

MONDAYS

► BROADCASTING

Cost: \$240 • Open to: LE/ME/UE/JH
Instructor: Vanessa Mehenti
Weekly classes: 11

Student News Broadcasting is a student-run weekly news video report made by Stanbridge students for the Stanbridge community. This club teaches K-8 students the basics of news reporting, such as building interviewing, communication, and writing skills, and to practice speaking in front of a camera. News segments created by the club will be featured in the weekly high school Student News Broadcasts.

High School English teacher Vanessa is new to Stanbridge this year. She has a BA in English and has been teaching high school English for the last eight years. She loves to help students understand and compose non-fiction text.



► COOKING

Cost: \$300 • Open to: UE/JH/HS
Instructor: Maggie DeLoach
Weekly classes: 11

Children who learn to cook and love home cooking are likely to carry that love with them into adulthood. In this class students will learn to create foods from raw ingredients. They will have some choice in determining which foods they will prepare week to week and will be taught to be safe in the kitchen. This is a hands-on class with delicious outcomes every session! **Cost for this club includes all ingredients.**

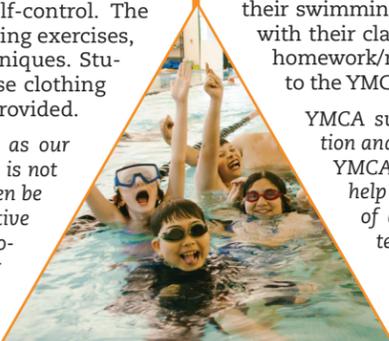
Maggie has a passion for cooking that she has been sharing with students for years. In her spare time, she enjoys trying out new recipes and taste sensations with her family and friends.

► YOGA/MINDFULNESS

Cost: \$240 • Open to: LE/ME/UE/JH
Instructor: Justin Silbaugh
Weekly classes: 11

Yoga stimulates creativity while challenging range of motion, balance, and focus. Physical strength and flexibility are just some of the known benefits of yoga. This club will teach students about healthy non-competitive exercise—especially when the weather prevents outside play! Promoting and encouraging concentration, focus and attention, yoga helps develop inner strength and calm. It also builds self-esteem, and paired with mindfulness, it teaches children self-relaxation and self-control. The class will explore yoga poses, breathing exercises, visual imagery, and relaxation techniques. Students should wear comfortable, loose clothing and will participate barefoot. Mats provided.

Justin returns to Stanbridge this year as our Computer Technology teacher. When he is not working in the computer lab, he can often be found striking a yoga pose in a meditative state of zen. Justin is a regular practitioner and has a 200-hour yoga teacher training certification in Vinyasa and Ashtanga yoga.



TUESDAYS

► ANIMAL SAFARI

Cost: \$240 • Open to: JH/HS
Instructor: Kaitlin Thompson
Weekly classes: 11

Come explore, research, and discover creatures in the animal kingdom. In each weekly meeting, we will learn about animals that we are familiar with, as well as animals we may have never heard of before. Students will decide which animals they would like to learn more about and collaborate on activities. Our club will use various materials and all senses to discover new things about animals while learning new things about ourselves.

Kaitlin grew up learning about different types of animals in books and films. She volunteered at a veterinary clinic for two years, and spent lots of time at the zoo learning about animals from all over the world. She can't wait to share her passion for animals!



► PHOTOGRAPHY

Cost: \$240 • Open to: ME/UE/JH/HS
Instructor: Mary Stadler
Weekly classes: 11

Beginning and practiced photographers alike will take a new look at familiar settings, learning how to compose using a camera. Students must have a digital camera, a downloading device, and a flash drive. If time allows, photo editing and digital album creation may be practiced. Final projects may be used by Advancement to help the greater community connect with Stanbridge.

Over the summer, counselor Mary led a week-long off-campus Photography in Nature course combining her two passions: helping kids and photography. She is excited to continue this connection with the students as they explore in-depth the hidden aspects of our campus.

► SWIM CLUB

Cost: \$284 • Open to: LE/ME/UE/JH/HS
Instructors: Mark Kelley & YMCA Swim Staff
Weekly classes: 11

Swimming classes will be taught by San Mateo YMCA instructors to small groups comprised of Stanbridge-only students. Classes will be supervised by Athletics Director Mark Kelley. This is a great, low-stress way for students to learn the basics or develop their swimming technique in a small group setting with their classmates. Students will participate in homework/reading club before being transported to the YMCA for lessons until 5:00 p.m.

YMCA swim instructors provide direct instruction and motivation for students using national YMCA principles and program models. They help students develop a solid foundation of aquatic skills, ranging from basic water adjustment to advanced swim techniques and demonstrate the Y's core values of caring, respect, honesty and responsibility.

WEDNESDAYS

► MINECRAFT

Cost: \$200 • Open to: LE/ME/UE/JH/HS
Instructor: Ben Grigsby
Weekly classes: 9

Take minecrafting to the next level with Minecraft club! Throughout the session, students may plan and design architectural replicas, learn the basics of coding and civil engineering, and build a community by working individually and as part of a team. Individual laptops are encouraged, but computers will be provided for students to use. *Note: Participants must have an active Minecraft account to join.*

Ben (Stanbridge Class of '08) is a teaching aide at Stanbridge, as well as an avid computer game fan. He's looking forward to helping students achieve the goals of this club.

► POTTERY

Cost: \$300 • Open to: JH/HS
Instructors: Camille Geraci & Lynsey Plume
Weekly classes: 9 (maximum eight students)

Pottery club is designed to provide the basic skills of working with clay, as well as to develop an appreciation for art. Classes are hands-on and introduce students to the process of transforming their creative ideas into *objets d'art*. Learn how to use a pottery wheel, as well as handbuilding with clay ceramics. In addition to the above projects, students will have free choice opportunities. For students with all levels of experience. **Cost includes all materials.**

Since 2006, Camille has been helping Stanbridge students express themselves artistically. She looks forward to working with Lynsey as they fire up the kiln for students to create new masterpieces!

NOTES ABOUT FALL 2017 CLUBS

Stanbridge Academy after school clubs run from 3:15 to 4:30 p.m. (Note that game days may run longer.)

Students are to be picked up promptly. An extra fee may be billed for consistently tardy pickups.

Caltrain Shuttle service is provided after clubs; please check the box on the enrollment form.

Fall Clubs run from October 2 through December 15. Clubs do not meet when school is not in session.

Minimum enrollment for each club is five students. Clubs that do not meet the minimum number of enrolled students by the Sept. 27 sign-up deadline will be cancelled and payments refunded.

Space is limited for all clubs (8–12 students maximum) and we fill on a first-come, first-served basis.

To reserve enrollment, we must have both your completed enrollment form and accompanying payment returned to the main office by Wednesday, September 27.

Enrollment Form is on the back page of brochure. Make checks payable to Stanbridge Academy.

To inquire about scholarship possibilities for clubs, contact Ward Quincey, Director of Finance & Operations, at 650.375.5860, ext. 616.

ENROLLMENT DEADLINE IS WEDNESDAY, SEPT. 27

THURSDAYS

► CHESS CLUB

Cost: \$175 • Open to: LE/ME/UE/JH/HS
Instructor: Torres Chess Academy Staff
Weekly classes: 9 (minimum six students required)

In recent years there have been scores of educational and psychological studies that examine the benefits of children playing chess. Chess teaches students how to think logically and efficiently. It emphasizes how to select the 'best' choice from a large number of options and demonstrates the importance of planning, concentration, and the consequences of making decisions. TCAMA uses a point reward system to positively reinforce student achievement, stressing good sportsmanship and a healthy attitude towards competition.

Founded in 2005, the Torres Chess & Music Academy (TCAMA) is a nonprofit organization dedicated to providing instruction and opportunities to as many children as possible in the areas of chess and music. Instructors are highly accomplished educators who have a transcendent talent in their area of specialty. The TCAMA approach delivers a valuable experience to all students regardless of their talent level. (www.chessandmusic.com)

► CREATIVE PLAY

Cost: \$300 • Open to: LE/ME/UE/JH/HS
Instructor: Mike Peterman
Weekly classes: 9 (minimum eight students required)

Mike Peterman is a master at using creative play to dramatically improve social interaction among children! His creative play class is designed for the development of children's social and gross motor skills. The class will provide children with the opportunities to develop their play skills in a fun and motivating way while building confidence and self-esteem. Mike's attitude, coaching style and energy engender trust and a desire to play—among all participants.

Many students benefit from additional extracurricular, guided play to develop their social and gross motor skills. Mike Peterman is a Play Therapist, Inclusion Specialist, and Coach for Peninsula school districts, as well as a private coach. Several staff members have witnessed Mike's work over the years and can vouch that it works! See Mike's website for more information: www.bigmikesplay.com.



FRIDAYS

► CROSS COUNTRY

Cost: \$175 • Open to: UE/JH/HS
Instructors: Genevieve Lawrence & Corey Mann
Weekly classes: 8

Cross Country is considered a conditioning sport for our athletic program. Beginners, as well as Stanbridge athletes in other sports, are encouraged to join in order to increase their cardiovascular fitness level. Cross Country runners will compete in a meet hosted by Hope Technology School (Byxbee Park, Palo Alto) on the morning of Saturday, October 21.

Genevieve teaches History in the High School division. She is an experienced cross country competitor and is eager to share her passion for the sport. Corey returns to Stanbridge this year as a full-time math and science teacher in Junior High. He has extensive experience working in athletics and likes running. He can often be seen running from the Caltrain station to Stanbridge in the mornings.

► INTERMURAL DODGEBALL

Cost: \$175 • Open to: UE/JH/HS
Instructor: Ben Grigsby
Weekly classes: 8

Students will learn the basic skills, rules, workouts, and game play of dodgeball. This is a competitive club with practices and games with other schools in the Bay Area Small School Athletic League. Dodgeball stresses fitness/anaerobics, teamwork and sportsmanship, and develops agility, balance, endurance, flexibility, hand-eye coordination, and reflexes. New members welcome; no special equipment or experience required. The team will compete in at least two intermural games hosted at home—dates to be announced.

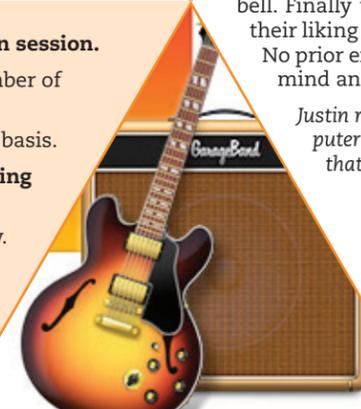
Ben (Stanbridge Class of '08) is a Teaching Aide at Stanbridge and loves running stamina drills, ducks, and dodges.

► MUSIC PRODUCTION

Cost: \$175 • Open to: JH/HS
Instructor: Justin Silbaugh
Weekly classes: 8

Join the school of rock, jazz, EDM, blues and more in Garage Band's music creation studio. Students will write their own songs by laying down tracks for percussion, strings, brass, voice, and even more cowbell. Finally they will learn to morph the sound to their liking and share their one-of-a-kind creation. No prior experience is needed; just bring an open mind and your imagination.

Justin returns to Stanbridge this year as our Computer Technology teacher, but rumors abound that he also goes by the alias Mix Master J.



COMPLETE THE FALL CLUBS ENROLLMENT FORM ON THE REVERSE SIDE AND RETURN TO THE MAIN OFFICE BY SEPT. 27