagination and merriment! Snacks, carols and camaraderie round out the fun!

**Saturday, December 4, 2021**

**Session I: 10:00–11:30**

**Session II: 12:00 – 1:30**

**Session III: 2:00–3:30**