



of Greater Santa Barbara

Goleta Valley Center Fall 2018 Class Schedule

1st-2nd Grades

MONDAY

Wildlife Champs: How do we know when an animal species needs protection? What can we do to save them? Through books and lots of creative and fun hands-on activities, girls will learn about animals that are endangered—where they live, what they need to survive, and how to protect them. From pandas to penguins to hippos to chimps, girls will become true Wildlife Champs!

Exploding Science: How many rubber bands does it take to explode a watermelon? What is the ideal ratio of Alka-Seltzer to water to make a rocket soar? At Girls Inc. science is hands-on, interactive, and at times explosive! Girls in this class will explore, ask questions, persist, and solve problems as they conduct a variety of experiments and learn about girls and women in STEM.

Crazy About Constellations: To all Girls Inc. astronauts—climb aboard your classroom spaceship as you blast off to a voyage to outer space! Learn about stars, planets, and life aboard a rocket. Find the constellations in the night sky and hear the stories behind them. In this fun, fascinating adventure in outer space, girls will be over the moon!

It All Adds Up!: In this class, girls will practice their decision-making skills, learn how to give and get help, learn how to play games responsibly, and increase their ability to work with others. In each session, girls will be introduced to a new math concept, read a story, and play a fun and exciting hands-on game. Math has never been so much fun!

Girls Inc. of Greater Santa Barbara | Goleta Valley Center
4973 Hollister Avenue, Santa Barbara | (805) 967-0319 | Girlsincsb.org



@girlsincsb

TUESDAY

Be BOLD: The goal of Be BOLD is to increase girls' ability to be safer in their homes and communities. 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 using her own personal power, being safe in her community, being a friend, satisfying basic needs, protecting themselves from dangerous situations and abuse, and identifying everyday people who help keep them safe.

Farm Fresh: Calling all green thumbs and creative chefs! Here's a way to combine the rewards of gardening with the excitement of cooking. Girls will grow produce and then harvest it to make delicious farm-to-table dishes in the kitchen. At the same time, they will be honing their kitchen skills and expanding their knowledge of healthy eating options. What a great way to prepare food that is fresh, natural, and yummy!

Sporty Girls: How can you score goals like Carli Lloyd, serve like Serena Williams, dunk like Lisa Leslie, and hit softballs like Jessica Mendoza? Participate in Sporty Girls, of course! Each week, girls in this class will learn about different female athletes who have paved the way for women in sports and will play the games these women are famous for. Being a sporty girl has never been more inspirational or fun!

Meditation Station: When life gets stressful or worries take hold, girls need ways to relax, take a breath, or refocus. In this class, girls will learn a variety of techniques to have at hand when they most need them. Strategies like yoga, breathing, meditation, stress balls, and calming exercises will provide relief and comfort—techniques they can teach to those at home, too!

WEDNESDAY

Friendship Toolkit: What kinds of tools do you need to build a good friendship? Through books, games, skits, and crafts, girls will create keys to unlock friendship problems, sandpaper to smooth out hurt feelings, and tape measures to evaluate friendship strengths. For girls who want to be the best friend anyone ever SAW, Friendship Toolkit will help them NAIL it!



Mudworks: Don't miss messy art! In this class, girls will explore clay, dough, and other hands-on, hands-in materials. Girls express themselves by rolling, kneading, shaping, and squishing all kinds of textures and consistencies. They will learn about female artists who used art to express their emotions while they create their very own artistic wonders!

Flavors of the World: Grab your bags and get ready for a foodie trip around the world! In this class, girls will learn about a different country each week and then prepare a delicious snack or meal that kids from that country might eat. What a tasty way to travel the globe!

Kids Like Us: Think of all the ways people can be alike. Now think of all the ways they are completely different from one another. In this class, girls will learn about all kinds of differences—in culture, appearance, beliefs, abilities—and see the value in acceptance, inclusion, and mutual respect. Starting with our Girls Inc. community and building out into the world, girls will gain empathy and tolerance—and an appreciation of how our differences help us to be strong, smart, and bold.

THURSDAY

Gallery 4973: For an artist, being featured in an art gallery is a highlight of her career. With all the wonderful artists we have at Girls Inc., it's time to have our own art gallery opening gala. Girls will learn about women artists and create their own masterpieces in different styles—still lifes, watercolors, sculpture, photography, and more—and proudly display the results in a Girls Inc. Gallery opening at the end of the quarter.

Build It: Calling all engineers! It's time to design and build as you explore the world around you. Create cardboard castles, test the stability of newspaper towers, try to recreate a bird's nest, and make an insect hotel. Girls will enjoy building all kinds of fantastic structures—all while building their problem-solving skills and their confidence.

Conversation Cafe: Hablas español? Parlez-vous français? Girls in this class will explore the world of language, learning key phrases in languages from all over the world. At the same time, they will learn about the culture, customs, food, and sights of each country they visit, making the girls strong, smart, and bold world travelers!



Conquer Your Obstacles: Nothing gets in the way of a girl who is strong, smart, and bold. This class will provide a weekly challenge—obstacle courses, group games, and other hurdles, with ample opportunities for girls to run, climb, leap, and balance—and to feel success when the challenge is met. What a great opportunity to think on your feet!

FRIDAY

Gymnastics: Tumble, cartwheel, and handstand your way to fun and fitness! Gymnastics offers a fun way to exercise and learn skills such as balance, concentration, and strength training. Gymnastics is a wonderful way to build self-esteem and great poise and posture as well. After stretching at the beginning of each class, girls move on to the equipment and floor exercises. **There is an ADDITIONAL FEE to participate in the class (sliding scale fees apply). Because space is limited, payment is due at sign-up.**

Art Club: Girls in this club will be painting like Frida Kahlo, sculpting like Ruth Asawa, and designing like Maya Lin. Girls will explore a variety of art forms throughout the quarter and learn about various women artists and their artistic mediums. In Art Club, girls will get their creative skills down to a fine art!

STEM Club: This club will be jam-packed with fun, hands-on science experiments. Each week girls will work their way through the scientific method as they conduct all kinds of crazy experiments. After this club, girls are sure to walk away thinking, “Science is so much fun!”

Sports Club: Hockey, basketball, soccer, and more! Girls in this club will have the opportunity to play a wide variety of sports while learning about inspiring female athletes. Join the team of these Girls Inc. athletes in the making!





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Goleta Valley Center Fall 2018 Class Schedule

3rd-4th Grades

MONDAY

Meatless Mondays: Have you heard of the international campaign that encourages people to eat no meat on Mondays? People in the Meatless Mondays movement refrain from eating meat to improve their health and the health of the planet. Girls will learn how to make vegetarian and vegan food and will cook familiar delicious and nutritious dishes without meat. So on Mondays, meet in the kitchen for meatless feasts!

Action for Safety: Safety first! This course teaches girls about self-defense and violence prevention, including the negotiation, assertiveness, and self-defense skills that help them avoid violent situations and increase their personal safety. In Action for Safety, girls will acquire skills and knowledge that will serve them well, now and in the future.

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

TUESDAY

Focus on Friendship: Take a closer look at the many elements of friendship. Use a microscope to zoom in on the little things that make a difference in making and keeping friends. Use a camera to snap a photo of friendship in action. Apply technology to conduct a survey to find the ways you are a good friend—as well as ways you can improve. By the end of the quarter, girls' friendship skills will be in sharp focus!



Si Se Puede: The future lies in the hands of the girls of today. In this class girls will gain an introduction to government and its relevance, and will see how the actions of one person can benefit many. By learning about women leaders from long ago and today, girls will be inspired to choose their own path to make a difference. In this class, girls will stand up, speak out, and make their voices heard!

***Play Production:** This quarter the girls will be putting on their very own play production. The girls will be required to take the class on both Tuesday and Thursday in order to give themselves enough time to rehearse. They will then have a blast performing in front of their parents and peers at the end of the quarter on December 11th. **Girls who sign up for this class must be able to commit to both classes on Tuesdays and Thursdays, in addition to attending 12 out of the 14 weeks this quarter. There will also be at least one evening dress rehearsal in December.**

WEDNESDAY

Women in Science: Florence Bascomb, a noted geologist, had to sit behind a screen in college classes so she wouldn't "distract" her male classmates. Gertrude Elion, a biochemist who discovered lifesaving medications, could not get funding to pursue her PhD because she was female. It used to be difficult for a woman to pursue a career in science. In this class, with weekly opportunities to conduct scientific experiments, girls will forge their way toward their own place in science history!

Girls Dig It: To what extent have girls and women served as transmitters of culture? Girls in this class will use their interpretive and critical thinking skills while participating in archeological investigations that explore questions of gender and culture. Girls will do a backpack excavation, reconstruct artifacts, participate in a simulated excavation, and create their own time capsule! Girls are sure to dig this class where archeology comes to life!

Out of This World: Shoot for the stars! Girls become aerospace engineers by designing rockets and testing to see what makes them go farther, higher, or faster. In learning about planets, asteroids, meteors, and constellations, girls will uncover cool facts about the solar system and beyond. Just like the illustrious band of NASA women before them, girls will have an experience that is out of this world!



THURSDAY

Saving Species: Endangered, vulnerable, threatened, and extinct--what is the difference? What are some of the amazing success stories in restoring the population of these animals? Using books, photos, and problem-solving activities, girls will learn about the world's most at-risk creatures and the worldwide efforts to protect them. At the same time, girls will learn what they can do to help.

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Surf Happens: Experience the art and joy of surfing in this amazing class made possible through our partnership with Surf Happens. Girls will need to bring a bathing suit and towel with them each week, but Surf Happens will provide the wetsuits and surfboards. Girls are required to have some basic swimming skills. **We will be offsite each week and will not return to the center until 5:30 p.m.** *Girls Inc. is requesting a \$25 per girl donation to make this program possible. The program cost Girls Inc. \$2,700 per center, per quarter, and any donation to help cover those costs is greatly appreciated!*

FRIDAY

Gymnastics: Tumble, cartwheel, and handstand your way to fun and fitness! Gymnastics offers a fun way to exercise and learn skills such as balance, concentration, and strength training. Gymnastics is a wonderful way to build self-esteem and great poise and posture as well. After stretching at the beginning of each class, girls move on to the equipment and floor exercises. **There is an ADDITIONAL FEE to participate in the class (sliding scale fees apply). Because space is limited, payment is due at sign-up.**

DIY Club: Have you ever seen things in shops and wondered "Why would I pay that much money for something that I can make myself?" Join our do-it-yourself club and explore your crafty side! Jewelry, collage, painting, sewing—you name it, we'll explore it.

Snack Shack: Girls will create their own menu of treats to sell to Girls Inc. families each Friday. They will also be responsible for learning the business aspects of running a snack bar, including preparing food, handling the cash register, making change, managing a budget, and promoting their sales.

Running Club: Are you race-ready for the She Is Beautiful run on September 22nd? Girls in this club will practice their running skills and improve their strength and stamina. They will complete the She Is Beautiful 5K run with a squad of Girls Inc. strong, smart, and bold runners and walkers. There is no need to stop the running fun after the She Is Beautiful race, girls will continue to practice their running skills through a variety of workouts and games.

Gardening Club: Enjoy outdoor activities while learning about botany, biology, and the environment that we live in. Girls in this club will test out their green thumbs by helping keep our Girls Inc. garden growing. This quarter the girls will plant a variety of items, maintain what has already been growing, and enjoy the foods that are now ready to harvest!





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5th-6th Grades

MONDAY

Wonder Women: There are so many inspiring women around the world standing up for what they believe in and advocating for girls and women's rights everywhere, but we don't always hear about them through the media or in school. Girls in this class will hear from different women presenters, research a variety of women making a difference, and create a presentation about how they will become Wonder Women for their world/community. Here's to strong, smart, and bold women and girls everywhere!

Yes She Can: How does government really work? Why is one person's vote so important? What are the critical issues facing our community, our country, and the world? If you were the leader of a city or the country, what would you hope to accomplish? Through engaging hands-on activities and intriguing projects, girls will be inspired and energized to take action to achieve a better world.

TUESDAY

STEMinist: Be a rocket scientist like Annie Easley, explore DNA like Rosalind Franklin, engineer and problem solve like Lillian Gilbreth, and study the world around you like Rachel Carson. Girls in this class will celebrate the achievements of the women who have paved the way for the next generation of female scientists, engineers, biologists, physicists, and more. Through hands-on experiments and fun activities, girls will explore, ask questions, problem solve, and be inspired to be among the next generation of STEMinists!



Adventures In Space: A universe of possibilities awaits girls in this hands-on exploration of space, discovering both its facts and its mysteries. Girls will build, create, and calculate as they engage in challenges in aeronautic engineering, technology, and robotics. In learning about historic female space scientists and astronauts, girls will discover a galaxy of careers in which the sky is the limit!

***Play Production:** This quarter the girls will be putting on their very own play production. The girls will be required to take the class on both Tuesday and Thursday in order to give themselves enough time to rehearse. They will then have a blast performing in front of their parents and peers at the end of the quarter on December 11th. **Girls who sign up for this class must be able to commit to both classes on Tuesdays and Thursdays, in addition to attending 12 out of the 14 weeks this quarter. There will also be at least one evening dress rehearsal in December.**

WEDNESDAY

Living Safe and Strong: In this Girls Inc. National program, girls learn the many ways to stay safe in the world- whether it be physically, mentally, or emotionally. This program is all about taking care of your mind and body. Learn relaxation techniques, self-defense moves, as well as strategies to keep yourself safe, including how to make good decisions when it comes to your health and safety.

Circuit Training: Burpees, planks, lunges, squats and more! Come work your muscles as you stretch, move, and challenge your body to new feats of strength. Challenge yourself to increase your fitness while having fun with your friends.

THURSDAY

Kids Love Cooking: In partnership with the Foodbank of Santa Barbara, girls in this class will learn how to prepare and cook with a whole foods approach, understanding where their food comes from and how to select the most nutritious foods in a country that has an overabundance of processed and fast food.



Surf Happens: Experience the art and joy of surfing in this amazing class made possible through our partnership with Surf Happens. Girls will need to bring a bathing suit and towel with them each week, but Surf Happens will provide the wetsuits and surfboards. Girls are required to have some basic swimming skills. **We will be offsite each week and will not return to the center until 5:30 p.m.** *Girls Inc. is requesting a \$25 per girl donation to make this program possible. The program cost Girls Inc. \$2,700 per center, per quarter, and any donation to help cover those costs is greatly appreciated!*

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Kinderfun

MONDAY

Nose to Tail: Bats, bugs, and birds—they can all fly, but are they the same? What animals can communicate? How do arctic animals keep warm? Girls will find out the answers to these and lots of other questions about animals through bear-y good books, otterly engaging stories, and paws-on activities. What a zoo-perb way to learn about animals!

Blast Off: Put on your space helmet as we blast off to explore the stars! Girls will become space scientists as they learn about the wonders of our solar system and imagine what lies beyond the horizon. Hearing stories about space travel will inspire girls to reach for the moon—with stars in their eyes!

TUESDAY

Friends: Kinderfun offers wonderful opportunities to make new friends—lots of them! But what happens when you feel shy or when someone doesn't want to play with you? Using books, skits, and songs, girls will learn how to handle those sticky friendship situations, how to make new friends, and how to be a good friend to others.

Culture Cafe: How do you say “hello” in Italian? Japanese? French? Spanish? Girls will become citizens of the world as they “travel” to different countries. While they discover the food, games, and customs of each place, they will learn to speak a few key phrases in the language of the country. What a fun way to become an ambassador of the world!

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WEDNESDAY

Kindie Cross-Fit: Jump, leap, lift, and move your way through varied movements as you challenge yourself to be the fittest you! Each week girls will be introduced to different body movements that improve body awareness and help them think of exercise as challenging and FUN!

Relaxation Station: Inhale, exhale. After a busy day at school, sometimes a girl just needs to chill out. This class will offer lots of ways for Kinderfun girls to do just that, using yoga, meditation, breathing exercises, music, and more. In Relaxation Station, girls will unwind, stretch, and soothe their way to inner calm.

Gymnastics (2:30-3:30): Tumble, cartwheel, and handstand your way to fun and fitness! Gymnastics offers a fun way to exercise and learn skills such as balance, concentration, and strength training. Gymnastics is a wonderful way to build self-esteem and great poise and posture as well. After stretching at the beginning of each class, girls move on to the equipment and floor exercises. **There is an ADDITIONAL FEE to participate in the class (sliding scale fees apply). Because space is limited, payment is due at sign-up.**

THURSDAY

Eat a Rainbow: Did you know that the color of a food can tell you a lot about its nutritional value? Did you know that foods that are red in color can help improve heart and blood health and support your joints? Girls in this class will learn about these facts and many more as they eat their way to a healthier version of themselves!

Super Scientist: Through hands-on experiments and fun activities, girls will explore, ask questions, problem solve, and learn about careers in the fields of science, technology, engineering, and math. Girls in this class are sure to get their hands dirty and have a blast as super scientists!

FRIDAY

Girls United: This fall we are partnering with Girl Scouts of California's Central Coast to provide a sampling of Girl Scout activities to our strong, smart, and bold girls. Through this collaboration, girls will gain leadership skills, participate in STEM activities, learn about the outdoors, and so much more!

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Club Kinderfun: Friday afternoons are all about FUN in Club Kinderfun! Girls will help determine and lead the activities, and each week is sure to be filled with enthusiasm, surprises, and a range of activities to meet everyone's desires!

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