

**St. Andrew's Episcopal School
After School Programs Offerings**

Fall Session: October 3, 2016 – November 11, 2016

1. Yoga for 4th – 8th

Offered by Erin Crowley (Mother of Veronica Seal class of 2021)

Open to grades 4-8, on Thursdays, 3:30 to 4:30

(Maximum 14 students)

Classes will be held in The MultiPurpose Room (Grace Hall)

Come participate in a fun-filled, inviting yoga practice that will leave students feeling strong, open, and confident.

Our practice will stretch students to imagine new possibilities as they (safely) do poses they never knew they could do. They will balance, bend, turn upside down, twist, and practice breathing techniques that increase concentration and focus.

We will play yoga games that build group cohesion and that teach students skills for caring for their bodies and their emotional lives.

We will end each class with a music-filled, guided relaxation that teaches students to wind down and find a sense of quiet within.

Come learn a yoga practice that will make your spirit and body soar (and maybe a little sore...in a good way)!

Erin Crowley is a St. Andrew's parent who, before coming to New Orleans in 2014, was on faculty at the Chicago High School for the Arts (CHIARTS) where she taught yoga and movement to 9th and 10th graders. She has 15 years of experience teaching yoga to adults and youth at studios and schools in Chicago. She

collaborated on a book, *Cooling Down the Classroom: Using Yoga...to Help Students Learn to Keep Their Cool*, based on exercises she and others developed while teaching yoga to youth in Chicago.

She has led multiple trainings for elementary and middle schoolteachers with the company Mindful Practices on how to use yoga to build a caring and cohesive classroom culture. She also spent many years teaching theatre at schools and camps from New York City to New England to Colorado. She has a Masters of Arts in Teaching from Tufts University and is a certified yoga, English, and theatre teacher.

If interested in learning more or registering for the class, please contact Erin Crowley, efcrowley@yahoo.com (504)-655-5899 or Venessa Jones, vjones@standrewsepiscopalschool.org

2. Art Exploration

Offered by Joseph White

Open to grades PK-8, on Mondays and Thursdays

Classes for PK-1 are Mondays; from 3:30 to 4:30 Classes for 2-8 are Thursdays, from 3:30 to 5:00

(PK-1 Maximum 8 students) (2-8 Maximum 12 students)

Classes will be held in The De La Vega and Parish Hall Art Classroom.

Art Exploration is a fundamentals-based program in art instruction. The students will explore visual art in many different media, including drawing, painting, and sculpture. Students will also become familiar with many different kinds of art techniques and tools.

Projects that will be explored are:

- The stain glass project is a color and design activity, helpful to train the eyes in color theory composition and design.
- The atmospheric perspective activity is to help students relate

- color theory and composition in their everyday surroundings and add dimension to their artwork.
- The hand sculpture is to help students relate geometry and proportion.
 - The landscape activity will help students relate their visual understanding of space and their environment with an added touch of 3D using real branches and leaves.
 - The mixed media activity helps students see how all-visual arts are connected, and, it's a fun abstract way for them to play with the fundament of fine art.

No experience in visual art is required, and the instructor will work with each student on his or her individual level.

Joseph White is an arts instructor at Audubon Charter School and has over 12 years of experience teaching art to students in grades K-8 in New Orleans. His artwork has been exhibited in New Orleans and in his native Ohio.

3. Arts and Crafts for Kids

Offered by Carolyn Bercier (SAES Aftercare Teacher)

Open to grades K-3, on Fridays, from 3:30 to 5:00

(Maximum 10)

All classes will be held in The Parish Hall Art Class Room

This class will introduce the young child to the basic principles of art in a fun and hands-on way. It will allow participants the opportunity to explore various media and manipulate different materials in creative ways. Each session will yield a take-home product.

The one and a half-hour period will include a snack

Working Syllabus

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| I. | Week One - Straw Painting | Color Mixing |
| II. | Week Two - Owls | 3-D Design |
| III. | Week Three - Leaves | Color/Design |
| IV. | Week Four - Bats | 3-D Design |

- V. Week Five – Yarn Pumpkins 3-D Design
VI. Week Six – Corn and Vegetable Prints
Color/Design

Extra Projects:

Spiral Ghosts

Coloring Sheets

Egg Carton Monsters

PARENTS KINDLY DONATE EGG CARTONS AND TISSUE PAPER ROLLS

Carolyn Bercier has a BS in Art Education and a MA in Art History from Louisiana State University. She has spent the past 35 years working as a Museum Educator in various museums in the New Orleans area including Gallier House Museum and the Louisiana State Museum. She has taught art and art history to young students and on the college level. *She is currently writing a book for LSU Press on the regional artist Conrad Albrizio.*

Ms. Bercier works at St. Andrew's Episcopal School in the After Care program and as a substitute teacher.

4. SAES: Theatre Class

Offered by Lauren Gros Babbin

Classes for grades 2-8 are Wednesdays, from 3:30 to 4:30

All classes will be held in The MultiPurpose Room (Grace Hall)

Join SAES Theatre class to play fun acting games while exploring your creativity. Exercise your imagination and become characters in plays with your schoolmates.

REQUIRED: Students must come to class with high energy and to have fun! Expect to perform in comedic and dramatic plays, skits with partners, highly active games, monologues, and much more. Every class is an exciting adventure!

Lauren Gros has been acting for over 10 years. She graduated from

LSU Theatre Department with a B.A. in Journalism. After graduation, she became an active member within the local theatre as well as the film industry. Lauren participated in theatrical productions with companies such as the acclaimed Southern Repertory Theatre, Actor's Theatre of New Orleans, and Neutral Ground Ensemble. In addition, she has guest starred in USA Network's "Common Law", the comedy musical "Pitch Perfect", "FX's Horror Story" and "NCIS: New Orleans".

For more information, contact Lauren Gros Babbin @ laugros2@gmail.com (504) 912-3830.

5. Kids Yoga

Offered by Leslee Reed

Open to grades K-3 on Wednesdays, from 3:30 to 4:30

(Maximum 6 students)

All classes will be held in the KinderCottage Science Classroom

In Kids Yoga, children will learn to relax and stretch their bodies and mind as they move through Yoga postures. Kids Yoga is a playful approach to Yoga and will include storytelling, props, art, and music to make this a particularly fun class for younger children.

Leslee Reed was a Kindergarten lead teacher at St. Andrew's School for 26 years and has recently retired from this post. She however is still with us, teaching Science to pre-kindergarten and kindergarten. Ms. Reed has also taught yoga for many years and is continuing in this capacity.

6. The Cooking Academy

Offered by Lori Lumpkin

Open to grades 2-8, on Mondays, from 3:30-4:30

(Maximum 10 students)

All classes will be held in the Parish Hall kitchen.

The Cooking Academy is a fun, hands-on, theme-based cooking school. Students learn basic cooking skills, how to read and follow recipes in a cookbook, kitchen safety, importance of cleanliness, and nutrition. Advanced culinary techniques/applications taught to the older students, including table setting etiquette. Each theme will include music, literature, and recipe making. A take-home booklet will be included at the end of our course.