

# Before & After School Programs

## Extended Day • Clubs & Enrichment



**Southern Highlands Prep School**

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**Fall 2022**



# A Place to Grow:

## *Where learning continues beyond the school day*

Our Before & After School Programs offer students enriching opportunities for discovery and exploration before and after the normal school day hours. These programs provide numerous options for fun while also reinforcing the essential lessons and values taught throughout the school day.



### Extended Day

Our Extended Day program allows busy working families the flexibility to drop-off before the school day starts and pick-up after the normal dismissal time. Our program is organized into five subject areas that are designed to provide your child with opportunities to learn valuable life skills, and to reinforce the skills they're learning during the school day, while providing plenty of time for fun with friends.

#### **Program Details:**

- Hours: 7 am – 5:30 pm
- Dedicated and specially trained staff members with experience in working with older children.
- Facilities
- Afternoon snacks are provided

### Clubs & Enrichment

Our Clubs and Enrichment Programs are great ways for your child to expand on their interests or pursue new passions. These can be added in conjunction with our Extended Day Program or independently. This program offers families an opportunity to enroll their student in one or more days of after school activities without leaving the convenience of our campus.

#### **Program Details:**

- Hours: Varies by Club & Enrichment
- Dedicated and specially trained staff members in specialty area.
- Facilities
- Special Program





**Extended Day**



# Extended Day

*Our program is organized into five subject areas that are designed to provide your child with opportunities to learn valuable life skills and to reinforce the skills they're learning during the school day.*



Students explore the exciting world of science, technology, engineering, art and math (STEAM) through building projects, experiments, and design challenges. Sharing ideas, asking questions, and making predictions are encouraged!



Robust outdoor free play and structured games help students learn sportsmanship and develop their physical strength and endurance. Students learn critical thinking and problem solving by participating in board games and team challenges with their peers.



Students express themselves by participating in hands-on visual arts, including photography, videography, drawing, and painting. Students develop planning skills by working on long-term projects with their peers and can participate in group performances or discussions.



Social and emotional growth is nurtured through student and teacher led activities that promote a feeling of community and belonging. Students learn through open-ended activities that give them a chance to apply problem-solving skills and collaborate with friends.



Some students appreciate the chance for independent activities or study after a long day at school. We provide a quiet place to work on homework, read, journal, or seek academic support from peers and teachers. Students can also work on various projects in this small group setting.



# Clubs & Enrichment





## Spanish Tutoring

Practice speaking Spanish, finish your homework, learn conjugations, review for tests and much more.

**Grades:** 6<sup>th</sup> – 8<sup>th</sup>

**Day/Time:** Tuesdays 3:30 – 4:30pm

**Weeks offered:** Session 1 offered August – September

**Cost:** \$245 per student (5 student min., 10 student max.)

## Academic Tutoring

Many of our teachers offer academic coaching/tutoring to help reinforcement of classroom learning objectives and outcomes.

Speak with your child's teacher for further details and cost.

## Astro Camp

Astro camp focuses on hands-on experiential STEM utilizing state-of-the-art labs and equipment, increases science literacy and stimulates interest in science, technology, engineering and math. Astro camp offers many fun and exciting physical science and astronomy activities that allow students to explore science in an engaging, hands-on way.

**Grades:** 5th and 6th

**Weeks Offered & Time:** April 12- 14, 2023

**Cost:** approximately \$650

**Instructor:** Jennifer Sanabia and Astro Camp Instructors

## NJHS

The National Junior Honor Society is an international student organization that consists of chapters in middle schools. NJHS promote the values of scholarship, service, leadership, character, and citizenship within a school.

**Grades:** 6th , 7th, & 8th

**By invitation and application only.**

## Pali Institute Trip

Pali Institute is an innovative outdoor program offering educational experiences near California's gorgeous Lake Arrowhead and San Bernardino mountains. During their field trip, students will be able to experience learning from a whole new angle.

**Grades:** 7<sup>th</sup> & 8<sup>th</sup>

**Weeks Offered & Time:** April 3-5, 2023

**Cost:** approximately \$700

**Instructor:** Susan Kolodny and Pali instructors



## Flag Football

Flag football is a variant of American football where, instead of tackling players to the ground, the defensive team must remove a flag or flag belt from the ball carrier to end a down. Age-appropriate instruction emphasizing fun and healthy competition and weekly sportsmanship lessons taught. All skill levels are welcome.

**Grades:** 4<sup>th</sup> – 8<sup>th</sup>

**Weeks Offered & Time:** August – October

**Cost:** \$200

**Instructor:** Coach Grant Watson

## Volleyball

Volleyball improves hand-eye coordination, reflexes, and balance. Last but not least, volleyball teaches teamwork and communication and is a great social activity

**Grades:** 4<sup>th</sup> – 8<sup>th</sup>

**Weeks Offered & Time:** August – October

**Cost:** \$ 250

**Instructor:** Coaches Shaynah and Tori

## Soccer Shots

**Soccer Shots is an engaging children’s soccer program with a focus on character development. Our caring team positively impacts children’s lives on and off the field through best-in-class coaching, curriculum and communication.**

**Grades:** Pre-K – 3<sup>rd</sup> Grade

**Weeks Offered & Time:** 12 weeks from September to December

**Cost:** \$210

**Instructor:** Soccer Shots Coaches

## Leap 4 Fun – Karate, Cheer and Gymnastics

**Leap4Fun is a program uniquely designed to stimulate a level of creativity, self-confidence, self-esteem, and physical development in each child. Praise and reward are given generously throughout your child’s learning experience with us. Our classes are fun, challenging and developmentally correct. Experience has proven that classes conducted in a fun environment enhance a child’s learning ability.**

**Grades:** Pre-K – 3<sup>rd</sup>

**Weeks Offered & Time:** August – December

**Cost:** Pre-K \$52/monthly, K- 3<sup>rd</sup> \$62/monthly

**Instructor:** Leap 4 Fun Instructors

**\*\*Parents register and pay directly through the Leap 4 Fun website.**



## Lego League

The FIRST LEGO League Challenge is an international competition organized by FIRST for elementary and middle school students. Each year in August, FIRST LEGO League Challenge teams are introduced to a scientific and real-world challenge for teams to focus and research on.

**Grades:** 4<sup>th</sup> – 8<sup>th</sup>

**Weeks Offered & Time:** September – December

**Cost:** \$450

**Instructor:** Susan Kolodny & Jeff Stafford





# Other Clubs

## Chess Club

Chess helps build individual friendships and teaches children about sportsmanship. Children learn how to win graciously, and more importantly, how not to give up when encountering defeat. Chess encourages and rewards hard work. Children learn that those who practice and study the strategies win more games.

**Grades:** 3<sup>rd</sup> – 8<sup>th</sup>

**Weeks Offered & Time:** Continuous through the school year on Mondays from 3:30 – 4:30pm

**Cost:** \$ 240 your initial quarter, \$140 each subsequent quarter

**Instructor:** Jeff Stafford

## Dungeons and Dragons

Dungeons & Dragons helps the players build academic skills like reading and writing, basic mathematics, critical thinking, problem solving, and teamwork.

**Grades:** 4<sup>th</sup> – 8<sup>th</sup>

**Weeks Offered & Time:** Continuous through the school year. Wednesdays from 3:30 – 4:30 pm

**Cost:** \$ 240 your initial quarter, \$140 each subsequent quarter

**Instructor:** Jeff Stafford

## Dance Club

Students learn to process, analyze and respond to sensory information through the language and skills unique to dance. They will be able to demonstrate increased movement skills, concentration and physical control in performing movement for artistic expression.

**Grades:** K – 5<sup>th</sup>

**Weeks Offered:** September 12, 2023 – November 18, 2023

**Days/Time:** Mondays 3:45 – 4:45pm

**Cost:** \$170

**Instructor:** Adison Dahle