



## **Resource Integration for Scholastic Enrichment**

"Enhancing our children's futures with quality after school programs"

### **RISE REGISTRATION**

The following after school classes are being offered for the 2010 RISE session scheduled for **FEBRUARY 23, 2010-MARCH 31, 2010**. All classes will be held after school on either **TUESDAY or WEDNESDAY from 3:35 to 4:35 p.m.** **REGISTRATION WILL BE FILLED ON A FIRST-COME, FIRST-SERVED BASIS; BE SURE TO REGISTER PROMPTLY.**

- **To enroll your child, complete the attached registration form.** Mark your first, second and third choices and the number of classes you wish to enroll in (enrollment in more than one class will be allowed as space permits). Parent volunteers should contact the RISE Program Coordinators ASAP to ensure your child's enrollment in the class of your choice. **Parents who volunteer in their child's class will not be required to pay tuition for that class. (We still need you to register)**
- **Tuition is \$35.00 per six-week class (unless otherwise stated) some classes charge an additional materials fee.** The Mad Science class is taught by an independent vendor with their own fee structure.
- **Return the registration form with your payment for the total amount due** (make checks payable to NBE PTA) enclosed in an envelope. Return to your student's teacher or mail to: RISE c/o NBE PTA, 400 East Third Street, North Bend WA 98045 **by WEDNESDAY FEBRUARY 3<sup>RD</sup>, 2009.** Late enrollments will be accepted, however, class space may be limited. Parents will receive confirmation of their registration via e-mail, phone or flyer. **Scholarships are available-contact the RISE Program Coordinators for details.** No refunds will be made after the first week of class.
- **On class days, students will gather in the Multi-Purpose Room by 3:30 pm.** A parent volunteer will take attendance for each class and will accompany the group to class. **If your student will not be attending a RISE class for which they are enrolled, please notify the school office.** Missing students will be reported and accounted for. **After class, students will be escorted to the front of the school for pick-up.**
- **Bus service and day care services WILL NOT be available after RISE classes,** transportation arrangements must be made ahead of time. Be sure to check the school directory to make carpool arrangements with other parents. **Prompt pick-up is encouraged.**
- **A snack will be provided during attendance-taking.** Please complete the allergy section on the registration form if your child has any **FOOD ALLERGIES.**

**\*Contact for RISE Program Coordinator with any questions:**

Kelsey Myers: [myers.kelsey@rocketmail.com](mailto:myers.kelsey@rocketmail.com) or 425-503-9812



**RISE**

**Resource Integration for Scholastic Enrichment**

**TUESDAY CLASSES:**

**February 23, March 2, 9, 16, 23, and 30<sup>th</sup> 2010**

**1. “Beading” (Susan Burklund) Grades: 3-5**

Learn various techniques of beading and bead making. Some of the techniques that will be taught will include beading design, glass fusion pendants, wire wrap, and paper bead making. To add to the fun, students will be taking home their wonderful creations each week to share or even teach to their friends. Each student will also receive their own beading book with directions and ideas. Maximum enrollment is 12 students.

**Class Cost: \$35.00 + \$10.00 supply fee = \$45.00**

**2. “Character Building Martial Arts” (DMW Martial Arts) Grades: All**

DMW martial arts will be conducting a FOUR week life skill, character building, martial arts program. This program includes training on 8 fundamental skills that will teach your child to learn how to protect themselves both physically and mentally. Martial arts training teaches children better focus for better grades, confidence to make new friends, respect to listen to adults, self-discipline to stand up to peer pressure and much more. At DMW, we want our students to become “Black Belts in Martial Arts and Black Belts in Life.” At the end of the FOUR weeks, we will hold a graduation ceremony for all participants, more details to come. ***Please note this class is only four weeks long, not six.***

**Cost \$35.00**

**3. “Beginning Guitar” (Daniel Thompson) Grades: 2-5**

Students in 2-5<sup>th</sup> grade will learn the basics of guitar. Students will learn 6 to 8 chords, how to strum, and play songs like “Loui Loui”, “Row Your Boat”, “Yellow Submarine” and many other great songs. Guitars will be provided during the class session. This class has a maximum class size of 10 students in order to provide individualized instruction.

**Cost: \$35.00**

**4. “ExplorARTion I” (Sandra “Sam” Sinanan) Grades: K-2**

Kindergarten-2<sup>nd</sup> grade students will have the opportunity to create multiple unique works of art using a variety of art mediums (from painting on canvas to working with clay), various techniques – and real artist tools. Projects are age-appropriate and no previous art experience is necessary. Students should wear clothing that can get messy. In order to ensure all students get the necessary help and attention, this class is limited to 24 students.

**Class Cost: \$35.00 + \$10.00 supply fee = \$45.00**



## **TUESDAY CLASSES CONTINUED:**

***February 23, March 2, 9, 16, 23, and 30<sup>th</sup> 2010***

### **5. “Yoga for Kids” (Carla Orellana) Grades: All**

Yoga helps children develop healthy, flexible, strong bodies and clear focused minds. We use physical poses, breathing techniques and relaxation to promote self-confidence, compassion for others and discipline to be successful in tests, sports and life in general. Carla Orellana has been teaching yoga to children of all ages for the last 30 years. She is a certified yoga instructor and has produced a yoga video for her dance students which are useful for everyone. Classes will cover: Deep breathing techniques to improve concentration and health; asana (poses) for strength, flexibility and balance; creative visualization techniques; sound vibrations to bring awareness and to develop the ear; deep relaxation to reduce stress and enjoy life; and Yoga Principles such as "ahimsa"/non-violence, cleanliness, and honesty.

**Cost \$35.00**

### **6. “Introductory Strings Class”(Seth May-Patterson & Caroline Faflak) Grades: All**

The objective of the Snoqualmie Seedlings String program is to teach beginning instrumentalists the basics of playing. We will work on skills such as “Rest and Ready” positions, correct bow hand, reading music, proper care and maintenance of the instrument, following a conductor, playing together in an ensemble, and proper concert etiquette. This class is designed for beginners. If a student has previous experience, they may be encouraged to audition for the Snoqualmie Strings Youth Symphony.

***Children will be expected to rent a viola, violin, or a cello for the class session duration from an independent vendor.*** In order to experience a high level of success, students will also be expected to practice at home in between classes. Maximum enrollment is 10.

**Cost= \$35.00 (Parent will independently rent instrument and cover cost)**

### **7. “The Art of Drawing” (Richard Burhans) Grades: 4-5**

In this six week drawing course, artist Richard Burhans will teach students to create drawings from simple stick figures to a finished drawing. All lessons will be compiled into a note book that each student can keep for future reference.

Locally, Mr. Burhans’ work can be seen in the North Bend Library, in the TPC Snoqualmie Ridge Clubhouse and on the exterior of William Glazier’s Building downtown. **Class Cost: \$35.00 + \$12.00 supply fee = \$47.00**

### **8. “Get Up and Hip Hop!” (Meghan and Rick Flanagan) Grades: 3-5**

During this class, kids will be given the chance to experience basic hip hop dance as taught in a real dance studio environment complete with cool hip hop music and everything! Kids will learn how to "count music" (in 8-counts) during warm-ups so as to

increase their understanding of how routines are created. They will be taught at least one "long" routine that will carry over for the entire class along with a couple other "experiment routines" dispersed throughout the course to add some more excitement. Students will be presented with opportunities to add some of their own hip hop moves into routines near the end to let them make each routine their own and show what they learned. Students will be asked to perform multiple times mostly in groups of 3-4 for the class to give them the chance to show off their moves! Please have the students wear tennis shoes and appropriate PE attire along with a water bottle as we will be dancin' up a storm! So bring LOTS of energy! 4<sup>th</sup> and 5<sup>th</sup> graders will be given priority for this class. **Cost \$35.00**

### **9. "Groovy Green Team"**

**(Meredith vonTrapp) Grades: 3-5**

If you love learning about nature and have a desire to help the earth...then this class is for you! Students will create a naturalist notebook to record their observations, ideas and reflections throughout the class and hopefully beyond. Weather permitting...we will adventure outside to record naturalist notes in our new notebooks/journals. We will also engage in hands-on activities to learn about the native plants and animals of the Pacific Northwest. Last but not least we will create a student green team here at NBE and you will become our first official members – a very honorable title! Come learn, explore and have fun while helping your community and the earth!

**Class Cost: \$35.00 + \$10.00 supply fee = \$45.00**



### **WEDNESDAYS CLASSES:**

**February 24<sup>th</sup>, March 3, 10, 17, 24<sup>th</sup> and March 31<sup>st</sup>, 2010**

### **10. "Science in Action: Mad Science" (Mad Science) Grades: K-5**

At Mad Science our mission is to spark the imagination and curiosity of children everywhere. We do this by providing them with fun, interactive and educational activities that instill a clearer understanding of science and how it affects the world around us. We would like to introduce the Mad Science Afterschool Program. Our program is a unique and innovative way to continue the learning process after school. Children will experiment with kinetic energy, learn about buoyancy and adaptation, conduct cool chemical reactions, reveal the mysteries of friction, gravity and inertia, and much much more. In addition to every session, every class has an awesome take home experiment. Your child will have so much fun they won't even realize they're learning!

\*Minimum class size is 15. Maximum class size is 20. **Class cost: \$75.00 NOTE: Because this class is offered by an independent vendor, no discounts will apply.**

### **11. "Arriba Spanish!" (The Spanish Academy) Grades: K-5**

Learn the basics of conversational Spanish in a fun and cool way! Play games, role play, and make neat art work as you learn to speak and sing in Spanish! K-5 welcome.

**Class Cost: \$35.00 + \$10.00 supply fee = \$45.00**

**12. “Making Fitness Fun” (Ridge Fitness: Tammy White) Grades: 3-5**

This one hour class is all about teaching kids fun ways to incorporate fitness into their daily activities. Each week we will start with a warm up, followed by circuit type of fitness routine, then end with a cool down and stretching. All activities will be age appropriate for the kids. This class is brought to you by the experts at Ridge Fitness.

**Class Cost: \$35.00**

**13. “Watercolor Magic” (Marcia Tuttle Ryon) Grades: 4-5**

Students will explore the magic of watercolor painting in this exciting hands-on class. They will learn watercolor techniques and terms as they complete fun and interesting paintings with a very experienced teacher!

**Class Cost: \$35.00 + \$10.00 supply fee= \$45.00**

**14. “Lego Robotics” (Tom Fladland) Grades: 3-5**

It’s never fun to sit on the sidelines, and thanks to LEGO® Education’s newest addition to its robotics continuum, WeDo™ Robotics, young learners no longer have to remain benchwarmers! Designed for ages 7-11+, WeDo engages children in hands-on technology experiments that focus on science, mathematics, social studies, and language concepts. “I think this is the most fun thing we have done in science,” said Charlie, a third-grade student. “I hope we could do this every school year!”

**Class Cost \$35.00**

**15. “Cooking for Real with Kids” (Elizabeth Urbasich) Grades: 4-5**

Students in 4<sup>th</sup> and 5<sup>th</sup> grade will learn the basics of cooking. This is a one hour cooking class teaching the basic fundamentals in cooking while using a crockpot, griddle, and toaster oven. The recipes will be kid friendly with an opportunity to taste what they have made. This class will encourage your child to use their imagination while cooking. ***Fifth-grade students will be given priority*** when signing up for this class since a high level of maturity is expected.

**Class Cost: \$35.00 + \$15.00 supply fee = \$50.00 total**

**16. “ExplorARTion” (Pam Dowling) Grades 3-5**

3<sup>rd</sup>-5<sup>th</sup> grade students will have the opportunity to create multiple unique works of art using a variety of art mediums (from painting on canvas to working with clay), various techniques – and real artist tools. Projects are age-appropriate and no previous art experience is necessary. Students should wear clothing that can get messy. In order to ensure all students get the necessary help and attention, this class is limited to 24 students. **Class Cost: \$35.00 + \$10.00 supply fee = \$45.00 total**

**17. “Bollywood Dance” (Jaya Mehta) Grades: All**

Students will be introduced to the art of Bollywood dance. This is designed to be an introductory class in which students will learn a variety of moves and routines. Enjoy this up and coming style of dance!

**Class Cost: \$35.00**



**WEDNESDAY'S CLASSES CONTINUED:**

***February 24<sup>th</sup>, March 3, 10, 17, 24<sup>th</sup> and March 31<sup>st</sup>, 2010***

**18. “Basic Drawing” (Crystal R. Pyren) Grades: 1-5**

Students will get practice with line drawing and shading as they draw objects from life. We will work with pencil, charcoal, chalk & ink. No experience necessary. The class will include a sketch book for each child to take home. This class was created by Drawing Board Art Instruction in Issaquah. Our mission statement is “inspiring creative self-expression, self-confidence, and a sense of community while children and families learn to draw from real life.” More information can be found at:

[www.thedrawingboardinstruction.com](http://www.thedrawingboardinstruction.com) **Cost \$35.00 + \$10.00 supply fee= \$45.00**

**Summary of RISE Classes (February 23<sup>rd</sup> through March 31<sup>st</sup>, 2010)**

<b>Class/Teacher</b>	<b>Grades</b>	<b>Class Size</b>	<b>Tues. or Wed.</b>	<b>Class Cost.</b>
<b>Beading</b>				
Susan Burklund	3-5	12 max	Tuesday	\$45.00
<b>Character Building Martial Arts</b>				
DMW Martial Arts	All	20max	Tuesday	\$35.00
<b>Beginning Guitar</b>				
Dan Thompson	2-5	Max 10	Tuesday	\$35.00
<b>Yoga for Kids</b>				
Carla Orellana	All	Max 15	Tuesday	\$35.00
<b>Get Up and Hip Hop!</b>				
Rick & Meghan Flanagan	3-5	Max 16	Tuesday	\$35.00

<b>ExplorArt'ion</b>				
Sam Sinanan	K-2	Max 24	Tuesday	\$45.00
<b>Introductory Strings Class</b>				
Seth and Caroline	All	Max 10	Tuesday	\$35.00 +instrument
<b>The Art of Drawing</b>				
Richard Burhans	4-5	Max 12	Tuesday	\$47.00
<b>Groovy Green Team</b>				
Meredith vonTrapp	3-5	Max 15	Tuesday	\$45.00
<b>Science in Action with Mad Science</b>				
Mad Science	All	Max 20	Wednesday	\$75.00
<b>Watercolor Magic</b>				
Marcia Tuttle Ryon	4-5	Max 10	Wednesday	\$45.00
<b>Making Fitness Fun with Ridge Fitness</b>				
Tammy White:	3-5	Max 10	Wednesday	\$35.00
<b>Lego Robotics</b>				
Tom Fladland	3-5	Max 12	Wednesday	\$35.00
<b>Cooking for Real with Kids</b>				
Elizabeth Urbasich	4-5	Max 10	Wednesday	\$50.00
<b>ExplorArt'ion</b>				
Pam Dowling	3-5	Max 24	Wednesday	\$45.00
<b>Arriba Spanish!</b>				
The Spanish Academy	All	Max 25	Wednesday	\$45.00
<b>Basic Drawing with Drawing Board Art</b>				
Crystal R. Pyren	1-5	Max 12	Wednesday	\$45.00
<b>Bollywood Dance</b>				
Jaya Mehta	All	Max 12	Wednesday	\$35.00

**RISE REGISTRATION FORM ( RETURN THIS FORM WITH YOUR PAYMENT )**



**Parent/Guardian Name**

\_\_\_\_\_

Home Address

\_\_\_\_\_

Phone (H) \_\_\_\_\_ Phone (W) \_\_\_\_\_ E-mail \_\_\_\_\_

**Check here if you would like to secure your child's registration by volunteering for the RISE program.**

**Student Name** \_\_\_\_\_ Grade/Teacher \_\_\_\_\_

**My child has a food allergy:**

\_\_\_\_\_

TUESDAY CLASS: 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_ 3<sup>rd</sup> Choice \_\_\_\_\_ [Please use the class numbers provided]

WEDNESDAY CLASS: 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_ 3<sup>rd</sup> Choice \_\_\_\_\_ [Please use the class numbers provided]

After RISE Programming [mark one]: \_\_\_\_\_ my child will be picked up OR \_\_\_\_\_ my child has permission to walk home

**Student Name** \_\_\_\_\_ Grade/Teacher \_\_\_\_\_

**My child has a food allergy:**

\_\_\_\_\_

TUESDAY CLASS: 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_ 3<sup>rd</sup> Choice \_\_\_\_\_ [Please use the class numbers provided]

WEDNESDAY CLASS: 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_ 3<sup>rd</sup> Choice \_\_\_\_\_ [Please use the class numbers provided]

After RISE Programming [mark one]: \_\_\_\_\_ my child will be picked up OR \_\_\_\_\_ my child has permission to walk home

**Student Name** \_\_\_\_\_ Grade/Teacher \_\_\_\_\_

**My child has a food allergy:**

\_\_\_\_\_

TUESDAY CLASS: 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_ 3<sup>rd</sup> Choice \_\_\_\_\_ [Please use the class numbers provided]

WEDNESDAY CLASS: 1<sup>st</sup> Choice \_\_\_\_\_ 2<sup>nd</sup> Choice \_\_\_\_\_ 3<sup>rd</sup> Choice \_\_\_\_\_ [Please use the class numbers provided]

After RISE Programming [mark one]: \_\_\_\_\_ my child will be picked up OR \_\_\_\_\_ my child has permission to walk home

Please write a single check payable to NBE PTA, enclose it in an envelope with this registration form and return it to your child's teacher or mail it to: RISE c/o NBE PTA 400 East Third Street North Bend WA 98045 by **Wednesday February 3<sup>rd</sup>, 2010**. Registration is on a first come first serve basis so be sure to send the registration form and payment ASAP.

- I understand that I am responsible for transportation arrangements for my child and promptness is expected.
- I agree to complete and return the end of session evaluation form sent home with students the final day of class.
- I understand that students are expected to attend all classes, participate in each activity and be responsible for their conduct and behavior. The teacher reserves the right to dismiss any student for failure to comply with these expectations. If a child is removed from class twice, the student will not be allowed to return for the remainder of the 6-week session and tuition will not be refunded. I agree to hold harmless the School District, their elected and appointed officials, employees, agents and staff; RISE coordinators; and parent volunteers from any and all claims, liabilities, damages, expenses, or rights of action, directly or indirectly attributable to the student's activities.

**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_