



of Greater Santa Barbara

Goleta Valley Center Winter 2019 Class Schedule

1st and 2nd grade

MONDAY

Picturing Empathy: How many ways are there of seeing the world? Our planet is filled with people living dramatically different lives, even within the same neighborhood or classroom. In this course, picture books will be our portal into the experiences of others, both far and near. Girls will celebrate diversity as they jump through time, cross borders, and walk a mile in another's shoes. Girls will practice imaginative empathy for people of all kinds, while also learning to take pride in telling their own unique story.

Action Art: Put on your aprons, things are about to get messy! Girls in this class will have hands-on art experiences that involve active exploration from tossing to snapping to jumping to running and much more! Have you ever painted with bubble wrap? Can you use a remote controlled car to create a painted masterpiece? Girls in this class will explore these questions and more as they get active with art!

Fresh Chefs: Can you taste the difference between a fresh carrot and one that has been previously frozen? How many different types of lettuce have you tasted before? Come taste the difference eating fresh can make! Girls in this class will explore cooking with fresh ingredients and try new recipes they are sure to want to repeat at home!

My Friend Zelda: 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 roles of health care professionals, and will use a specially constructed doll developed to help them simulate surgery.

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Girls Golf (2nd GRADE ONLY): Our partnership with the 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 Page O'Brien Jazinski. **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 toed shoes.

TUESDAY

Art-KID-Tecture: Learn about the art of architecture and examine popular works of architecture in history by taking this fun and engaging class. Design your own buildings and build replicas of buildings and structures you see every day.

Multicultural Games: Have you ever wondered what games kids play in different parts of the world? How are games similar in Africa, Asia, and the United States? How are they different? Learn the answers to these questions in this fun-filled class where girls play games from around the world. It's all fun and games in this introduction to world cultures!

Bye Bye Bullies: "Stop that!" "I don't like that!" "I'm telling an adult." Girls in this class will feel empowered to stand up for themselves and others as they develop strategies for creating safe social climates and maintaining healthy friendships.

Cultural Kitchen: Time to get your passports ready! Girls in this class will "visit" a different country each week and will explore various cultural dishes and recreate their own versions of sample flavors from around the world. Climb aboard as we go on a tasting trip around the world!

WEDNESDAY

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 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!"

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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 this fun!

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.

Fearless Flyers: Paper airplanes, parachutes, rockets, and more! Come explore the science of aviation as we learn about famous female pilots and create our own flying creations! Wind resistance, aerodynamics, and altitude are just some of the concepts girls will learn about in this high flying, super soaring class!

THURSDAY

Fiercely Ever After: Once upon a time, there was a class in the library at Girls Inc. Girls in this class read fairy tales from around the world and created their own enchanted fairylands. In their fairylands, heroines designed castle floor plans, engineer their own escape routes, and led epic quests. By sharpening their problem-solving skills and chasing their imagination, the girls in the class lived fiercely ever after.

Inside Out Art: The ability to express 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 process those emotions in the most engaging and creative way of all—through art! So come relax, draw, paint, create, and de-stress in Inside Out Art!

Super Sleuths: Are you ready to peek around corners, over table tops, and under chairs to discover clues and help solve the case? Girls in this class will sharpen their detective skills as they solve some surprising mysteries taking place in our very own Girls Inc. centers. We know our super sleuths will be on the case!

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Yoga: Relax, breath, and stretch. Girls will learn a variety of ways to relieve their stress by exploring the practice of Yoga. The girls will learn new breathing techniques and build their strength and explore balance together. The girls will gain both a strong mind and body.

FRIDAY

Puppet Club: In this exciting club, girls will learn various methods of making puppets and telling stories. The club will explore simple forms of puppet making through the creation of sock puppets and work towards more complex puppets like marionettes.

Gardening and Nature Club: Enjoy outdoor activities while learning about botany, biology and our environment. Girls will be responsible for watering, weeding, composting, planting and cleaning the garden. The girls will even have a chance to harvest and taste our own herbs, fruits and vegetables. Come test your green thumb in the garden!

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

Gymnastics: Tumble, cartwheel, and handstand your way to fun and fitness. Gymnastics offers a way to exercise, and learn skills such as balance, concentration, and strength training. Gymnastics is also a wonderful way to build self-esteem, poise, and posture. Girls will stretch at the beginning of each class and then 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-sorry, no exceptions.**





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Goleta Valley Center Winter 2019 Class Schedule

3rd and 4th grade

MONDAY

Growing Up Body Basics: Girls in this class will learn how and why their bodies are 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.

Girls Golf: Our partnership with the 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 Page O'Brien Jazinski. **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 toed shoes.

TUESDAY

Reading Ambassadors: What is a Reading Ambassador? She is someone who has had training by staff members of the Santa Barbara Public Library in how to read a book aloud to a younger child. Girls will be reading aloud to anyone and everyone—kindergartners, staff members, community leaders, and each other! At the end of the quarter when the girls complete their training they will attend an awards ceremony at the main library. Read on!

Fun with Forensics: Did you see the footprints leading away from the scene? Who wrote that note left behind? Girls in this class are sure to have fun with forensics as they learn to dust for fingerprints, analyze handwriting, and piece together clues. Let's hope they can to solve the mystery!

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Basketball (4th grade only): This class will help girls develop basketball skills and enhance their 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 every other week, between the Girls Inc. Santa Barbara and Girls Inc. Goleta basketball teams. A schedule will be released with games times and locations the second week of the quarter.

WEDNESDAY

Recipes for Good Reading:

Ingredients for a great class:

1 library, filled with books about delicious food

1 cookbook, written and illustrated by each girl

1 kitchen, ready for chefs to prepare tasty recipes from around the world

Mix well, and enjoy!

Here's how it works: Girls go to the library one week to read stories and become authors of their own cookbooks. The next week they go to the kitchen to prepare one of the dishes from their book. What a yummy way to enjoy reading, writing, and cooking!

Curie-osity Project (4th Grade Only): Experiment, explore and experience life at the university! Come visit the UCSB campus to meet scientists, conduct experiments, and do fun science and art activities related to Thriving Through Technology. Each week we will meet a different female scientist or innovator at UCSB, visit her lab or research site, and learn about topics as varied as how animals see colors, how our brains learn, how electricity works, and how computers understand what we say. Girls will participate in work the scientists do such as conduct mini experiments or try out computer programs, apps, or new technologies. Girls will also interview scientists, learn about STEM careers, and write and create artwork about them. This class will extend over two quarters so that at the end of the spring quarter, we will publish a multilingual children's book about women scientists and engineers at UCSB and their inventions or technology they use! **This program is offsite and the girls will not return to the center until 5:45 p.m.**



THURSDAY

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 guest speakers, 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!

Bully Free Starts with Me: Standing up to bullies can be a very challenging thing to do and after participating in this class we know our strong, smart, and bold girls will be up for the challenge! Girls in this class will explore how their behavior affects others and will gain techniques for how to affect positive change and create a bully-free environment for everyone at Girls Inc.

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. 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

Do-It-Yourself 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.

STEM Club: Science, technology, engineering, and math, oh my! Come get your hands and minds involved in some fun projects and experiments exploring the scientific process. Girls are sure to think science is fun after participating in this club.



Snack Shack Club: 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 treats.

Gymnastics: Tumble, cartwheel, and handstand your way to fun and fitness. Gymnastics offers a way to exercise, and learn skills such as balance, concentration, and strength training. Gymnastics is also a wonderful way to build self-esteem, poise, and posture. Girls will stretch at the beginning of each class and then 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-sorry, no exceptions.**

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5th and 6th grade

MONDAY

Meditation Through Art: The ability to express 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!

Friendly PEERsuasion: In this class the girls will participate in activities and discussions on communication, stress management, peer and media pressure, harmful substance abuse (including tobacco, alcohol, over the counter drugs and supplements, prescription drugs, and illegal drugs), and leadership.

TUESDAY

Basketball: This class will help girls develop basketball skills and enhance their 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 every other week, between the Girls Inc. Santa Barbara and Girls Inc. Goleta basketball teams. A schedule will be released with games times and locations the second week of the quarter.

Empowered Girls Empower Girls: The future is female and girls are going to change the world! The 5th-6th graders have great influence at Girls Inc. and they can change how girls experience being a part of the program whether they are just starting or have been coming for years. Girls in this class will learn strategies and techniques to support one another, address conflict, be up-standers, and will help shape the future for Girls Inc. and create a bully free environment.

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WEDNESDAY

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Detective Lab: How do detectives solve crimes in real life? What careers are possible if you like putting together clues to solve a mystery? Using “tools of the trade,” girls in this class will become young detectives as they collect, record, and analyze data. Girls will also examine and investigate “evidence” to solve their own mysteries.

THURSDAY

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. 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!*

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.

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FRIDAY

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Kinderfun

MONDAY

Outdoor Exploration: Can you identify the birds you see around Girls Inc.? Do you know what sounds they each make? Which trees are oaks and which are pines? This class will give girls time to explore the world right outside our doors while learning about the amazing scientist and activist who are fighting to save our natural resources.

Mystery Party: The new Kinderfun markers are missing and we need help solving the mystery of where they went! Girls in this class will follow clues, check alibis, dust for fingerprints, and help solve the mystery of the missing markers. It is sure to be a party when the mystery is solved!

TUESDAY

Fuel Up: Girls in this class will identify and implement strategies for enjoying healthy eating and physical activity in a way that accommodates their lifestyles, cultures, and busy schedules. Girls will discover new ways to keep their bodies fueled by creating healthy and nutritious snacks they can make themselves!

What Color Is Happy?: Come relax, draw, paint, create, and de-stress! In this class girls will learn to name and express their emotions in a safe and healthy way enabling them to be strong in their hearts and minds!

WEDNESDAY

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,

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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.

ABC 1-2-3: Counting and learning our letters will be a ton of fun in this cool class! Write a letter in the sand, shape it out of playdough, or create it with your body. Focused 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.

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THURSDAY

Book Bonanza: We LOVE books at Girls Inc. and this class will give the Kindergarten girls lots of opportunities to explore books they love! Picture books, fiction, non-fiction, pop-ups, and more, everyone will be able to find a book they connect with and are excited to share with a friend.

Feel The Rhythm: Girls in this class will explore patterns in music while listening to, dancing to, 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 what they have learned!

FRIDAY

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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Art Around the World: Discover the beauty of other cultures through the world of art. Girls will enjoy creating art from Rome, France, and Italy. They will also have an opportunity to learn about the culture and see how unique artwork can be.

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