

SOAR WORKSHOPS

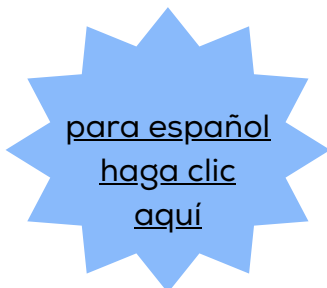


Spring is just around the corner. Here's everything you need to know about registering for SOAR classes.

Registration will open on Monday, February 24th at 8:00am and run through Monday, March 3rd at 3:00pm. Our registration form allows you to rank your preference (1st-4th) for multiple classes, and everyone who registers by March 3rd will have an equal chance of getting into a high preference class. Please rank only one class as a first choice, second choice, third choice, etc. Registration confirmations will be emailed on or before Saturday, March 8th. Late registrations will be offered only if spots remain.

Once you know the workshops your child(ren) is interested in signing up for, click on the following link for registration:

SPRING: <https://forms.gle/LQkkhteT8cH8Yo7M7>



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Seek Originate Aim Reach

"The quality of a public school is the mirror of the community: it affects the future of the community, the people it attracts, and the values of the community."

-Zenas Block, SOAR Founder

For more information:

soarkids.org

Important Information

DATES/TIMES

Note dates and times of each workshop. They vary by workshop and are not consistent from class-to-class.

EXTRAS CREDIT

For children who have registered for a SOAR class only on a day and time they are already enrolled in EXTRAS, families will receive a one time \$15 SOAR credit. Please indicate if your child is attending EXTRAS on the days and times of workshops selected on the registration form.

SIBLING DISCOUNT

We offer a discount to families with multiple children enrolled in classes.

- 2 children - 5% off total bill
- 3 children - 10% off total bill
- 4+ children - 15% off total bill

WHAT TO BRING

Pack additional healthy snacks on the days your child attends SOAR. Food sharing is not allowed and we do not provide snacks (unless listed in workshop description).

CELL PHONE POLICY

Cell phones must remain in backpacks at all times. If a student has a cell phone out during SOAR, it will be collected and returned at the end of class. If a child needs to communicate with a family member (or vice versa), they can do so by communicating with a SOAR employee.

ABSENCES

We kindly ask that you notify the SCS office **and** the SOAR Executive Director if your child will be in school the day of their workshop but will not be attending their SOAR class.

PICK UP

Pick up your child promptly. Pickup is from the upper building circle, unless otherwise noted. If your child is going home with someone other than the individual listed on the registration form, please inform the Executive Director prior to dismissal.

CANCELLATIONS

SOAR workshops are automatically cancelled if SCS closes early or cancels after-school activities. Every effort will be made to make-up SOAR classes, but this is not always possible.

PAYMENT

Invoices from SOAR will arrive in your inbox in March and must be paid within two weeks. Changes to registration must be made prior to the first day of the workshop; we are unable to offer a refund once workshops begin.

FINANCIAL AID

Financial aid is available thanks in part to Salisbury Family Services. To request confidential support, check the box on the registration form. Salisbury Family Services is here to help anyone in our community get through difficult times. Please visit salisburyfamilyservices.org to learn more.



SPRING CLASSES

Register here:

<https://forms.gle/ZCTLNLKXmbs1SLGw5>

INTRO TO SPORTS & FITNESS WITH COACH VICKI: Grade K (Monday)

This class will incorporate fitness as well as fun for all! No athletic ability required. Our goal is to get children excited about their physical fitness and get an introduction to a different sport each week. This class will offer a variety of tag games, obstacle courses, relay races, cooperative games, team building exercises and small field game scenarios. Children will be able to learn foot-eye and hand-eye coordination, flexibility, cardiovascular strength, endurance and the knowledge of sports rules. A nutritional snack will be provided each week along with a nutritional lesson. Please have your child wear sneakers and bring a water bottle.

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Intro to Sports & Fitness with Coach Vicki	K	\$45	Monday 3:15-4:15	4/7, 4/21, 4/28, 5/5, 5/12, 5/19	12	Vicki Deluca

WORKING WITH THE MASTERS: Grades K-1 (Tuesday):

In this class, children will agree upon an image either from art history or from a children's book. The image will be broken down into equal size sections and each child will be assigned a part to reproduce. In the end, the pieces will be put together and the final image will be revealed.

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Working with the Masters	K-1	\$55	Tuesday 3:15-4:30	4/1, 4/8, 4/22, 4/29, 5/6, 5/13, 5/20	6	Nikko Sedgwick

LEGO: POKEMON ENGINEERING Grades K-2 (Monday)

Calling all Pokémon trainers! With the Pokémon Championship approaching, join our enthusiastic Play-Well Instructors as we build and catch our favorite Pokémon, rescue Pikachu from Team Rocket, take a ride on the S.S. Anne to uncover rare and mystic Pokémon, and battle to see who will hold the title of Pokémon Master. Come along on our journey to catch 'em all!!

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Lego: Pokemon Engineering	K-2	\$60	Monday 3:15-4:15	3/31, 4/7, 4/21, 4/28, 5/5, 5/12	10	Play Well

PLAYFUL POSES YOGA: Grades K-2 (Wednesday)

In this yoga class we will explore animal-inspired poses and flows with gentle breath work. We will also create our own mantra cards to inspire our practice. All you need is an open mind and comfy clothes!

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Playful Poses Yoga	K-2	\$45	Wednesday 3:15-4:15	4/2, 4/9, 4/23, 4/30, 5/14, 5/21	8	Michelle Sisk

GARDENING CLUB: Grades K-2 (Wednesday)

This class will expose children to the joy of gardening in our very own school garden. We will develop an understanding of the growing process from the planning, soil preparation, planting, and upkeep. We will plant both perennial and annual, ornamental and edible plants. We will explore the concepts of composting and planting to support the environment and neighboring gardeners. There will be also be extended activities such as art projects and more. Get ready to dig in the dirt, plant, and get messy!

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Gardening Club	K-2	\$50	Wednesday 3:15-4:30	4/23, 4/30, 5/14, 5/21, 5/28, 6/4	8	Helen Ong

SPARK BUSINESS ACADEMY - MY FIRST LEMONADE STAND: Grades K-2 (Friday)

Learn how to make sweet and tangy lemonade – and make money by selling it! Experiment with recipes, design flyers, learn how to count money, make change and tally your profits. Then, in a showcase finale event, launch your lemonade stand and sell, sell, sell, and raise funds for a charity students select!

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Spark Business Academy	K-2	\$60	Friday 3:15-4:15	3/28, 4/4, 4/11, 4/25, 5/2, 5/9, 5/16, 5/23	10	Spark Business Academy

INTRO TO SPORTS & FITNESS WITH COACH VICKI: Grades 1-3 (Tuesday):

This class will incorporate fitness as well as fun for all! No athletic ability required. Our goal is to get children excited about their physical fitness and get an introduction to a different sport each week. This class will offer a variety of tag games, obstacle courses, relay races, cooperative games, team building exercises and small field game scenarios. A nutritional snack will be provided each week along with a nutritional lesson. Please have your child wear sneakers and bring a water bottle.

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Intro to Sports & Fitness with Coach Vicki	1-3	\$45	Tuesday 3:15-4:30	4/8, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27	12	Vicki Deluca

GIRLS' SOCCER CLUB: Grades 1-4 (Friday):

Do you want to learn more about soccer or try it for the first time? Our goal is to get our girls excited about playing soccer, learn team building skills, gain historical knowledge of soccer from around the world, and HAVE FUN! The girls will gain skills in dribbling, passing, and shooting as well as participate in small game scenarios of 2vs2 and 4vs4. There will also be a variety of tag games, obstacle courses, relay races and cooperative games each week. This is a non-competitive environment and will emphasize team bonding and togetherness, while still learning how to compete on the field. An arts and crafts activity and a nutritional snack will be provided. Please have your child wear shin guards, cleats and bring a water bottle each week.

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Girls' Soccer Club	1-4	\$45	Friday 3:15-4:30	4/25, 5/2, 5/9, 5/16, 5/23, 5/30	15	Vicki Deluca

MASK MAKING: Grades 2-3 (Thursday)

Using a variety of different materials, students will create masks to celebrate your inner animal spirit, nature, and the changing of the seasons.

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Mask Making	2-3	\$60	Thursday 3:15-4:30	4/3, 4/10, 4/24, 5/1, 5/8, 5/15, 5/22	6	Vicki Hayes

INTRO TO PHOTO TRANSFERS: Grades 2-3 (Thursday)

Photo-transfer is a magical process by which kids can bring in photos from home or from magazines and learn how to transfer it onto another surface as a way of adding another element to an existing piece of art, or as an end in itself. We will also be exploring how we can bring different colors and textures into an existing photograph by transferring the photo over paint and various mediums.

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Intro to Photo Transfers	2-3	\$55	Thursday 3:15-4:30	4/3, 4/10, 4/24, 5/1, 5/8, 5/15, 5/22	6	Nikko Sedgwick

HAND SEWING WITH MEG: Grades 2-3 (Wednesday)

Learn basic hand-sewing, embroidery and mending skills and complete a series of simple projects, including a felt wallet, pillowcases and stuffed-animal repair. We'll start with large-eye safety needles- no experience necessary!

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Hand-Sewing with Meg	2-3	\$55	Wednesday 3:15-4:15	4/2, 4/9, 4/23, 4/30, 5/14, 5/21	6	Meg Musgrove

GIRLS' SCIENCE CLUB: Grades 2-5 (Monday):

Join the Flying Cloud Girls Science Club! Welcome to the lab, together we empower each other to explore all kinds of amazing science through dynamic hands-on experiments and projects, diving into chemistry, physics, biology and engineering. We will also have the opportunity to meet and work with some incredible women STEM professionals. Monday afternoons in Girls Science are full of inspiration, innovation, and so much FUN! Girls Science Club is open to female identified and non binary students who are comfortable in a space that centers the female experience in STEM. *Thanks to generous grants from the Northwest Connecticut Community Foundation, www.yournccf.org, we are able to offer this workshop at no charge.*

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Girls' Science Club	2-5	\$0	Monday 3:15-4:45	3/24, 3/31, 4/7, 4/21, 4/28, 5/5, 5/12, 5/19	12	Flying Cloud Institute

IMPROV WITH STEPH: Grades 3-4 (Friday)

With an extensive background, interest and love for theater and drama, Steph Hahn will once again bring her many talents to SCS. Improvisation is the art of creating theater spontaneously without any preparation or planning. In this class participants will learn to freely trust and embrace their creative impulses. Through the exploration of improv games and exercises everyone will learn to say "Yes" to their ideas, their imagination and their inspirational sources to create full rich characters and scenes. Participants will foster their spontaneity, build confidence and most of all have fun! Whether you are new to drama and theater arts or you have been passionate about them for a while, this class is perfect for anyone who wants to join in the fun. *Please note the last four classes will be taught by Tess Marks!*

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Improv with Steph	3-4	\$45	Friday 3:15-4:15	3/28, 4/4, 4/11, 4/25, 5/2, 5/9, 5/16, 5/23	12	Stephanie Hahn

MINDFUL MOVEMENTS: Grades 3-6 (Monday)

In this yoga class we will explore all sorts of yoga poses and flows with gentle breath work to build balance and strength and flexibility. We will also create our own mantra cards to inspire our practice. All you need is an open mind and comfy clothes you can move in.

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Mindful Movements Yoga	3-6	\$45	Monday 3:15-4:15	3/31, 4/7, 4/21, 4/28, 5/5, 5/12, 5/19	10	Michelle Sisk

FOOD, FARMING, & FUN: Grades 3-5 (Tuesday/Thursday):

SOAR's collaboration with Hotchkiss resumes with twice-weekly visits to Fairfield Farm. SCS students will be partnered with Hotchkiss students working side-by-side planting seeds, preparing the fields to plant spring crops, transplanting harvesting crops, and building/repairing farm structures. Transportation to the Farm is provided, but pick-up is at the Farm promptly at 5:15pm. Please note that because the class is so popular, priority will be given to students who have never taken the class.

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Food, Farming, & Fun	3-5	\$45	Tuesday/Thursday 3:15-5:15	5/1, 5/6, 5/8, 5/13, 5/15	8	Bridget-Lawrence Meigs

LEGO STEM EXPLORATIONS: Grades 3-6 (Thursday)

Master your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. Projects are rotated seasonally to ensure that even returning students get a new experience, so join us to design and build as never before and explore your craziest ideas.

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
LEGO Stem Explorations	3-6	\$60	Thursday 3:15-4:15	4/3, 4/10, 4/24, 5/1, 5/8, 5/15	10	Play-Well

SPARK BUSINESS ACADEMY - DEBATE CLUB: Grades 3-6 (Tuesday)

Learn the art of persuasion! Students work in rotating groups and practice their debating skills in a supportive environment, including developing arguments, issuing rebuttals, providing examples, rebuilding their case and summarizing points of view. Students learn to think on their feet and enhance their public-speaking skills, gaining self-confidence in the process

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Spark Business Academy - Debate Club	3-6	\$60	Tuesday 3:15-4:15	3/25, 4/1, 4/8, 4/22, 4/29, 5/6, 5/13, 5/20	10	Spark Business Academy

OUTDOOR ADVENTURES: Grades 4-6 (Tuesday)

We will explore everything outdoors as spring reawakens - with a little bit of environmental education, a little bit of time dedicated to hands on projects, and a lot of physical activity, each day will be a new adventure!

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Outdoor Adventures	4-6	\$45	Tuesday 3:15-4:30	4/1, 4/8, 4/22, 4/29	10	Cynthia Gray

THE ANCIENT ART OF HENNA: Grades 4-8 (Wednesday)

Local henna artist Niharika Vialpando (Nicky) returns to SOAR after offering several successful henna SOAR classes in the past. This is a unique opportunity to work with a henna master to learn a beautiful and ancient art form. During the workshop, students will learn about the history of this henna, the art of blending henna, various designs from the simple to more complex, techniques and styles to create professional quality designs, after care instructions and various tips and tricks and dos and don'ts. This class is open to both new and returning students.

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
The Ancient Art of Henna	4-8	\$50	Wednesday 3:15-4:15	4/2, 4/9, 4/23, 4/30	12	Nicky Vialpando

INTRO TO ACTING WITH DARCY & SAM: Grades 4-8 (Thursday):

This class will provide an introduction to the fundamental concepts of the craft of acting. Our first goal will be to explore and gain greater awareness of the self, the senses, imagination, space and environment, and creative impulses. Through theater games, improv, and scene studies the children will then apply these techniques to rehearse and perform different scenes. Bring an open mind, willingness to step outside your comfort zone, and get acting!

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Intro to Acting with Darcy & Sam	4-8	\$50	Thursday 3:15-4:45	4/3, 4/10, 4/24, 5/1	16	Darcy Boynton & Sam Steinmetz

TEXTILES BY HAND: Grades 4-8 (Thursday)

Students will learn the basics of hand embroidery with thread and beads, gemstone application, applique attachment, and some distressing. The students will bring in a clothing item that they will work on throughout the session and apply these techniques to their clothing piece!

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Textiles by Hand	4-8	\$60	Thursday 3:15-4:45	4/3, 4/10, 4/24, 5/1, 5/8, 5/15, 5/22	10	Mackenzie Mastro

PHOTOGRAMS: Grades 4-8 (Friday):

A Photogram is the most basic form of photography. You don't need a camera; you don't need an enlarger. All you need is light sensitive paper (photo paper) and the chemistry. Kids will be able to bring in a cherished object or their favorite toy or just their hands to put on top of the photo paper which will be exposed to light. When you develop it, you'll have a perfect silhouette of that object. But there are many different ways to play and be creative like multiple exposures, shining the light source at different angles, as well as putting the completed photo in a color bath to imbue the image with color, that start to make the photos really interesting.

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Photograms	4-8	\$60	Friday 3:15-4:30	4/4, 4/11, 4/25, 5/2, 5/9, 5/16, 5/23	6	Nikko Sedgwick

BOARD GAMES WITH DORON: Grades 5-8 (Monday)

In this class children will learn how to play strategy board games such as Ticket to Ride, Seven Wonders, and Small World. Brush up your skills and learn how to outmaneuver and outsmart your family and friends on Game Night!

Class	Grades	Fee	Day/Time	Dates	Max	Instructor
Board Games with Doron	5-8	\$45	Monday 3:15-4:45	3/31, 4/7, 4/21, 4/28, 5/5, 5/12, 5/19	10	Doron Blake

Spring Master Class

Flying Cloud: Grades 3-5 (Wednesday, May 7th - Early Dismissal Day):

S•M•ART WORKSHOP WITH FLYING CLOUD: WHERE SCIENCE MEETS ART!

Calling all young scientists, engineers, and artists to join us for the afternoon of May 7th (early dismissal day) for scientific exploration and creativity.

Class	Grades	Fee	Time	Dates	Max	Instructor
Flying Cloud	3-5	\$35	12:15-2:15 (early dismissal day)	Wednesday, May 7th	10	Flying Cloud

Week at a Glance

Monday	Tuesday	Wednesday	Thursday	Friday
Intro to Sports & Fitness (K)	Working with the Masters (K-1)	Playful Poses Yoga (K-2)	Intro to Photo Transfers (2-3)	My First Lemonade Stand (K-2)
Lego: Pokemon Engineering (K-2)	Intro to Sports & Fitness (1-3)	Gardening Club (K-2)	Lego: STEM Explorations (3-6)	Girls' Soccer Club (1-4)
Girls' Science Club (2-5)	Food, Farming, and Fun (3-5)	Intro to Sports & Fitness (1-3)	Food, Farming, and Fun (3-5)	Improv with Steph (3-4)
Mindful Movements Yoga (3-6)	Debate Club (3-6)	Hand-Sewing with Meg (2-3)	Textiles by Hand (4-8)	Photograms (4-8)
Board Games with Doron (5-8)	Outdoor Adventures (4-6)	Henna (4-8)	Intro to Acting with Darcy & Sam (4-8)	

BEHAVIOR EXPECTATIONS

All students attending Salisbury Central School are welcome and eligible to attend SOAR workshops. While attending these workshops, the same behavioral expectations that exist during the school day are also expected during all SOAR workshops, whether they take place at SCS or off-site. All students attending SOAR workshops are expected to: **Be Respectful**, **Be Responsible**, and **Be Safe**.

Be Respectful

- Stop, listen and pay attention when someone speaks to you
- Follow directions of instructor and/or other adults
- Use quiet voices as directed, especially when inside
- Use good manners
- Be kind with your actions and words
- Take care of school/SOAR property
- Tell the truth

Be Responsible

- Arrive for a workshop ready to learn
- Be an active participant in class
- Complete all activities/projects as assigned
- Leave no trace

Be Safe

- Walk inside classrooms and the school building
- Maintain personal space and body awareness
- Follow school safety procedures
- Be sure an instructor/adult knows where you are at all times

Most of the time SOAR instructors are able to handle minor infractions and no further action is required. However, there are times when a behavior is more serious or persistent and will require intervention by the SOAR Executive Director. Depending on the situation, the Director will determine the appropriate response. For more serious incidents, the parents of all children involved in the situation will be contacted and an incident report will be written. When appropriate, this report will be shared with SCS administration. SOAR and the school can then work together to determine the best course of action. **All students participating in SOAR workshops as well as their caregivers, will be required to acknowledge the behavior expectations during registration.** SOAR strives to create a positive experience for all students. If your child has any special needs (learning/behavior, etc), please inform the Executive Director. We will work together to provide appropriate support and guidance so your child and others can get the most of their SOAR experience.

Our History

For over 20 years, SOAR, has been offering high quality enrichment programming to the children at Salisbury Central School (SCS) in Lakeville, CT through after school workshops, in-school programming, special events, and teacher mini-grants. The organization's mission is to augment the school's existing daily curriculum and to promote the self-discovery, talents, and learning of every child at SCS.

SOAR was founded in 2000 by Zenas Block, a chemist, entrepreneur, and business school professor who served on the Salisbury Central School Board of Finance for many years. Block envisioned an enrichment program that would bolster and augment the school's existing curriculum, and with the help of the school's principal at the time, C. Zbynek Gold, and SOAR's first program director, Karen Lundeen, he made that vision come to life.

Over his lifetime, Block built many businesses, was awarded nineteen patents, and developed some of the first research and graduate-level courses on entrepreneurship. SOAR was his final project and one he held very dear. Block's legacy lives on in every student who benefits from SOAR'S program. Each year, The Zenas Block Award for Excellence in Science is given to an 8th grader as a way to honor Zenas' legacy.

Our Team

EXECUTIVE DIRECTOR

Lauren Brown

BOARD OF DIRECTORS

Elizabeth Schaufelberger - Board Chair

Karen Lundeen - Vice Chair

Janet Graaff - Treasurer

Ali DeProdocini - Secretary

Darcy Boynton - Program Liaison

Keavy Bedell

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Karen Faveau

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Darcy Boynton

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Stephanie Hahn

Deborah Apsel Lang

Stephanie Magyar

Kristen Neary

Raydin Neary

Kendra Percy

Bridget Saylor