



ASEP  
*After School Enrichment Program*  
SPRING 2018  
  
*The*  
POST OAK  
SCHOOL  
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Welcome to the spring semester. 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 spring ASEP semester begins January 9 and ends May 18. ASEP classes are not held the week of Spring 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 Tuesday, December 19, 2017.** 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.*

Upper Elementary students will learn different techniques for working with clay and making ceramics!

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

Instructor: Saida Fagala

## **Art—Arts and Crafts**

(LOWER ELEMENTARY)

*Tuesdays 3:30–4:30 p.m.*

This art class gives Lower Elementary students the opportunity to explore drawing, painting, sculpting, and creative expression using different materials and tools.

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

Instructor: Saida Fagala

## **Book Club**

(GRADES 3–6)

*Fridays 3:30–4:30 p.m.*

Do you love to read? Join us in the library on Friday afternoons as we read and discuss books from the 2018–2019 Bluebonnet List.

Instructor: Cory Eckert

## **Chess**

(LOWER & UPPER ELEMENTARY)

*Wednesdays 3:30–4:30 p.m.*

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

## **Chinese Mandarin—Beginning**

(LOWER & UPPER ELEMENTARY)

*Wednesdays 3:30–4:30 p.m.*

Chinese Mandarin is one of the oldest languages in the world and is spoken by nearly one quarter of the world's population. This class is designed for beginning students and those with minimum exposure to Mandarin. The class will build basic language skills and oral interaction skills. Instruction will be based on the NIHAOMA curriculum.

A \$15 supply fee included in the cost of this class.

Instructor: Shoulong "Shawn" Zhou  
(Post Oak's High School Chinese Teacher)

## **Computer Skills**

(UPPER ELEMENTARY)

*Wednesdays 3:30–4:30 p.m.*

Join us to practice basic, fundamental computer skills. In this class, you will learn how to go to a website address, compose emails, format a document, and use Excel and PowerPoint. Students will also learn how to type using proper form and then practice typing skills using their Typing Pal account.

Instructor: Kaelee Kress

## **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.*

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.*

Let's travel around the world together, in the kitchen! Ms. De Leon will guide the children in preparing foods from countries all over the world. From Fettuccine Alfredo to fried plantains with cream, and so much more! 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 De Leon

## **Count on Math**

(UPPER ELEMENTARY)

*Fridays 3:30–4:30 p.m.*

This class offers Upper Elementary students an exciting opportunity to apply math concepts and skills in solving real-life challenges! Hands-on activities and practical applications in a series of interdisciplinary, interesting, and challenging activities will help students discover how much math surrounds us every day. This enrichment class will help bring about a genuine appreciation for the importance and innovative use of math applications, provide a field of exploration and discovery for the students, and will help them realize the relevance and scope of mathematics in a varied and enjoyable way. This class provides the answer to the question students frequently ask, "Why do I have to learn this when I am never going to use it?"

Instructors: Maya Pinto and Errol Pinto

## **Engineering for Kids**

(UPPER ELEMENTARY)

*Mondays 3:30–4:30 p.m.*

Two courses in one semester! Engineering is everywhere! For half of the semester students will explore engineering in new, hands-on STEM learning lessons every week from various engineering disciplines. Each lesson has students focus on developing problem solving, critical thinking and peer collaboration skills using the Engineering Design Process. The other half of the semester will be VEX IQ Robotics Academy! This robotics platform is designed to be simple and easy for students new to robotics, yet flexible and powerful enough to allow for a wide range of exploration in all aspects of STEM. A variety of gears, wheels and other assemblies allow for complete mechanical customization of VEX IQ robots. There will be programming challenges using Robot C (based on the computer programming language C).

Instructors: EFK staff

## **Engineering for Kids**

(LOWER ELEMENTARY)

*Fridays 3:30–4:30 p.m.*

Two courses in one semester! Engineering is everywhere! For half of the semester students will explore engineering in new, hands-on STEM learning lessons every week from various engineering disciplines. Each lesson has students focus on developing problem solving, critical thinking and peer collaboration skills using the Engineering Design Process. The other half of the semester will be an Intro to Programming. Students will be introduced to coding and programming skills by designing and developing simple and fun video games using laptops and MIT's Scratch programming software.

Instructor: EFK staff

## **French—Beginning**

(LOWER & UPPER ELEMENTARY)

*Thursdays 3:30–4:30 p.m.*

*Bienvenu!* Welcome to Beginning French! Join Madame O. to explore the basics of the beautiful French language and culture. This class is appropriate for absolute beginners or students with a little French background. We will use France's top French as a Second Language method, *Alex et Zoe*.

Instructor: Beth Olitzki

## **French—Advanced**

(LOWER & UPPER ELEMENTARY)

*Wednesdays 3:30–4:30 p.m.*

*Bienvenus pour le nouveau semestre avec Madame Olitzki!* Join us to carry on in your adventure in French and continue the fun. This class is open to students who have completed at least three semesters of beginning French and prior approval from Madame O.

Instructor: Beth Olitzki

## **Italian—Beginning**

(LOWER & UPPER ELEMENTARY)

*Wednesdays 3:30–4:30 p.m.*

This beginner class is open to all Elementary students interested in learning to speak Italian in a fun and authentic way. In addition to learning the Italian language, students will also be introduced to a study of the different regions of Italy and learn about each distinct culture. Join us as we cultivate an appreciation of Italian language and lifestyle!

Instructor: Suzette Vetrini

## **Library Knits**

(GRADES 2–6)

*Thursdays 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 1–5)

*Tuesdays 3:30–4:30 pm*

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

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

(GRADES 3–6)

*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 and performing for our school community. Come and join in on the fun!

Instructor: James Winslow

## **Sewing Class—Beginning & Intermediate**

(LOWER & UPPER ELEMENTARY)

*Thursdays 3:30–4:30 p.m.*

This class is for beginners and those wishing to continue refining their sewing skills. Space is limited. 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 pincushion to use during sewing class. Students will learn to do simple sewing with the machine to make pillows and drawstring bags. Intermediate students will continue to use the sewing machine, patterns, and embroidery to construct projects of their own choosing. Intermediate students should bring their own pincushions that they made as beginners.

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.*

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 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 ongoing communication with parents. Class will take place on the Post Oak athletic field. In the event of rain, 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 children in Spanish, teaching them the names of the foods being prepared as well as all 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

## **Shakespeare's Kids**

(UPPER ELEMENTARY)

*Mondays 3:30–4:30 p.m.*

The exploration of Shakespeare's stories and language in a theatrical context is key to unlocking a child's mind to the complexity and beauty of the language. Through improvisation, light stage combat, and acting techniques, students will gain a kinesthetic understanding of the Shakespearean stories and interpret the play or scenes in a reader's theatre format. Students will gain experience developing characters, directing scenes, and enhancing presentations through costumes and sound effects.

Instructor: Cameron Wright (film, television and stage actress, theater teacher)

**Tennis Skills—Orange Ball**  
(UPPER ELEMENTARY)

*Fridays 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, orange tennis balls and modified nets to teach students how to play tennis. All equipment will be provided by the coach. Class will take place outdoors on the basketball court. In the event of rain, class will be in the gym.

Instructor: Gary Sweetnam, Tennis Professional (credentials include 25 years of professional experience teaching and coaching in the tennis industry)

**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. Class will take place outdoors on the basketball court. In the event of rain, class will be canceled and rescheduled on Friday.

Instructor: Gary Sweetnam, Tennis Professional (credentials include 25 years of professional experience teaching and coaching in the tennis industry)

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

*Thursdays 3:30–4:30 p.m.*

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.

Instructor: James Winslow

**Yoga & Mindfulness**

(LOWER AND UPPER ELEMENTARY)

*Tuesdays 3:30–4:30 p.m.*

Join us as we pose, breathe, play, and laugh while learning how to mindfully move and cultivate focus on and off the mat! Students will be guided in practicing yoga exercises to promote flexibility, strength, and balance, and in practicing relaxation techniques to develop self-regulation skills. Yoga mats will be provided for the students.

Instructor: Kaelee Kress

# Course List—Spring 2018

January 9 to May 18

ASEP—AFTER SCHOOL ENRICHMENT PROGRAM

| CLASS                                | DAY     | TIME      | AGE              | ASEP TEACHER(S)       | PRICE |
|--------------------------------------|---------|-----------|------------------|-----------------------|-------|
| Coder Kids<br>(15 classes)           | Monday  | 3:30–4:30 | Lower Elementary | Coder Kids staff      | \$300 |
| Engineering for Kids<br>(15 classes) | Monday  | 3:30–4:30 | Upper Elementary | EFK staff             | \$315 |
| Shakespeare’s Kids<br>(15 classes)   | Monday  | 3:30–4:30 | Upper Elementary | Cameron Wright        | \$225 |
| Art—Arts & Crafts<br>(18 classes)    | Tuesday | 3:30–4:30 | Lower Elementary | Saida Fagala          | \$295 |
| Mad About Hoops<br>(18 classes)      | Tuesday | 3:30–4:30 | Grades 1–5       | Mad About Hoops staff | \$290 |

| CLASS                                                                               | DAY       | TIME      | AGE                         | ASEP TEACHER(S)                         | PRICE |
|-------------------------------------------------------------------------------------|-----------|-----------|-----------------------------|-----------------------------------------|-------|
| Spanish Cooking<br>(18 classes)                                                     | Tuesday   | 3:30–4:30 | Lower & Upper<br>Elementary | Sandra De Leon                          | \$305 |
| Yoga & Mindfulness<br>(18 classes)                                                  | Tuesday   | 3:30–4:30 | Lower & Upper<br>Elementary | Kaelee Kress                            | \$270 |
| Art—Ceramics<br>(18 classes)                                                        | Wednesday | 3:30–4:30 | Upper Elementary            | Saida Fagala                            | \$295 |
| Chess—LE & UE<br>(16 classes) (No class 2/21, 5/2)                                  | Wednesday | 3:30–4:30 | Lower & Upper<br>Elementary | Errol & Maya Pinto                      | \$255 |
| Chinese Mandarin—Beginning<br>(18 classes) (No class 1/24, 2/21,<br>3/21, and 3/28) | Wednesday | 3:30–4:30 | Lower & Upper<br>Elementary | Shoulong “Shawn” Zhou                   | \$240 |
| Computer Skills<br>(18 classes)                                                     | Wednesday | 3:30–4:30 | Upper Elementary            | Kaelee Kress                            | \$285 |
| French—Advanced<br>(18 classes)                                                     | Wednesday | 3:30–4:30 | Lower & Upper<br>Elementary | Beth Olitzki                            | \$270 |
| Italian—Beginning<br>(18 classes)                                                   | Wednesday | 3:30–4:30 | Lower & Upper<br>Elementary | Suzette Vetrini                         | \$270 |
| Post Oak Performers (P.O.P.)<br>(18 classes)                                        | Wednesday | 3:30–4:30 | Grades 3–6                  | James Winslow                           | \$270 |
| Cooking<br>(18 classes)                                                             | Thursday  | 3:30–4:30 | Lower & Upper<br>Elementary | Sandra De Leon                          | \$305 |
| French—Beginning<br>(18 classes)                                                    | Thursday  | 3:30–4:30 | Lower & Upper<br>Elementary | Beth Olitzki                            | \$270 |
| Library Knits<br>(18 classes)                                                       | Thursday  | 3:30–4:30 | Lower & Upper<br>Elementary | Cory Eckert                             | \$270 |
| Sewing Lab—Beginning &<br>Intermediate<br>(18 classes)                              | Thursday  | 3:30–4:30 | Lower & Upper<br>Elementary | Cynthia Blessman &<br>Lindsay Mistretta | \$295 |
| Tennis Skills—Red Ball<br>(18 classes)                                              | Thursday  | 3:30–4:30 | Lower Elementary            | Gary Sweetnam                           | \$450 |
| Ukulele/Guitar Lessons<br>(18 classes)                                              | Thursday  | 3:30–4:30 | Grades 2 and up             | James Winslow                           | \$270 |
| Book Club<br>(13 classes)                                                           | Friday    | 3:30–4:30 | Grades 3–6                  | Cory Eckert                             | \$195 |
| Coder Kids<br>(13 classes)                                                          | Friday    | 3:30–4:30 | Upper Elementary            | Coder Kids staff                        | \$260 |
| Count On Math<br>(11 classes) (No class 2/23, 5/4)                                  | Friday    | 3:30–4:30 | Upper Elementary            | Errol & Maya Pinto                      | \$180 |
| Engineering for Kids<br>(13 classes)                                                | Friday    | 3:30–4:30 | Lower Elementary            | EFK staff                               | \$275 |
| Soccer Shots<br>(13 classes)                                                        | Friday    | 3:30–4:30 | Lower Elementary            | Soccer Shots coaches                    | \$208 |
| Tennis Skills—Orange Ball<br>(13 classes)                                           | Friday    | 3:30–4:30 | Upper Elementary            | Gary Sweetnam                           | \$325 |

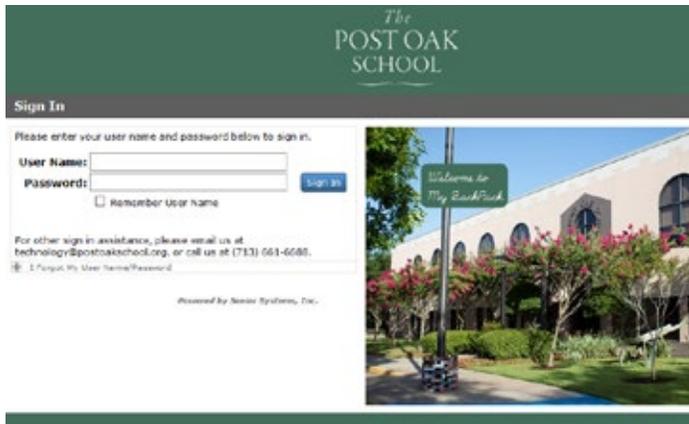
All prices include supply fees.

\*Additional fees apply, see course description

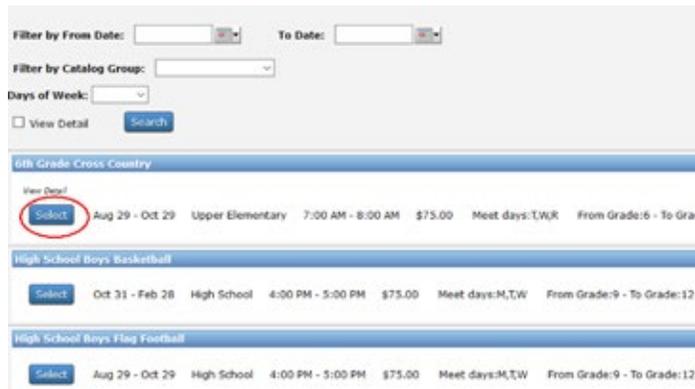
# ASEP Online Registration

ASEP and Athletics registration happens online using the instructions below.

1. Log in to My BackPack at:  
<https://postoakschool.seniormbp.com>



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.



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

## My Forms/Documents

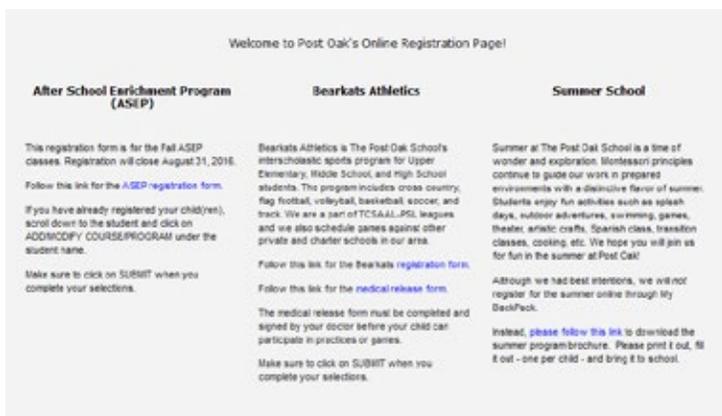
[Admissions Inquiry](#)

[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.



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.

# The POST OAK SCHOOL

BISSONNET CAMPUS: 4600 Bissonnet St.,  
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