



of Greater Santa Barbara

Goleta Valley Center Spring 2018 Class Schedule

1st-2nd Grades

MONDAY

Indiana Jane: What is archaeology? What do archaeologists do and would you enjoy it? In this class girls will learn these things as well as be introduced to the world of archaeology using sciences and learn about lots of different cultures across time. Girls will explore and question the cultures they learn about as well as learn the role of women in those cultures to observe how it has changed over time!

Tick Tock: What time is it? Girls in this class will soon be able to answer that question all on their own. Girls will be exposed to time-related concepts such as time-telling vocabulary, the difference between a digital and analog clock, and why times differ in different parts of the world. Girls are sure to have fun in this interactive class about telling time!

College Connection: College may be a long way away for a 1st or 2nd grader, but here at Girls Inc. we think it is never too early to learn about what it takes to get to college and what college life is like when you do attend college. In this class girls will build a solid foundation of what college options there are while exploring what colleges might be a good fit for their interests.

My Backyard: This program is a comprehensive scientific and musical exploration of our backyard ecology. In cooperative groups, girls work together as scientists, authors, artists and performers to understand the creatures they see every day in their own backyards. Girls will research the habits and habitats of creatures commonly found in the backyard and use observation and measurement to conduct research and create secret codes.

TUESDAY

Gutsy Girls in Literature: “Strong, Smart and Bold” — The Girls Inc. library is filled with female characters who personify our Girls Inc. motto. Some come from classic books like Madeline, and others are less well-known—like Jackie Mitchell, a minor league baseball player who struck out Babe Ruth. In this course, we will explore

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fictional and historic women in literature, and each girl will create her own book recalling times she has shown her unique talents and strengths.

Art in 3-D: Are you tired of working with just crayons, paper, and paints when creating your art projects? Well, if so then 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 in 3-D!

Adventures in Peacemaking: Conflict is a normal, natural part of life for children. Planning and preparation will help your child use conflict for its productive potential. Girls will complete various activities that focus on cooperation, communication, appreciating diversity, and much more.

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, new, yummy, and fresh salads.

WEDNESDAY

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.

Home Alone: Do you know your parent/guardian's phone number? What about the address where you live? How would you handle an emergency if you were home alone? Girls in this class will learn some essential life skills to use when they are older and have the opportunity to be left home alone.

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!

Go Girl Go!: We already know the wonderful effects that physical activity participation can have on girls. It can enhance their lives physically, emotionally and socially. Go Girl Go! combines sports participation with an educational intervention that focuses on reducing and preventing the potential hazards of dealing with

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adolescent issues in unhealthy ways. The sports environment provides girls with experiences of teamwork, goal-setting, positive adult mentoring and leadership training, as well as a ready-made social support system.

THURSDAY

Buzz On Books: It's springtime! In this class, girls will "blossom" as readers as they "leaf" through the pages of all kinds of books—funny, touching, informative and empowering! Girls vote on their favorite each week, and at the end of the quarter, they will choose the book with the most "buzz."

Fun SMART: Girls in this class 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.

Celebrations: Have you ever wondered what other countries celebrate? Girls in this class will have the opportunity to learn about all the fabulous holidays that other countries celebrate around the world through art projects, games, food and more. Girls will explore how the celebrations are both similar and at times different than our own. Come and celebrate with us!

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.

Gymnastics (3:00-4:00): 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.**

FRIDAY

STEM Club: This club will be jammed packed with fun hands on science experiments. In collaboration with the UCSB Society of Women Engineers girls will work their way each Friday through the scientific method as they test and try their way through all kinds of crazy experiments. After this club, girls are sure to walk away thinking “Science is Fun!”

Puppet Club: In this exciting club, girls will learn the methods of making puppets and telling stories. The club will explore many simple forms of puppet making and in addition will also build several more complex puppets as a group and individually.

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!

Construction Club: Building is what this club is all about! Girls in this club will put their engineering and architectural skills to the test as they build out of Legos, cardboard, blocks, paper and more!





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3rd-4th Grades

MONDAY

Girls Who Read, Girls Who Lead: Through literature and class discussion, girls in this class will explore the Girls Inc. Bill of Rights and how each of them individually and as a group can incorporate these rights into their attitudes, beliefs, and behaviors. Girls will also learn and read about other strong, smart, and bold girls and women fighting for female rights around the world because girls who read, are girls who lead!

Classroom Campground: Girls in this class will become campers and learn facts about maps, weather, animals, insects, fish, safety and cooking while they camp in the classroom. Girls will find and furnish camping supplies, including first aid kits. They will learn to set up tents, campsites and an obstacle course. Come camping...in the classroom!

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 Page O'Brien Jasinski. 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

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

College Bound: Learn what it takes to be on the path for a bright future in college. Girls in this class will not only learn about college access, but will also gain skills that

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will help them be successful getting to college and as a part of college life. Learn about time management skills, stress coping skills, and how to deal with life's pressures in this class all about being bound for college success!

Fun and Fascinating Circle Play with Mr. Numbers: "Wow" and "Cool" are what some girls have said about these amazing math patterns. While playing on the fun and fascinating Number Circles girls will experience the joy of being able to move their bodies, hop across number wheels, throw Frisbees, and make chalk circles. They see math concepts come to life in fun and friendly ways they have never experienced before! This class will help girls be more competent and confident in math all while having fun. YouTube videos at <https://goo.gl/RMgtM6> and goo.gl/hWwcY4

WEDNESDAY

The Art of Reading: When is a child's first trip to an art gallery? It's when she opens the pages of a picture book. When is a child's first reading success? It's when she "reads" the illustrations. In this class, girls will explore a variety of books, discover the art that is inside, and "read" the pictures to understand why illustrations are so important in telling a story. And of course, girls will create art-tastic masterpieces of their own!

Eco Art: In this class girls will not only become artist, but will become environmentalist as well! In this earth friendly art 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 will learning to respect and care for the environment around you!

Theater Games: In this dramatic art class girls will learn about the art of improvisation and will also be exposed to the basic elements of other various forms of dramatic expression, while increasing their willingness to perform (small skits and short plays) in front of others.

Curie-osity Project (4th GRADE ONLY): Explore and experience life at a university! After having an opportunity to tour the UCSB campus, each week girls will meet and interview women scientists, conduct experiments in college labs, and learn about STEM careers. At the end of the spring quarter, girls will write, illustrate, and publish a book about the women scientists and engineers they met at UCSB! **This is the third quarter of this class. Girls who were enrolled in this class during fall**



and winter quarter will automatically be enrolled for this quarter. It is offsite, and girls will not return to the center until 5:45 p.m.

THURSDAY

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 in this class will learn about various types and genres 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. Come rock with us!

Eat Espana: Come learn about the rich culture and traditions of Spain through preparing traditional Spanish cuisine. The girls will prepare empanadas and learn about carnival, cook gazpacho and learn about La Tomatina, and even try some tasty White Bean and Sausage Soup while learning about Pamplona Fiesta. Girls won't want to miss this delicious class!

Surf Happens: Experience the art and joy of surfing in this amazing class made possible through our partnership with Surf Happens and the Surf Happens Foundation. 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 6:00 p.m.** 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.

Gymnastics (3:00-4:00) 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.**

Friday

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

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running a snack bar, including preparing food, handling the cash register, making change, managing a budget, and promoting their sales.

Jewelry Club: Learn how to make your own bracelet, necklace, or earrings in this awesome club. Make jewelry for your family and friends while learning different techniques and new creative ways to make various types of jewelry.

Girls Scouts (4th GRADE ONLY): This spring we are continuing our partnership 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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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 mainstream media or in school. Girls in this class will research different women making a difference and create a presentation to share their learnings with the younger girls. Here's to strong, smart, and bold women and girls everywhere!

Meatless Mondays: Have you heard of the international campaign that encourages people to not eat meat on Mondays? Girls in this class will learn about the Meatless Mondays movement that has people refraining 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. Who knew cooking meatless could be so much fun!

TUESDAY

Bone Zone- When thinking about their health, many young girls would not think that it is very important to take care of their bones. The key message for this class is "Powerful Bones. Powerful Girls." This class will actively teach the girls how to keep strong bones through sports/movement, nutrition, and knowledge.

Growing Up Body Basics: Girls in this class will learn how and why their body is changing, what to expect from puberty, as well as learn the appropriate names, locations, and functions of their body parts. The emphasis will be on the fact that body changes are normal, OK, and that whenever they occur that is the right time for each girl.

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WEDNESDAY

College Road Trip: Jump on in and join us on the imaginary college bus where we will set off to explore colleges around the US. Is staying close to home where you want to be? Or maybe you want to explore living on the East Coast? Girls in this class will learn about the different public and private colleges around America and what it takes to get in to them and be successful once they are there!

Curie-osity Project: Explore and experience life at a university! After having an opportunity to tour the UCSB campus, each week girls will meet and interview women scientists, conduct experiments in college labs, and learn about STEM careers. At the end of the spring quarter, girls will write, illustrate, and publish a book about the women scientists and engineers they met at UCSB! **This is the third quarter of this class. Girls who were enrolled in this class during fall and winter quarter will automatically be enrolled for this quarter. It is offsite, and girls will not return to the center until 5:45 p.m.**

THURSDAY

Meditation Through Art: The ability to express one's emotions in a healthy and safe way is a life skill that enables us to be stronger, smarter, and bolder! Girls in this class will learn the importance of naming their emotions and will learn various ways they can express and work through their emotions, one of which is the creation of art! Come relax, draw, paint, create, and de-stress in this artistic and relaxing class!

Surf Happens: Experience the art and joy of surfing in this amazing class made possible through our partnership with Surf Happens and the Surf Happens Foundation. 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 6:00 p.m.** 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.

Gymnastics (3:00-4:00) 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**



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Friday

Girl Scouts: This spring we are continuing our partnership 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!

Code Crew: Girls in this club will help design the curricula based on their interest. Do you want to learn more about coding or would you rather take a computer apart to see what is inside? Did you enjoy Lego Robots and want to explore more, or are you interested in learning a new computer program like PowerPoint? Girls in this club will explore their curiosity in the computer lab as a part of Code Crew!

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Kinderfun

MONDAY

Gardening: Come test out your green thumb and help us create a Kinderfun garden! In this class the girls will plant a variety of items from flowers to vegetables and learn what plants need to grow and thrive!

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 on their own that relates to the story they just read.

TUESDAY

Debbie's Desert: Girls in this class will go on an imaginary scientific camping trip adventure! In this exciting class the girls will be exploring the desert habitat, learning about desert insects, plants, and animals. This class will enrich the girls' engagement with scientific content in biology and ecology while contributing to their positive sense of enjoying scientific.

Camp College: Girls in this class will get ready to pack their bags and set out on the path to college success! As girls sit by the campfire and listen to the tales of all the colleges there are, they will imagine themselves as college attendees. Girls will hear what college life entails and imagine hiking the trail through the campus of their choosing.

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 help them explore body awareness and help them think of exercise as challenging and FUN!

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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

Kids Like Us: Kids around the world, and right here at home, may look different from us, but we all have similarities that bring us together! Girls in this class will explore and learn to appreciate what kids are like around the world. What do they celebrate, what do they eat, what do they wear, what kinds of toys do they play with? Girls in this class will get the answers to these questions and many more!

Young Scientist: Science, technology, engineering, and math are all part of the fun of being a young scientist. Girls in Young Scientist will explore the scientific method through a variety of hands-on, minds-on challenges and activities. Young Scientist get their hands dirty, make big mistakes, and have a blast getting scientific!

FRIDAY

Girls United: This spring we are continuing our partnership 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!

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!