

# Valley Catholic Elementary School

## After-School Activities

2019-2020

VCES offers two after-school music opportunities led by our music teacher, Emily Pockat. Our PE teacher, Eric Holstrom coaches the cross-country running club in the fall and the CYO swimming team in late fall through the early winter. We also invite a number of outside groups into our school to offer a variety of opportunities for after-school enrichment. Each after-school activity does require registration and does have a fee. Arrangements for registration and payment of fees for all outside groups should be arranged directly with the group. **For activities offered by outside groups, the school cannot accept payment or registration.** For the coming school year, we are planning on the following offerings:

**Youth Orchestra:** The orchestra is one of many cultural benefits our school offers. To qualify for participation, the students must know how to play an orchestral instrument, read music, and must have taken music lessons for at least two years. Participants perform at a variety of events throughout the school year. The Youth Orchestra meets on *Mondays* and *Wednesdays* from 2:50 pm to 3:50 pm and is open to students in Grades 1 through 5. *Days: Mondays and Wednesdays*

**Cross Country:** In September and October, students in grades 3-8 have the opportunity to participate in our school's cross country club. The group is led by our PE teacher, Eric Holstrom. Participation in the club allows students to enjoy running while participating on a team as well as race in a number of local competitions against students from other local area schools. *Days: Mondays and Wednesdays*

**Chess Wizards:** Chess Wizards provides kids of all ability levels with the chance to have fun learning and playing chess. Their approach to chess is to keep the game fun for kids while teaching them important lessons they can use in other areas of life such as: sportsmanship, teamwork, problem solving, critical thinking, concentration, patience, and other life skills. *Day: Mondays*

**LEGO Physics (Saturday Academy):** With LEGO Physics, students in Grades 2-3 will discover how simple machines like levers, pulleys, and gears work. They will construct projects using gears and cams for movement. The students learn about structural design, mechanical engineering, and physics. *Day: Tuesdays*

**Crazy Creatures of the Deep Sea (Saturday Academy):** Students in grades 4-5 will discover the science behind the bioluminescence of the cuttlefish, squid, and anglerfish. They will document their findings and sculpt, paint, and draw what they learn about the technologies of real-life, deep-sea exploration. *Day: Tuesdays*

**Lim's Taekwondo Academy:** Participation in martial arts teaches children a host of positive mental and physical skills that will help them in school, home, and life. This program teaches students using the basic philosophy of positive reinforcement to build self-esteem, confidence, discipline, positive attitude, and values. *Day: Wednesdays*

**Handbells:** Beginning handbells is offered to students in Grade 5 only and is taught by the music teacher, Emily Pockat. Students learn how to read handbell music and perform. Participants perform at a variety of events throughout the school year. *Day: Thursdays*

**Computer Programming Using Scratch:** During this 10-week course, students will design their own interactive stories, make art and animations, and design simple games. They will learn to create and share Scratch projects, think creatively, reason systematically, and work collaboratively. They will learn concepts of computational thinking: using data and variables, sequencing, conditionals, loops, events, and mathematical operations. While adding more challenges to their games, they will become familiar with computational practices: incremental programming, testing, debugging, modularizing, abstracting, reusing, and remixing. *Day: Thursdays.*

**Mad Science:** Hands-on, one-hour science programs are themed around a particular area of science incorporating observation, hypothesis, and experiments. In the fall, Mesmerizing Science will focus on an expedition of science through sound, illusion, and color. In the winter session, students will study Planes, Cranes & Awesome Mobiles. Mad Science is not offered in the spring. Mad Science after-school programs offer children a chance to see just how cool science can be!

*Day: Thursdays. Start date- week of Sept 30*

**Pilates for Kids:** Pilates for Kids is a class designed to inspire kids to have a lifelong passion for staying physically, mentally, and emotionally fit. Based on STOTT® Pilates principles and technique, students will have fun exploring movement with props such as hula hoops, fitness circles, and fitness balls. Imaginative play will be incorporated and kids will leave feeling relaxed and energized from their day. This after-school opportunity is led by a Valley Catholic Elementary School parent. *Day: Thursdays*

**Dance is Play:** Dance is Play is a non-profit initiative that strives to get kids active and learn to embrace cross-cultures. They teach elementary school students (3rd-5th graders) the art of fusion dance, while advocating for kids to increase exercise and familiarize themselves with heritages from all around the world at a young age. At the end of the program, the DiP (Dance is Play) athletes will showcase what they've learned in front of family and friends. This program is led by a former student and current senior at Jesuit High School and supervised by her parents. *Day: Thursdays*

**Fine Arts Starts:** Children have the opportunity to balance their ideas with top-notch fun and fine art instruction, encouraging them to get their creative juices flowing. Using a variety of mediums, participants will enhance their fine art skills while learning new techniques to express their creativity. *Day: Fridays*

**Play Fit Fun:** Play.Fit.Fun. is like PE that has crashed into field day and then bumped into team building! Activities are organized, uplifting, empowering and 100% focused on the kids! Kids of all ages, abilities & sizes need more activity, fun and play! Kids are meant to play and move! With play and group activities kids learn, socialize and build confidence. Your child will be empowered, supported, and instructed. Play. Fit. Fun. is about playing with fitness in mind and learning to have fun being active. *Day: Fridays*

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*Students will be dismissed from their classes at the end of the day to their after-school activity instructor.*

*Most after-school classes begin the week of September 16<sup>th</sup>.*

*Additional information and registration forms will be available online in late August or early September. This information can be found in the Activities section of the Elementary School website accessible at [www.valleycatholic.org](http://www.valleycatholic.org).*

*Registration closes for all fall activities (except Mad Science) on September 12, 2019. If there are not enough students enrolled to offer a class at Valley Catholic, it will be the responsibility of the after-school program to notify our school families.*