



of Greater Santa Barbara

## Goleta Valley Center Spring 2017 Class Schedule

### 1<sup>st</sup>-2<sup>nd</sup> Grades

#### MONDAY

**It All Adds Up!:** In this new and exciting class, girls will practice their math skills through art, literature, drama, movement, and indoor and outdoor games. Each girl will improve her basic math skills and learn new techniques that can be used equally well on the playground and in the classroom. Girls will also practice mathematical concepts in engaging ways, building their confidence in their math and reading abilities. Who knew math could be so much fun?

**Bright Futures-Cools Careers:** Did you know there is actually a job as an ice cream taster? You need to study science to get it. What skills would you need to become a kite designer or a pet photographer? Girls can become inventors, architects, marine biologists, computer programmers —or absolutely any career they can imagine! In this course, we will use literature—and field trips to job sites—to explore careers that match girls’ interests—from animals to sports to science and beyond. Girls will fill out job applications, conduct an interview, and feel pride in landing the perfect job!

**Gizmos & Gadgets:** Get hands-on experience with science and engineering in this class. Build simple machines and test them out in experiments and activities. Learn all about inertia and Newton’s laws of motion by building things like boomerangs, hovercrafts, parachutes, marshmallow catapults and more!

**Imagineering Science:** Have you ever wondered what it would be like to design and build cool contraptions for a major theme park like Disneyland? Taking up the mantle of “Imagineer,” the girls will be given fun, creative challenges and activities that will introduce them to the basics of physics, engineering, and



teamwork. From roller coasters to edible cars, the girls will use their imaginations in order to create gadgets and gizmos fit for “the most magical place on Earth!”

## **TUESDAY**

**Super Sleuths:** What happened to Splat the Cat’s duck collection? Why did “x” go missing from the alphabet? Who took Grandpa’s teeth? In this class, girls will follow clues, check alibis, and solve the case. We will read clever and funny mystery stories—tales of puzzling disappearances, rhyming riddles, and daring rescues. Then girls will sharpen their detective skills as they solve some surprising mysteries in our very own library!

**Eco Art:** In this class girls will not only become artists, but they will become environmentalists as well! In this earth-friendly arts and crafts class, girls will be discovering their own artistic natures as they use recyclable, reusable, and nature’s own found art materials for all of their projects. Come create and explore while learning to respect and care for the environment around you!

**Media & Me:** Why do so many sugary cereal boxes have cartoon characters on them? When you buy a toy, does it always do what the commercial says it will do? Do the women in TV or magazine ads look like women you know in real life? In this class, girls will explore television, music, and magazines to learn how media can influence their lives. By the end of the course, they will have a great “ad-ucation!”

**Be Bold:** The goal of Be BOLD is to increase participating girls’ ability to be safer in their homes and communities by building their sense of personal power and engaging appropriate resources. Our girl-focused approach speaks to the issues girls ages six to eight face today and lays the foundation for addressing violence that girls may experience at later ages. Through engaging activities, each girl will learn about her own personal power, being safe in her community, what a friend is, being a friend, basic needs, bodily safety from abuse, and everyday people who help keep them safe.

## WEDNESDAY

**Power Up:** Girls have probably heard stories about SUPER HEROES with SUPER POWERS like SUPERGIRL, but have they ever eaten SUPERFOODS? In this class, girls will POWER UP through the exploration of very common SUPERFOODS as they learn why they are so important for them to incorporate into their daily diet.

**Zelda MD:** This program is an introductory anatomy and physiology class that helps the girls to learn about their bodies and how to keep them healthy. Girls will also learn about the many roles of all kinds of health care professionals. Using our specially constructed doll, girls will perform “operations” to return Zelda to the picture of health!

**Games, Games, Games!:** If friendly competition is your game, then Games, Games, Games! is for you! Get ready to run and jump, crouch and crawl, spin and throw, as we challenge ourselves with movement and games of all sorts--from popular sports like soccer and basketball to some of the wackiest games you’ve never dreamed of. If you’re all about getting out and staying active, then Games, Games, Games! is where you want to be!

**Everybody Dance Now!:** Come explore the history of hip hop music and dance moves in this class put on by the Everybody Dance Now group. Each week girls will learn vocabulary relating to the moves they are learning, work on their motor skills, and explore the cultural context of how hip hop began and has evolved. *This class will be an additional \$20 for the quarter.*

**Boost!:** As a part of our commitment to enriching girls academically, we are excited to offer this class as an opportunity for girls who are challenged in specific subject areas and would benefit from individualized support. Girls in this class will receive individualized help in specific skills, receive help with their homework, and participate in games tailored towards enhancing their academic success.

## THURSDAY

**Adventures in Peacemaking:** This program empowers girls to take charge of their social lives by giving them the tools they need to deal with conflict, anger, and bullying in a successful, healthy way. Conflict is a normal, natural part of life for children, but planning and preparation will help girls use conflict for its productive potential. Girls will complete various activities that focus on cooperation, communication, appreciating diversity, and much more.

**Mind and Body:** Girls have the right to accept and appreciate their bodies, and at Girls Inc. we want to give the girls the support they need to take charge of their own health. In this class girls will focus on the four pillars that play a major role in fortifying girls' ability to develop and sustain strong minds and strong bodies. They are: nutrition, physical activity, stress management, and body image.

**Celebrations:** Have you ever wondered what other countries celebrate? Well, this class will open your eyes to all the fabulous holidays that other countries enjoy. The girls might make an art project, play a game that is popular for the holiday, or maybe cook some delicious food. Come and celebrate with us!

**OP SMART:** Girls Inc. Operation SMART develops girls' enthusiasm for and skills in science, technology, engineering, and mathematics (STEM). Through hands-on activities, girls explore, ask questions, persist, and solve problems. By interacting with women and men pursuing STEM careers, girls come to view these careers as exciting and realistic options for themselves.

## Friday

**Girls' Choice:** Each week, girls will have the opportunity to participate in an activity of their choosing. Themes will include: performing arts, STEM, sports, DIYs, and culinary arts.



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## Goleta Valley Center Winter 2017 Class Schedule

### 3<sup>rd</sup>-4<sup>th</sup> Grades

#### MONDAY

**Simply Salads:** Salads are often considered healthy but less than inspiring in options. This class will change that myth and teach girls a wide variety of salads to make. The girls will be able to use their cooking skills to prepare some creative and new yet yummy and fresh salads.

**Everybody Dance Now!:** Come explore the history of hip hop music and dance moves in this class put on by the Everybody Dance Now group. Each week girls will learn vocabulary relating to the moves they are learning, work on their motor skills, and explore the cultural context of how hip hop began and has evolved. *This class will be an additional \$20 for the quarter.*

**Girls Golf:** Our partnership with First Tee provides a wonderful opportunity for the girls to learn to golf. Girls will take lessons and practice their golf skills at the beautiful Santa Barbara Municipal Golf Course with a phenomenal golf pro Paige O'Brien Jazinski. **This program is offsite, and the girls will not return to the center until 5:30pm.** Girls must obey club policy and this requires them to wear a Girls Inc. t-shirt and closed-toe shoes.

#### TUESDAY

**Sea Scientist:** Wind, Sun, Sand, Water....and animals! Where are we? At the sea! Come to the beach and tide pools with us as you learn, count, and study the animals in our watery backyard. Draw a crab...from life, dig up a beach hopper, and touch a sea star!

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@girlsincsb

**Mysterious Machines:** We use different types of machines every day, and they make our lives easier, but how on earth do they work? In this class, we will be learning about inclined planes, wedges, levers, wheels, axles, pulleys and screws through hands-on activities. Our goal is to design a machine by the end of the class that will be able to move a roll of pennies three feet. Can we do it? We have eight weeks to figure it out together!

**Jump Rope Math:** In this exciting new class, girls will learn math properties and sharpen their addition skills in a whole new way. Jump Rope Math makes math fun by getting the girls outside and active, jump roping their way to the correct answers. Each girl will improve her basic math skills and learn new counting techniques that can be used equally well on the playground as in the classroom.

## WEDNESDAY

**And The Award Goes To...:** What makes a book worthy of an award? Beautiful illustrations? Interesting or poetic language? An inspiring story? In this course, girls will participate in choosing the Cook Prize, the only national award honoring a children's STEM picture book. Then girls will become library trailblazers as they choose the first-ever picture book winner of the Girls Inc. Strong, Smart, and Bold Award!

**In Our Own Hands:** This class is designed to enable girls to recognize themselves as leaders, to understand their rights and responsibilities, and to feel empowered and responsible for championing social changes. Girls will work as a team on a community action project by finding an issue of shared concern, determining changes that need to occur, and carrying out their plan of action.

**Media Smarts:** Why do so many sugary cereal boxes have cartoon characters on them? When you buy a toy, does it always do what the commercial says it will do? Do the women in TV or magazine ads look like women you know in real life? In this class, girls will explore television, music, and magazines to learn how media can influence their lives. By the end of the course, they will have a great "ad-ucation!"

**Curie-osity Project (4<sup>th</sup> Grade Only):** Experiment, explore, experience life at the university! In the winter quarter, girls visited the UCSB campus to meet scientists, conduct experiments, and do fun science activities. Each week they met a different female scientist at UCSB, visited her lab or research site. Girls interviewed the scientists, learned about STEM careers, and wrote about them. During the spring quarter, girls will publish a book about women scientists and engineers at UCSB! *This class is open only to girls who participated in the Curie-osity Project during the winter quarter. These girls will automatically be enrolled for spring quarter.*

## **THURSDAY**

**Lemonade Day:** In this hands-on program, girls will learn entrepreneurship and economic literacy through planning, owning and operating their own small business - the iconic lemonade stand. In Lemonade Day, girls will set a goal, make a plan, work their plan and achieve success, while they build self-belief, a foundation that can lead them to new directions they may not otherwise have tried.

**Art Around the World** - Discover the beauty of other cultures through the world of art! Girls will enjoy creating artwork from a wide variety of different countries like Iran, France, Japan, and the United Kingdom. They will also have an opportunity to learn about each country's people, traditions, and culture.

**Computer Literacy** - Have you ever wondered what's inside a computer? What is a hard drive and what does it look like? Girls in this class will learn about computers from the inside out! Not only will girls be learning about the parts that make up computers on the inside, but they will then discover various programs girls can use to accomplish a variety of goals and tasks.

**Surf Happens:** Come experience the art and joy of surfing in this amazing class made possible through our partnership with Surf Happens! *Girls must be able to swim and feel confident in the ocean in order to participate in this club!* We will be offsite each week and will not return to the center until 6 PM. Girls will need to



bring a bathing suit and towel with them each week, but Surf Happens will provide the wetsuits and surfboards. Priority will be given to those girls who have previously participated in Surfing with Girls Inc. *There may be an additional fee associated with this class. Scholarships are available through the Surf Happens Foundation. Please see the front desk for additional details.*

## **Friday**

**Girls' Choice:** Each week, girls will have the opportunity to participate in an activity of their choosing. Themes will include: performing arts, STEM, sports, DIYs, and culinary arts.







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# Goleta Valley Center Winter 2017 Class Schedule

## 5<sup>th</sup>-6<sup>th</sup> Grades

### MONDAY

**Informed & In Charge:** At the request of many of our girls, we will be offering a weekly class as a safe space for girls to discuss relationships and sexuality. Girls will learn the power of healthy relationships and have a safe space to ask questions regarding sexuality and body changes. Our trained facilitators will be pulling lessons from the Girls Inc. National curriculum titled Informed & In Charged which is geared towards empowering girls to make healthy choices rooted in accurate information. Please contact us if you would like more information.

### TUESDAY

**Farm to Table:** In this class, girls will be learning about food, farming, and money! Each week the girls will participate in activities ranging from budgeting at the Goleta Farmer’s Market, cooking nutritious meals in the kitchen, and planting their own vegetables in the garden.

### WEDNESDAY

**Media-Smart Youth: Eat, Think, and be Active!:** This program will help girls better understand the complex media world and how it can influence their health. Developed by the National Institutes of Health, the Media-Smart Youth program encourages girls to eat healthy foods, be active, and think critically about marketing messages.

**Curie-osity Project:** Experiment, explore, experience life at the university! In the winter quarter, girls visited the UCSB campus to meet scientists, conduct experiments, and do fun science activities. Each week they met a different female scientist at UCSB, visited her lab or research site. Girls interviewed the scientists, learned about STEM careers, and wrote about them. During the spring quarter, girls will publish a book about women scientists and engineers at UCSB! *This class is open only to girls who participated in the Curie-osity Project during the winter quarter. These girls will automatically be enrolled for spring quarter.*

## THURSDAY

**Surf Happens:** Come experience the art and joy of surfing in this amazing class made possible through our partnership with Surf Happens! ***Girls must be able to swim and feel confident in the ocean in order to participate in this club!*** We will be offsite each week and will not return to the center until 6 PM. Girls will need to bring a bathing suit and towel with them each week, but Surf Happens will provide the wetsuits and surfboards. Priority will be given to those girls who have previously participated in Surfing with Girls Inc. *There may be an additional fee associated with this class. Scholarships are available through the Surf Happens Foundation. Please see the front desk for additional details.*

**Shelfie:** What is a shelfie? It's like a selfie, only the photo is of a girl holding a book she loves. Girls in this class will read, read, read—and then take “shelfies” of their favorites to post on the library bulletin board. They will become reader leaders as other girls who are looking for great book recommendations check out the shelfies—and then check out the books!

## Friday

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## Goleta Valley Center Winter 2017 Class Schedule

### Kinderfun

#### MONDAY

**Debbie's Desert:** Girls will ride on a simulated jeep trek through the desert in which travelers study the desert habitat and the plants and animals the habitat contains. Through multi-dimensional projects and experiments, girls will gather information to enhance their knowledge about the ecosystem of the desert!

**Pattern Play:** In this class, girls will strengthen their math skills through the discovery and design of patterns. From pattern making art to pattern games, by working with patterns, girls will be able to recognize repetition in numbers and will be prepared to tackle addition and skip counting!

#### TUESDAY

**Celebrations:** Have you ever wondered what other countries celebrate? Well, this class will open your eyes to all the fabulous holidays that other countries celebrate. The girls make an art project, play a game that is popular for the holiday, or maybe cook some delicious food. Come and celebrate with us!

**Kid Ability:** Say no, run away, tell an adult. In this nationally recognized program, girls will learn about their own strengths and abilities as well as how to speak assertively. Girls will also learn about situations that could be considered unsafe, and will identify adults who they can turn to for help.



## WEDNESDAY

**Book Club with Miss Applecheeks:** Who is Miss Applecheeks? Why, she's the official library mascot—a tiny stuffed mouse who lives in a tiny box bed in the library cupboard. She loves to read and will help the librarian select the most entertaining and engaging books for a laughing, singing, and enchanting story time in the library.

**Games, Games, Games!:** If friendly competition is your game, then Games, Games, Games! is for you! Get ready to run and jump, crouch and crawl, spin and throw, as we challenge ourselves with movement and games of all sorts--from popular sports like soccer and basketball to some of the wackiest games you've never dreamed of. If you're all about getting out and staying active, then Games, Games, Games! is where you want to be!

**Kinderfun Gymnastics** - Tumble, cartwheel, and handstand your way to fun and fitness. Gymnastics offers a way to exercise, and learn several skills such as balance, concentration, and strength training. Gym is a wonderful way to build self-esteem and great poise and posture as well. They will stretch out at the beginning of each class, and then move on to the equipment and floor exercises. **There is an extra fee to participate in the class, sliding scale fee applies.**

## THURSDAY

**Snack Time:** Focusing on math and literacy building blocks, girls will participate in hands-on activities and projects that deepen their understanding of phonics, sight words, word families, addition, subtraction, and telling time.

**Let's Get Physical:** Do you have the dream to one day be an Olympic champion? Do you see yourself taking the gold, silver, or bronze in Field Hockey, the Long Jump, or Tennis? This class will offer you the foundation to be successful at some of your favorite Olympic Sports.

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