

ASEP
After School Enrichment Program
FALL 2018

The
POST OAK
SCHOOL
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Welcome to the 2018–2019 school year! This brochure contains information about our After School Enrichment Program (ASEP). ASEP class sizes are limited, so we encourage you to register early.

Bearkats Athletics information can be found on the Athletics page of our website.

If you have any questions please contact Miriam Winton, Auxiliary Programs Director, at 713-661-6688, ext. 8070 or [miriamwinton@postoakschool.org](mailto:miriamwinton@postoakschool.org).

# After School Enrichment Program Guidelines

*Please read all information carefully and keep for future reference.*

## REGISTRATION

Class sizes are limited, so please register early to guarantee a space for your child and avoid disappointment. Enrollment is on a first-come, first-served basis.

The fall ASEP semester begins August 27 and ends December 14. ASEP classes are not held the week of Thanksgiving Break or on any day the children are not in school. Refer to the class descriptions for a few classes that span both the fall and spring semesters and for notice of any other dates when classes will not be held for an individual class.

## REGISTRATION DEADLINE

**Registration must be completed by August 17, 2018.** Online registration will be closed at this time.

## BILLING

The Business Office will send you a bill for the class and any additional supply fees. Please do not send payment with your registration form.

## REFUNDS

If The Post Oak School cancels a class, you will receive a full refund. If you withdraw your child from a class after the first class, you will receive a full refund minus a \$15 cancellation fee. After the second class you will receive a 50% refund. Thereafter no refunds will be given for withdrawal from the class.

## MAKE-UPS

In the event that a class is canceled by the school, a make-up class will be scheduled. Parents will be notified by email or phone as soon as possible of such cancellations.

## STUDENT CONDUCT

Students enrolled in ASEP classes have the opportunity to interact with various members of the Post Oak faculty and with specialists from outside the school. The behavioral expectations of all ASEP students are the same as those of the regular school day. Please refer to the *Family Handbook* for more details.

## DISMISSAL

All ASEP classes will dismiss on Avenue B at the end of the scheduled class. If your child will not be attending their ASEP class, please inform the teacher 24 hours in advance.

# Course Descriptions

## Art—Ceramics

(UPPER ELEMENTARY)

*Wednesdays 3:30–4:30 p.m.*  
(no class October 24, 2018)

Students will receive step by step tutorials on how to make a pinch pot, how to use a coil to make a pot, work with ceramic tiles, create slab-built vessels, and more! They will learn how to use underglazes and ceramic glazes. All projects will be fired in the electric kiln.

A \$25 supply fee is included in the cost of this class.

Instructor: Saida Fagala

## Art—Mixed Media

(LOWER ELEMENTARY)

*Tuesdays 3:30–4:30 p.m.*

Each week there is a new curriculum that is sure to keep young artists motivated! Classes will include sculpture, printmaking, drawing, painting, mixed media, or other visual art media.

A \$25 supply fee is included in the cost of this class.

Instructor: Saida Fagala



## Book Club

(GRADES 3 TO 6)

*Fridays 3:30–4:30 p.m.*

Battle of the books! Every year, librarians form a committee to choose the best book of the year and award it the Newberry medal. But, is it really the best? In our club, students decide the winner! Read brand new books and discuss which one is best—students will choose from the best new books of the year, make their arguments for which one should win the gold, and create a bracket for their favorites. Will the Post Oak winner be the national winner? Join us every Friday for books and debate.

Instructor: Cory Eckert

## Chess

(LOWER & UPPER ELEMENTARY)

*Wednesdays 3:30–4:30 p.m.*  
(no class October 24, 2018)

Chess is a classic game of strategy, invented more than 1,500 years ago in India. Chess is also a teaching tool that stimulates children's minds and helps them to build skills while enjoying themselves. As a result, they become more critical thinkers, better problem solvers, and more independent decision makers. This class is open to both beginning and experienced chess players at all levels.

Instructors: Errol Pinto and Maya Pinto

## Coder Kids

(LOWER ELEMENTARY)

*Mondays 3:30–4:30 p.m.*

This class gives students the opportunity to learn computer science fundamentals by creating fun games and animations as they learn to code. When students program computers, they have fun, engage their minds, and prepare for future careers. Coder Kids uses intuitive platforms to challenge students in weekly projects. Students will begin their coding experience by learning logic through games, apps, and basic coding challenges. Later they will move into Scratch and learn how to program their own simple animations and games on the computer.

Instructor: Coder Kids Staff

## Coder Kids

(UPPER ELEMENTARY)

*Fridays 3:30–4:30 p.m.*  
(no class October 26, 2018)

This class gives students the opportunity to learn computer science fundamentals by creating fun games and animations as they learn to code. When students program computers, they have fun, engage their minds, and prepare for future careers. Coder Kids uses intuitive platforms to challenge students in weekly projects. Students will learn the fundamental skills behind computer programming in Scratch, from simple loops to conditionals to boolean logic. They will create games and animations on the computer with a range of complexity from easy to hard. This class moves at a fast pace and has many challenging elements.

Instructor: Coder Kids Staff

## Cooking

(LOWER AND UPPER ELEMENTARY)

*Thursdays 3:30–4:30 p.m.*

Travel around the world on a culinary adventure! Ms. De Leon will guide students in preparing foods from countries all over the world. They will learn the names of the different dishes being prepared as well as all of the ingredients that go into them. During class, students will practice measurement and volume, talk about where each dish originates, the types of spices used, and participate in the preparation and clean-up of the meal. Skills learned will enable the students to prepare simple dishes at home for the family. This class also includes some crafts projects. Meals made will offer both vegetarian and non-vegetarian choices. Knowing any dietary restrictions prior to the beginning of classes will be helpful to Ms. De Leon in her planning.

A \$35 supply fee is included in the cost of this class.

Instructor: Sandra DeLeon

## Engineering for Kids

(UPPER ELEMENTARY)

*Mondays 3:30–4:30 p.m.*

### Virtual & Augmented Reality Class

Why learn VR/AR? VR/AR will be very common in the workplace for the future. VR/AR inspires “wonder” in the classroom.

Some examples in the workplace: meetings are replacing PowerPoint with AR; virtual aspect required for cars; virtual home tours; augmented reality use in the medical industry; safety training; crisis training; physical fitness workouts.

Join this class where you'll create a water cycle, design your own game, and hold the world in the palm of your hand and get ready for the near future of everyday life!

Instructor: Engineering for Kids Staff

## Engineering for Kids

LOWER ELEMENTARY

*Fridays 3:30–4:30 p.m.*

Two courses in one semester! Engineering is everywhere! Discover what an engineer does and even more exciting, inquisitively create your own hands-on projects using the Engineering Design Process. Enter a world of innovation, imagination, and learning. This semester we begin by exploring the world of Electrical Engineering: Get charged up as we create designs using the push and pull of magnetic fields, gain an understanding of insulators and conductors, and reveal the hidden power in the everyday objects around us!

And the second half of the semester: LEGO Robotics Engineering and Computer Programming: we will use LEGO® WeDo Educational kits and software with laptops, as we learn how to create and program robots you can relate to (animals, vehicles, etc.)

Instructor: Engineering for Kids staff

## Fencing with Houston Sword Sports

(GRADES 1 TO 6)

*Mondays 3:30–4:30 p.m.*

Houston Sword Sports is for beginning and experienced fencers in Lower and Upper Elementary. Students will learn fencing techniques and tactics through

games and other activities. Fencing fosters creativity, self-discipline, physical and mental quickness, and good sportsmanship. Closed-toe athletic shoes are required.

Instructor: Houston Sword Sports Staff

## Library Knits

(GRADES 2 TO 6)

*Wednesdays 3:30–4:30 p.m.*

Learn to knit and chat about what books you're reading. Participants will learn the basics of knitting and complete one project plus more based on their skill and interest.

Instructor: Cory Eckert

## Mad About Hoops

(GRADES 1 TO 5)

*Tuesdays 3:30–4:30 p.m.*

Mad About Hoops is a physically active and fun class for boys and girls. Participants will be guided through age-appropriate stretching, hula hoop fitness routines, and games. Students will learn hula hoop tricks while improving balance and coordination. Hula hooping promotes healthy bodies and builds self-confidence through creative movement. All equipment will be provided by the instructor. The final class will be a performance to showcase skills acquired throughout the semester.

Instructor: Mad About Hoops Staff



## Montessori Model UN

(UPPER ELEMENTARY)

Registration for MMUN includes both fall & spring sessions.

The last class is February 5, the last Tuesday before the trip.

*Tuesdays 3:30–5:00 p.m.*

*(no class October 23, 2018)*

Maria Montessori saw that students nine years old and up have the capacity, enthusiasm, the compassion, and the willingness to respond to a need, to espouse a cause, to right a wrong, to establish social justice, to create a moral order, and to also take active steps to be agents of peace. Consequently, the Montessori Model UN (MMUN) program was established in 2006 which gave students in Upper Elementary and Middle school (9–15 years) in Montessori schools around the world the opportunity to participate in this program. The idea is to gather Montessori students to an international forum, have them represent different countries in the world as delegates, deliberate upon current topics being discussed in the UN, negotiate aid and assistance, formulate draft resolutions which reflect the country's foreign policy they are representing, and, in a truly democratic manner, vote these resolutions into place in the actual UN Assembly Hall in New York. (More at [www.montessori-mun.org](http://www.montessori-mun.org)) We are inviting the students of the Upper Elementary to participate in the Montessori Model UN 2018–2019 program. The Upper Elementary trip to New York will take place from February 12 to 16, 2019. Parents who wish to accompany the students as chaperones can indicate their intention upon registration. It is expected that student delegates, who expect to go as MMUN country representatives, demonstrate a high level of responsibility and commitment, and show courtesy and cooperation at all times.

\*Please note that in addition to the registration fee for this class, there are additional associated expenses for the trip to New York which include the registration fee, airfare, hotel accommodation, and the cost of food. The estimated cost, based on the trip last year, is approximately \$1,200,

however, the actual figure will be calculated accurately once the arrangements have been made.

Instructors: Errol and Maya Pinto

## Montessori Model UN

(GRADES 7 TO 9)

Registration for MMUN includes both fall & spring sessions.

The last class is February 7, the last Thursday before the trip.

*Thursdays 3:30–5:00 p.m.*

We are inviting the students in grades 7 to 9 to participate in the Montessori Model UN 2018–2019 program. The New York trip for the 2019 program will take place from February 12 to 16, 2019. Parents who wish to accompany the students as chaperones can indicate their intention upon registration.

\*Please note that in addition to the registration fee for this class, there are additional associated expenses for the trip to New York which include the registration fee, airfare, hotel accommodation, and the cost of food. The estimated cost, based on the trip last year, is approximately \$1,200, however, the actual figure will be calculated accurately once the arrangements have been made.

Instructor: Dr. Jamie Lee

## Post Oak Performers (P.O.P.)

(GRADES 3 TO 6)

*Wednesdays 3:30–4:30 p.m.*

This group aims to take our work in music a step further. P.O.P. music class will combine singing, creative movement, instruments, and improvisation in creating unique musical experiences that we will perform for our school community. Come and join in on the fun!

Instructor: James Winslow

## Sewing Class, Beginning

(LOWER & UPPER ELEMENTARY)

*Thursdays 3:30–4:30 p.m.*

Beginning students will learn basic hand sewing, basic embroidery stitches, and be introduced to the sewing machine and how it works. Each student will make their own needle case and pincushion to use during class. Students will learn to how to use the sewing machine to construct simple pillows and drawstring bags.

A \$25 supply fee is included in the cost of the class.

Instructors: Cynthia Blessman and Lindsay Mistretta

## Soccer Shots

(LOWER ELEMENTARY)

*Fridays 3:30–4:30 p.m.*

*Classes begin September 14 and end December 7*

Soccer Shots is an engaging children's soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, curriculum, and communication. Our coaches are the best-trained in the business. Our expert-approved curriculum is age-appropriate and aligns with childhood education standards. In addition, we provide an exceptional customer experience and ongoing communication with parents. Class will take place on the Post Oak athletic field. In the event of rain, the class will be held in the gym. Learn more on our website, [soccershots.org/houston](http://soccershots.org/houston).

Instructor: Soccer Shots Coaches

## Spanish Cooking (LOWER AND UPPER ELEMENTARY)

*Tuesdays 3:30–4:30 p.m.*

Ms. De Leon will guide and instruct the students in Spanish, teaching them the names of the foods being prepared as well as all of the ingredients that go into making them. From flan to empanadas and so much more! During class, students will use basic Spanish words, practice Spanish conversation, have fun with crafts and projects, and create simple foods.

A \$35 supply fee is included in the cost of the class.

Instructor: Sandra De Leon

## Tennis Skills—Orange Ball (UPPER ELEMENTARY)

*Fridays 3:30–4:30 p.m.*

*(no class October 26, 2018)*

Sweetnam Tennis Academy after-school programs give elementary students the opportunity to benefit from tennis training along with additional games, learning, and teamwork. The instruction of tennis is based on the most current

research and techniques for introducing the game of tennis to students. The program will incorporate the use of UTSA approved low compression transitional orange tennis balls and modified nets to teach students how to play tennis. All equipment will be provided by the coach. The class will take place outdoors on the basketball court. In the event of rain, the class will be in the gym.

Instructor: Gary Sweetnam,  
Tennis Professional

## Tennis Skills—Red Ball (LOWER ELEMENTARY)

*Thursdays 3:30–4:30 p.m.*

Sweetnam Tennis Academy after-school programs give elementary students the opportunity to benefit from tennis training along with additional games, learning, and teamwork. The instruction of tennis is based on the most current research and techniques for introducing the game of tennis to students. The program will incorporate the use of UTSA approved low compression transitional red and orange tennis balls

and modified nets to teach students how to play tennis. All equipment will be provided by the Coach. The class will take place outdoors on the basketball court. In the event of rain, the class will be canceled and rescheduled for Friday.

Instructor: Gary Sweetnam,  
Tennis Professional

(Credentials include 25 years of professional experience in teaching and coaching in the tennis industry).

## Ukulele/Guitar Lessons (GRADE 2 & UP)

*Thursdays 3:30–4:30*

ASEP Ukulele String Band is for beginners and intermediate players in second grade and up. We will work on chording, strumming, note reading, rhythmic coordination, and playing songs. Students must have a ukulele, with a case and a tuner (the SNARK clip-on tuner is recommended, though others are available). If there are any questions, please contact Mr. Winslow at [jameswinslow@postoakschool.org](mailto:jameswinslow@postoakschool.org).

Instructor: James Winslow



# Course List–Fall 2018

August 27 through December 14

| CLASS                                                            | DAY       | TIME      | AGE                      | ASEP TEACHER(S)                      | PRICE    |
|------------------------------------------------------------------|-----------|-----------|--------------------------|--------------------------------------|----------|
| Coder Kids—Lower Elementary<br>(13 classes)                      | Monday    | 3:30–4:30 | Lower Elementary         | Coder Kids staff                     | \$350    |
| Engineering for Kids<br>(13 classes)                             | Monday    | 3:30–4:30 | Upper Elementary         | EFK Staff                            | \$300    |
| Fencing with Houston Sword Sports<br>(13 classes)                | Monday    | 3:30–4:30 | Lower & Upper Elementary | Houston Sword Sports staff           | \$260    |
| Art—Mixed Media<br>(15 classes)                                  | Tuesday   | 3:30–4:30 | Lower Elementary         | Saida Fagala                         | \$250    |
| Mad About Hoops<br>(15 classes)                                  | Tuesday   | 3:30–4:30 | 1st–5th grades           | Mad About Hoops staff                | \$300    |
| MMUN—Upper Elementary<br>(20 classes) (No class 10/23)           | Tuesday   | 3:30–5:00 | Upper Elementary         | Errol & Maya Pinto                   | \$1,035* |
| Spanish Cooking<br>(15 classes)                                  | Tuesday   | 3:30–4:30 | Lower & Upper Elementary | Sandra De Leon                       | \$260    |
| Art—Ceramics<br>(14 classes) (No class 10/24)                    | Wednesday | 3:30–4:30 | Upper Elementary         | Saida Fagala                         | \$235    |
| Chess—LE & UE<br>(14 classes) (No class 10/24)                   | Wednesday | 3:30–4:30 | Lower & Upper Elementary | Errol & Maya Pinto                   | \$210    |
| Library Knits<br>(15 classes)                                    | Wednesday | 3:30–4:30 | 2nd–6th grades           | Cory Eckert                          | \$225    |
| Post Oak Performers (P.O.P.)<br>(15 classes)                     | Wednesday | 3:30–4:30 | 3rd–6th grades           | James Winslow                        | \$225    |
| Cooking<br>(15 classes)                                          | Thursday  | 3:30–4:30 | Lower & Upper Elementary | Sandra De Leon                       | \$260    |
| MMUN—7th–9th grades<br>(18 classes) (No class 8/30, 10/4, 11/15) | Thursday  | 3:30–5:00 | 7th–9th grades           | Dr. Jamie Lee                        | \$1,035* |
| Sewing Class—Beginning<br>(15 classes)                           | Thursday  | 3:30–4:30 | Lower & Upper Elementary | Cynthia Blessman & Lindsay Mistretta | \$250    |
| Tennis Skills—Red Ball<br>(15 classes)                           | Thursday  | 3:30–4:30 | Lower Elementary         | Gary Sweetnam                        | \$375    |
| Ukulele/Guitar Lessons<br>(15 classes)                           | Thursday  | 3:30–4:30 | 2nd–6th grades           | James Winslow                        | \$225    |
| Book Club<br>(13 classes)                                        | Friday    | 3:30–4:30 | 3rd–6th grades           | Cory Eckert                          | \$195    |
| Coder Kids—Upper Elementary<br>(12 classes) (No class 10/26)     | Friday    | 3:30–4:30 | Upper Elementary         | Coder Kids Staff                     | \$325    |
| Engineering for Kids<br>(13 classes)                             | Friday    | 3:30–4:30 | Lower Elementary         | EFK Staff                            | \$300    |
| Soccer Shots<br>(10 classes—Sept. 14 to Dec. 7)                  | Friday    | 3:30–4:30 | Lower Elementary         | Soccer Shots coaches                 | \$180    |
| Tennis Skills—Orange Ball<br>(12 classes) (No class 10/26)       | Friday    | 3:30–4:30 | Upper Elementary         | Gary Sweetnam                        | \$300    |

Supply fees are included in price listed.

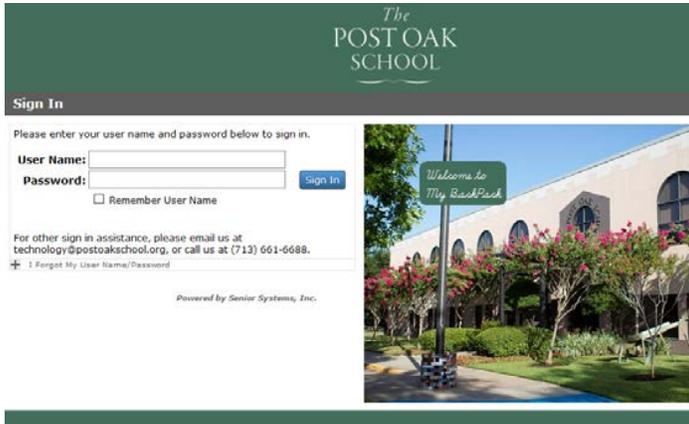
\*Additional fees apply, see course description

# ASEP Online Registration

ASEP and Athletics registration happens online using the instructions below.

1. Log in to My Backpack at:

<https://postoakschool.seniormbp.com>



2. Under My Forms/Documents, click on **Program Registration.**

## My Forms/Documents

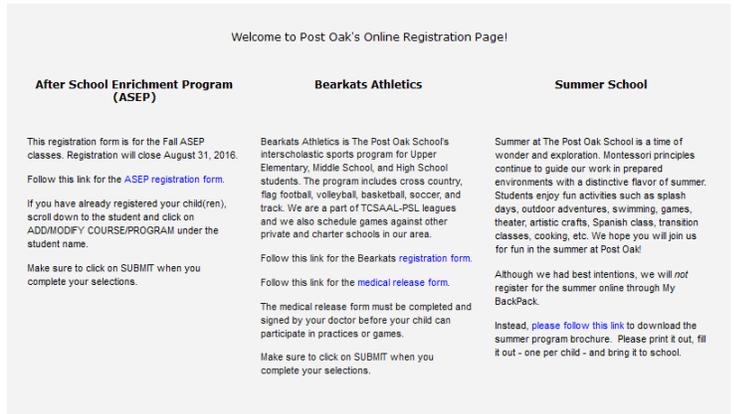
[Admissions Inquiry](#)

[Admissions Applications](#)

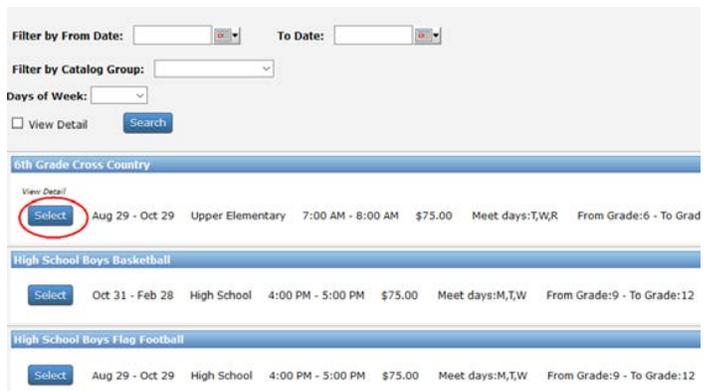
[Enrollment/Re-Enrollment Contract](#)

[Program Registration](#)

3. On the **Registration** home page, select **ASEP Registration Form**. If you have any existing or pending registrations (listed separately by student), they will be listed in a table in the center of the screen, where you can check status, continue to work on partially completed registration, begin another registration, select, or modify courses and programs.



4. After completing the registration form, you will be able to select the ASEP courses. If there are registrations for multiple students, each student's payment details are listed separately.



5. After submitting course selections, users are taken directly to the payment page. Payment is not due at the time of registration. Payments can be made via eCheck or check voucher when you receive your e-statement.