

Sacred Heart After School Enrichment Program
Fall 2019

Dear Parents,

The Enrichment Programs will be starting the week of September 16th.

Bricks 4 Kidz - will begin on Thursday, September 19th. The program will take place every Thursday from 3:30-4:30 for 8 weeks. Please use the after-care door for arrival and dismissal. Please arrive by 3:20.

Kidding Around Yoga with CC -will begin on Friday, September 20th. The program will take place every Friday from 3:30-4:30. Please use the after-care door for arrival and dismissal. Please arrive by 3:20.

If your child needs to attend aftercare before or after the enrichment programs the cost will be \$10.00. Please send a note, along with payment, on the days you will need this service. Although the programs are free, there is a \$20 registration fee per child.

Thank you

Ms. Celeste Catalano

Mrs. Kristy Mulligan



Sacred Heart School **Enrichment Program**

Fall 2019



Bricks 4 Kidz after school programs will be coming to Sacred Heart. After a full day of learning comes one of those rare activities that makes math, technology and science come to life in a fun and meaningful way.

When you sign up your child for Bricks for Kidz after-school curriculum, he or she will build a different project each week out of LEGO Bricks. Each project begins with a lesson led by a teacher. Then they dive in with their partners and use their creativity and problem-solving skills to build their models, whether it's a machine, a building or some other structure.

Whatever the theme may be, each new project offers an opportunity to use their hands and minds to explore, solve problems and discover. They learn to cooperate and work with other children, all while picking up the fundamentals of things like architecture and engineering.

Best of all, these classes can reinforce what they are already learning in the classroom. When your child has a hands-on experience with a math or science concept, it comes to life and becomes real, reinforcing what they are doing in school. That will only set them up for continued success in the classroom. In the long run, they will gain the confidence they need to see problems as something that can be solved!

Course Information: Thursdays beginning September 19th

Time: 3:30 PM – 4:30 PM

Any questions please contact:

Kristy Mulligan: shsaftercare@gmail.com

Kidding Around Yoga With CC



Sacred Heart School Afterschool Enrichment Program Fall 2019



Kidding Around Yoga is focused on:

- *Movements and postures geared at integrating mind and body
- *Breathing techniques to relieve stress and sharpen focus
- *Mindfulness exercises aimed at improving attention

We dance, march, jog, skip and limbo while practicing traditional yoga poses, all while using our original music.

Namaste

(all the good things in me see all the good things in you)

Course Information: Fridays beginning September 20th

Time: 3:30 PM – 4:30 PM

Any questions please contact:

Kristy Mulligan: shsaftercare@gmail.com

Website: <https://kiddingaroundyoga.com/cc/>

Facebook: [facebook.com/kiddingaroundyogawithcc/](https://www.facebook.com/kiddingaroundyogawithcc/)

Email: CC@kiddingaroundyoga.com



After School Computer Coding at Sacred Heart School Fall 2019



With CodeSpeak Labs, students will learn the fundamentals of computer programming!

- Students in grades K-2 will build their own animations and games using block-based visual code.
- Students in grades 3-5 will begin an introduction to Javascript, one of the top programming languages, to build web applications.
- Students in grades 6-8 will gain an introduction to front-end web development, by creating and designing their own webpages.

Parents will receive links at the end of the semester to their work!

Time: 3:30-4:30 pm

Location: Sacred Heart School

Please contact Kristy Mulligan at shsaftercare@gmail.com for more info.

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