



of Greater Santa Barbara

## Goleta Valley Center Winter 2017 Class Schedule

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

#### MONDAY

**Best Part of Me:** Inspired by an award-winning photographer's project, girls in this class will use different media to create art projects emphasizing body image, self-esteem and diversity. Through celebrating the strength of their bodies, girls will create a portfolio that highlights the best parts of themselves.

**Let's Be Friends:** Girls in this new class will settle into a "neighborhood" where they learn about each other's cultures. Girls move through four study/activity phases involving ethnic history, customs (dress, food, songs, holidays), literature, and a discrimination day where speaking to "different" people is not allowed. Activities culminate with a "friend's festival" where girls put their new friendship knowledge to the test.

**Steppingstones:** This class will get girls running, jumping, leaping, twisting, bending, and balancing as they utilize a variety of sports and movement related equipment, including jump ropes, balls, scooters, bats, bowling pins, nets, hoops, and scoops. They begin to move more confidently and skillfully, get used to structured physical activity, learn about the positive connection between physical activity and health related fitness, and accept sport as legitimate activity for girls and women.

**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.*

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## TUESDAY

**Bibbidi, Bobbidi, BOLD!:** Most girls know the Disney version of Cinderella, but hundreds of versions of the tale exist all over the world. The goal of this course is to introduce girls to different versions of this classic tale and then to recreate aspects of the story so Cinderella is stronger, smarter, and bolder—because you can't rely on a fairy godmother to get what you need, and those glass slippers must have hurt!

**Art in 3D:** Are you tired of working with just crayons, paper, and paints when creating your art projects? Well, if so this class is for you. Learn how to create different 3D art such as modeling, sculptures, assemblage, and mobiles. This class will allow you to explore your artistic abilities.

**Women Who Rock:** Music is such an important part of life, that the girls should be exposed to the women who made such a big contribution to the music industry. The girls will learn about the various types of music along with the women that made them Rock. They will also discuss the various lyrics of music from today, to the music of yesterday.

**What's for Lunch?:** What do kids in your town eat for lunch? Do they have tacos, hot dogs, or burgers? Do they eat hummus, plantains, or dumplings? In this class girls will go on a tasting trip around the world sampling the different kinds of foods children have for lunch. Girls in this class are sure to discover how delicious and how much fun lunch can be!

## WEDNESDAY

**Knock Knock! Who's There? Books!:** LOL! Through knock-knock jokes, riddles, puns, and tongue twisters, girls will discover the funny side of reading. Girls will read aloud and practice their joke delivery on our volunteers. Then we'll explore funny books, nonsense words, and lots of silly poems, all while getting valuable practice in reading—and laughing—out loud!

**Storybook Science:** Calling all scientists! Each week, girls will make storybook magic come to life by conducting hands on experiments inspired by the scientific elements of some of their favorite stories. Which little pig can engineer the strongest house? How much support does a bridge need to hold 21 elephants? Girls will discover the answers to these questions and many more by delving into the scientific accuracy of storybooks.

**Playing on Numbers:** Girls in this class will play with fun number patterns on a Wheel Rug, where they'll step, hop, skip, bounce, and jump! They will also create fancy shapes and cool designs on various media ranging from peg boards to markers. Girls will play games to keep their brains and bodies moving while they uncover fun patterns!

**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 as 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 fun?

## **THURSDAY**

**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.

**Cooking 101:** This hands-on class gives young girls the beginning skills and confidence they need in order to prepare healthful snacks independently in the kitchen. Girls will be introduced to basic kitchen safety and easy-to-use tools in order to create fun recipes such as veggie wraps, frosties, and nutty jumbles.

**Plant Power:** In this class girls will be introduced to the basics of gardening and nature's role in plant and flower growth. Girls will be responsible for watering,

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weeding, composting, planting and cleaning the garden. Through hands on experience, girls will get a chance to appreciate nature by planting their own garden and cultivating their own plants.

**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.





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## Goleta Valley Center Winter 2017 Class Schedule

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

#### MONDAY

**Where in the World is Cinderella?:** Could she be in Egypt? China? Zimbabwe? The answer is yes, yes, and yes! The Cinderella tale has been around since the 9<sup>th</sup> century, with a variation of this famous story in most cultures. The goal of this course is to discover the rich tradition of the international Cinderella stories--and to create a strong, smart, and bold Cinderella tale ourselves!

**Women Who Rock:** Music is such an important part of life, that the girls should be exposed to the women who made such a big contribution to the music industry. The girls will learn about the various types of music along with the women that made them Rock. They will also discuss the various lyrics of music from today, to the music of yesterday.

**Master Chef Jr.:** Inspired by the hit Television series, girls will compete in cooking challenges each week focused around nutrition and a specific cooking skill. As girls master each skill, they will build essential life skills and discover new approaches to healthy eating.

**Girls Golf:** This is a wonderful opportunity for the girls to learn to golf. Girls will be practicing their golfing skills at the beautiful Sandpiper and Ocean Meadows Golf Courses with a phenomenal golf pro Paige O'Brien Jazinski. All of their weeks of practice will lead to an actual game on the course. This program is offsite and the girls will not return to the center until 5:30. Girls must obey club policy and this requires them to wear a collared shirt, closed toed shoes, and no denim.

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## TUESDAY

**Music to Count On:** In music math students explore the many ways that music and math are connected. They begin by listening and moving to music and constructing simple 4 count rhythm patterns. They then extend the patterns to create new arrangements and, eventually, a musical composition. They will also create their very own instruments using their bodies (clapping, stomping, snapping), pencils, books, blocks and more.

**Lego Robotics:** In this STEM class, girls will be introduced to real-world engineering challenges by designing, building, testing, and programming Lego based robots to complete a variety of tasks. They will apply real-world science and math concepts, learn critical thinking, and use team building and presentation skills.

**Detective Lab:** Using "tools of the trade," girls in this class will become young detectives as they collect, record, and analyze data. Girls will also examine various materials and investigate "evidence" to solve their own mysteries.

**Basketball (4<sup>th</sup> Grade Only) :** This class will not only teach and develop basketball skills, but it will enhance girls overall athletic ability. Girls will participate in drills geared towards improving hand-eye coordination, jumping ability shooting, dribbling, speed and agility. Games will be held against the basketball team from the Santa Barbara Center Girls Inc. A schedule will be released with games times and locations.

## WEDNESDAY

**Eating in Color:** This program exposes girls to the basics of how to introduce color into their diet to grow a strong and healthy body. By focusing on flavor and fun, girls in this class will become nutritional experts through discovering why their bodies need certain foods-all while designing colorful meals!

**Let's Get Physical:** The goal of this class is for girls to build a foundation for enjoying physical activity, sports, and adventure throughout their lives. Girls will

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develop movement and athletic skills, cooperative and competitive spirit, and healthy habits. This class will provide the girls with the experiences needed to enjoy the benefits and excitement of taking positive risks that will bolster their self-confidence and personal growth.

**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.*

**Curie-osity Project (4<sup>th</sup> Grade Only):** Experiment, explore, experience life at the university! Come visit the UCSB campus to meet scientists, conduct experiments, and do fun science activities. Each week we will meet a different female scientist at UCSB, visit her lab or research site, and learn about topics as varied as how sea stars breathe, how our brains learn, how electricity works, and how computers understand what we say. Girls will learn to make observations and record findings in their field notebooks. Girls will also interview scientists, learn about STEM careers, and write about them. This class will extend over two quarters so that at the end of the spring quarter, we will publish a book about women scientists and engineers at UCSB!

## **THURSDAY**

**Meet the Author:** Which popular book series is written by a team of three women? Which author left her books all over New York City for people to find and keep? Who published her first novel at the age of 13? Which author (besides themselves!) lives in Santa Barbara? In reading these authors' books, girls will discover some classics as well as some new favorites to enjoy.

**Social Justice Art:** Social Justice Art Girls in this class will explore various social injustices and how inequalities impact their lives. Girls will then work as a community to create art with the intention of motivating others around them to

promote social change. What social injustices do you want to change? Come learn more as you create, explore, and advocate!

**Action for Safety:** This course teaches girls about self-defense and violence prevention. It teaches the girls the negotiation, assertiveness, and self-defense skills that help them avoid violent situations and increase their personal safety.

**Surf Happens:** Experience the art and joy of surfing in this amazing class made possible through our partnership with Surf Happens! We will be offsite each week and will not return to the center until 6 p.m. 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. 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.



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## Goleta Valley Center Winter 2017 Class Schedule

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

#### MONDAY

**Girls Golf:** This is a wonderful opportunity for the girls to learn to golf. Girls will be practicing their golfing skills at the beautiful Sandpiper and Ocean Meadows Golf Courses with a phenomenal golf pro Paige O'Brien Jazinski. All of their weeks of practice will lead to an actual game on the course. This program is offsite and the girls will not return to the center until 5:30. Girls must obey club policy and this requires them to wear a collared shirt, closed toed shoes, and no denim.

**Pedal Power:** We are very excited about our partnership for this program with SB Bicycle Coalition. Girls will participate in lessons where they will learn the ins and outs of bike mechanics, bike handling skills, and appropriate signage. Girls will also have the opportunity to go on fun field trips with friends as they practice their new skills! All girls will need to provide their own bike helmet and the SB Bicycle Coalition will be loaning us bicycles. *This class will be an additional \$20 for the quarter. Financial Assistance is available.*

#### TUESDAY

**Basketball:** This class will not only teach and develop basketball skills, but it will enhance girls overall athletic ability. Girls will participate in drills geared towards improving hand-eye coordination, jumping ability shooting, dribbling, speed and agility. Games will be held against the basketball team from the Santa Barbara Center Girls Inc. A schedule will be released with games times and locations.

**HERstory:** Have you ever wondered who were the women that made it possible for women today to vote, become professionals, make a statement, influence the

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entire decade with style, and much more? HERstory will introduce you to the women pioneers of the past and talk about their importance in the present

### WEDNESDAY

**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.

**Curie-osity Project:** Experiment, explore, experience life at the university! Come visit the UCSB campus to meet scientists, conduct experiments, and do fun science activities. Each week we will meet a different female scientist at UCSB, visit her lab or research site, and learn about topics as varied as how sea stars breathe, how our brains learn, how electricity works, and how computers understand what we say. Girls will learn to make observations and record findings in their field notebooks. Girls will also interview scientists, learn about STEM careers, and write about them. This class will extend over two quarters so that at the end of the spring quarter, we will publish a book about women scientists and engineers at UCSB!

### THURSDAY

**Surf Happens:** Experience the art and joy of surfing in this amazing class made possible through our partnership with Surf Happens! We will be offsite each week and will not return to the center until 6 p.m. 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. 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.

**Jazzy Jewels:** Make a great necklace! Design a charm bracelet! Now sell them for sweet cash! Create and run a jewelry business this winter as you have fun and make money. And, if you rise to the challenge of profits...you get to spend it.

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### Kinderfun

#### MONDAY

**Steppingstones:** This class will get girls running, jumping, leaping, twisting, bending, and balancing as they utilize a variety of sports and movement related equipment, including jump ropes, balls, scooters, bats, bowling pins, nets, hoops, and scoops. They begin to move more confidently and skillfully, get used to structured physical activity, learn about the positive connection between physical activity and health related fitness, and accept sport as legitimate activity for girls and women.

**Mission Nutrition:** This program introduces girls to the basics of how to live a healthy lifestyle by allowing them to participate in activities where they learn about the food pyramid, nutrition, and why their bodies need certain foods. Girls will also get a chance to learn how to make healthy choices while eating out as well as how to choose healthy alternatives to popular snack foods. The program ends with girls participating in cooking classes in which they prepare healthier versions of foods every kid eats commonly and loves such as pizza and cookies.

#### TUESDAY

**Roberta's Rainforest:** Come and explore the tropical rainforest of South America! The girls will learn all about tropical rainforest weather, insects, plants, water, birds, people, and animals. As the girls travel they will collect specimens from the rainforest and build a rainforest in their room.

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**Fun SMART:** Girls will get to do wild and wacky experiments that allow them to explore the power of science. They will get hands on experience doing a variety of projects that teach them how to make a hypothesis, experiment, and deliver their results and outcomes.

### WEDNESDAY

**Art and Storytelling:** This program engages girls creatively by having them do art projects based on popular fiction. Girls will get a chance to read a story, then use their own creativity in interpreting the story by producing a work of art all their own.

**Feel the Rhythm:** Girls in this class will explore patterns in music while listening, dancing and playing different rhythms. Each week, the girls will be introduced to a different instrument and explore that instrument in a variety of genres. At the end of the quarter, the girls will have a performance to show you all they have learned!

### THURSDAY

**ABC 1-2-3:** 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.

**Olympic Games:** 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.