



2022-23
After-School Activity Guide
BEST, Performing Arts and Athletics



HARKER®
Est. 1893 · K-12 College Prep

Lower School ~ K-5

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A Note from the Director

Dear Lower School Families,

The BEST department is excited to offer another year full of opportunities for play, discovery and connection. Whether on the playground or in an after-school classroom, there is so much to do, and we are dedicated to creating an environment where your children can feel safe, find things that they love doing, and build friendships along the way. We have a team of enthusiastic and caring staff members, as well as an amazing group of organizations from the local community who bring their diverse services and expertise to share with our students. Together with the Harker faculty and families, we are honored to be a part of building a community full of joy, creativity, growth ... and fun!

This after-school activity guide details some of the offerings available for the 2022-23 school year. It includes a lot of information about our program and classes, so please save it as a reference! Updated information specific to each quarter will be shared throughout the year. If you should have any additional questions, please feel free to contact us.

Looking forward to a great year. Take care, and don't forget to play!



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AFTER-SCHOOL ACTIVITIES

Bucknall Campus: K-5

All students who attend The Harker School may participate in the after-school enrichment and supervision program at no extra charge.

All students will have the opportunity to choose from several activity categories:

- Free play is available to all students after school. Students are supervised by BEST staff in grade-level areas.
- **Drop-In Activities** do not require registration, and are included in tuition. Options include both passive and active activities, and are announced after school. Students may choose to drop in to these activities between 3:45-4:45 p.m.
- **Learning Workshop Classes** require quarterly registration, and are included in tuition. Students must make a commitment to attend for the entire quarter. These classes may vary each quarter depending on availability, and have included fun options such as Storytelling, and Where in the World.
- **Specialty Classes**, such as karate, science and instrumentals, require registration and an additional fee. These engaging classes are taught by outside organizations from our local community. Please note that these class fees will be billed to your Harker account. If your child opts to drop a specialty class, you must do so prior to the second class meeting to avoid charges being made to student accounts. Otherwise, full payment is expected. When dropping a class, written notice to the BEST department is required by emailing LSBESTReg@harker.org.
- Students may mix and match activities from any category as long as the class schedules do not conflict. Please read the following pages for a complete listing of all scheduled after-school opportunities.
- Refer to the **Activity Schedule** for days and times classes are offered.

ACTIVITY TYPE	REQUIRE SIGN-UPS	INCLUDED IN TUITION
Drop-In Activities		X
Learning Workshop	X	X
Specialty Classes	X	
Free Play		X

DROP-IN ACTIVITIES

FREE!

- Are chosen by students daily.
- Are designed for students who wish to attend for as little or as long as desired and do not require registration.
- Most drop-in activities are announced after school or are scheduled to take place on certain days of the week.

ART

Grades: 1-5

Art is one of the most popular activities offered in the after school program and NO SIGN-UP is necessary for our students here at Bucknall. Drop-in

Art is offered at least two days per week and space

is limited, so be sure to save some time to drop by the virtual art room!

Materials for drop-in art will be posted the week prior to class, so students can be prepared.



ENRICHMENT ACTIVITIES

Grades: K, 1-3 and 4-5

Join in on a wide variety of active and passive activities implemented by our imaginative and energetic BEST staff. Choose to get up and get moving, or to relax, create and reflect. If feeling active, students can learn the value of good sportsmanship, teamwork and cooperation. On a more passive afternoon, students can opt to let their creativity flow with projects like making crafts, blowing bubbles, molding clay or playing board games. New activities are offered each day and are designed to be age-appropriate for each grade level area. These activities are the perfect way to have fun with friends, stay engaged and participate fully in after-school on a drop-in basis.

STUDY AREAS

Grades: 1-5

Want to get a head start on your homework? Have a test you want to start studying for? Well this is the place for you! A quiet classroom or table area is designated for grades 1-3, the library is available for grades 3-5, and a 10th period classroom is open for grades 4-5.

LEARNING WORKSHOPS (See pg. 17 for Performing Arts)

The following choices are enrichment activities designed to augment classroom instruction in specific subject areas. These workshops require registration and attendance is monitored.

- Students enrolling must make a commitment to attend class for the entire quarter and parents must notify the BEST department if they wish their student to be dropped from the class.
- Classes meet one day per week for either 45 minutes, one hour, or one hour and 15 minutes.
- Learning Workshops are filled on a first-come, first-served basis, so make sure to go online to register during our registration timeframe. The following are the offerings this quarter.
- May require a material fee.

ART

Grades: 1-5

For those students who love to be creative, art is for you! We offer several arts genres throughout the year, such as drawing, painting, sculpting and more. Students will be able to explore a variety of art tools and media in an environment where they can express themselves creatively and joyfully. They are encouraged to explore, create and achieve through process-based projects. The students will also have opportunities for free-choice art work to practice newly learned techniques. Art students will gain and enhance their artistic skills, stimulate their imagination, and build their self-confidence.

FUTURE PROBLEM SOLVERS (FPS)

(Q1 & Q2 Only.) *Be aware participants will be involved with the program the whole year. Weekly after-school meetings are through Q2.

Grade: 5

FPS (motto: "Teaching students how to think, not what to think.") is an international organization teaching and developing critical thinking skills. There is a significant writing and social component because students are expected to clearly articulate their ideas and work together as a fixed team of four throughout the year as they learn to develop and break down any issue or topic. Teams research each topic and then assess a hypothetical future crisis. Assessments include extensive explanations of challenges, solutions and a detailed plan of putting a winning solution into action. In the spring there is also an innovative skit component where students also creatively show their plan in action. FPS develops a multitude of skills including team building, creative thinking and leadership.

Please note: *This is only for the serious student. If you think you may drop at a later date, this class is not for you! FPS requires a yearlong commitment: Q1 & Q2 in an after-school training and Q3 and Q4, even after the initial weekly after-school training ends, and at mandatory weekend training sessions spread out across October, December, February and April (specific dates are not set yet). If a member of a team is missing it is unfair to the other members of that particular team. Teams will be partnered with their own mentor from the upper school to help them improve their understanding of this amazing, but intense, process. (The program starts at the lower school, but actually runs through 12th grade.) There will also be a required parent meeting at the start of the year to explain the program, its benefits, and expectations of all participants.*

JUNIOR BEST

Grades: 3-5

This class is designed for students who are interested in learning to be leaders and mentors to other students. Every class will involve a short lesson and a fun training exercise run by a BEST staffer. They will learn how to supervise the playground, how to resolve conflicts, how to locate students on campus, and even how to plan and run their own enrichment activities. In doing so, they will hone their observation, organization, communication, and problem-solving skills. Plus, walkie-talkies!

STORYTELLING

Grades: K-2

Read stories, work on projects and have fun! Storytelling is a class that provides students the opportunities to acquire and demonstrate their reading skills in a creative way. This class will reinforce language arts skills, such as speaking, listening, reading and writing, along with some time for arts and crafts.



WHERE IN THE WORLD

Grades: K, 1-2

This class provides students with an engaging introduction to world geography and global travel. Each week, we will have the opportunity to explore a different country as a class, paying particular attention to a nation's cultural practices, traditional foods, style of dress, languages and more. Students will take part in interactive lessons and crafts pertaining to each week's subject, and will earn a stamp in their class passport for every country they "visit."

SPECIALTY CLASSES (See pg. 17 for Performing Arts)

**Fees
Apply**

- The following classes are provided by private organizations that offer their programs to Harker students.
- All classes require registration and an additional fee.
- All fees will be charged to your Harker account. Please see quarterly activity information for specific fees.

BRICKTECH

Brick Techniques STEM basics with LEGO®

Grade: Kindergarten

Join Brick Tech as we introduce your child to STEM basics by building guided projects out of LEGO® pieces! Each LEGO® project will showcase relevant STEM concepts, such as a motorized helicopter to discuss gear drives or a skyscraper with bricks to introduce overlapping construction, fostering hands-on learning for participants. One project will be introduced each day of class and students will have the remaining time to build, discover, and learn with additional LEGO® pieces. Come explore the basics of STEM this fall with Brick Tech! There are no prerequisites for this class.

Advanced Brick Techniques STEM with LEGO®

Grades: 1-2

Calling all LEGO® builders! Join us in this new advanced LEGO® building class where participants will learn engineering principals with hands-on projects. Each day students will be introduced to a new project that showcases a STEM concept. Using motors to power projects participants will get the opportunity to bring their creations to life, and advance their LEGO® building techniques. From gear cars to conveyer belts students will get a chance to make everything that moves.

LEGO® Robotics with the Spike Prime System

Grade: 3

Brick Tech is happy to introduce our newest robotics class using LEGO's Spike Prime® system. In this course, students will build projects that will introduce robotics concepts while also learning to program with a scratch based programming language. Projects will include use of color, distance and touch sensors. There are no prerequisites for this class.



BAY AREA CHESS

Grades: K-5

Chess (Beginners through Advanced)

Chess has proven to be an invaluable educational aide and teaches children analytical skills that are applicable to many other intellectual pursuits. At

Harker, chess revolves around player development and training while teaching essential life skills such as sportsmanship, learning from mistakes, and growing as a community.

The courses are by skill level, though assessments will be done by our staff on the first session, so registration is handled equally. Mid-year advancement is expected, so a child may be moved or upgraded to a better learning group at any time as players grow in skill. Each skill level will be split into subgroups to keep a low ratio and to optimize learning potential. BAC will provide homework, track all performance and have an end-term championship.

Level 1 – Absolute Beginner: 0 rating, Completely new to the game. Topics can include: piece names/movement, starting position, turn sequence, piece values, special rules, general board competencies and checks/checkmates. Players are not in this section very long as they will be merged with Level 2 once they can confidently complete a game without assistance.

Level 2 – Beginner: Can play to a checkmate, but has fewer than two semesters of chess and under 400 rating (USCF). Topics can include: checkmating patterns, opening principles, the art of drawing, introduction to notation, early tactics and traps, the strategy of positional play, “best-move” puzzles, common “f-pawn” positions, and beginner end-game theories/conditions. Kids who do not play/practice on their own time may spend longer in this level than those who practice regularly.

Level 3 – Intermediate: Children with two or more semesters of learning, possibly some tournament experience, and up to 900 rating (USCF). This skill group incorporates most returning students and covers a huge array of intermediate+ topics at coach discretion (by roster).

Level 4 – Advanced: 900+ rating (USCF). Students will have to have already been in advanced classes in prior seasons, moved up from our Intermediate group, or have an applicable rating already. These lessons prioritize game-analysis, positional play and tournament preparation. Intermediate and advanced players will represent Harker at the many BAC state and national tournaments throughout the year!

KIDS CREATIVE ADVENTURES

Comic Book and Character Design

Grades: K-5

This class is designed for the new or returning student interested in the style of Japanese anime, character and/or comic book design. This class is taught by professional cartoonists and illustrators. We begin each class with warm-up drawing exercises, such as how to draw hands, facial expressions, backgrounds, etc. Each class then concentrates on a different lesson, such as character introduction, story lines, comic covers and lettering. Students work at an independent pace to create their own characters that may be incorporated into their own comic book, if they like. Class fees include all art supplies, handouts, notebooks, plastic card pages, color copying and lamination of all character cards, and special drawing surprises!

Paper Engineering: Castle Construction

Grades: K-5

Create your own castle using recycled materials! Make a working drawbridge and a marshmallow catapult. Students may choose to decorate their castles for Halloween by using glow-in-the-dark spider webs and other creepy delights. Bring imagination to life while designing and constructing your castle!

Time Machine Detectives: The Mystery of the Missing Dinosaur Eggs

Grades: K-5

Mad scientist Dr. Slime has gone back in time and taken 10 T-Rex dinosaur eggs. He has hidden them around the world and throughout time. Your mission, should you choose to accept it, is to build a time machine and travel back in time and find the eggs ... before they hatch! Use your detective skills each week to unravel clues that will direct you to your next destination in time.

EnActe ARTS

Critical Thinking & Creative Writing (Beginner)

Grades: 2-5, meets two times per week

Our popular program is designed for either elementary or middle schoolers. A typical day begins with a screening of a short animated film (3-8 minutes), then delves into story analysis and design in order to help students think critically to creatively write a story using the same logical/narrative structures. Each class ends with each student having an outline for a clearly communicated coherent narrative. This program helps students learn the invaluable skill of clear and persuasive communication from a basis of storytelling. Ultimately, students will have the structures necessary to make

arguments, change minds, and impact the future. FINAL PROJECT: Students will walk away with a portfolio of story outlines they have brainstormed during their time in the class. Video: <https://youtu.be/ALdvq7K9W3A>

Improv

Grades: 4-5

Our new Improv class is designed to help students shake up their minds and bodies. The use of improvisation helps with students' ability to problem-solve, create positive solutions, and work within teams to build upon ideas. While the benefits to learning improv are endless, the most important thing is that students have a blast!

Leadership for Future Innovators

Grades: 2-5, meets two times per week

Is your child going to change the world? This class will give your student the opportunity to think about big ideas in a way they can digest and communicate their own big ideas to shape the future. Each class the student will watch a short TedTalk given by someone between the ages of 6-15 and engage in a critical analysis of the ideas presented within their cohort. Then students innovate their own new projects and share their ideas with their peers. This process will challenge their ideas and ultimately teach them about persuasion, public speaking, charisma, stage presence, clarity, and other leadership skills! Students will have a blast while learning fundamental skills that will help them in their future careers. FINAL PROJECT: Students will write, perform, and record their own TedTalks which can be shared with their friends and family! Video: https://youtu.be/rZFWT_XrokG

No Fear, Drama is Here!

Grades: 2-5

Our classic theater and film acting class provides an immersive, collaborative and educational experience. Students will have custom scenes written for them by a professional writer, each working on their specific challenges and framed around their personal needs. They will learn projection through vocality, critical thinking through script analysis, creativity through character dimensionalization, command through stage/screen presence, and confidence through emotional exploration. Through all of these tools, students will find a new way of communicating and succeeding with the world around them. FINAL PROJECT: all students will perform in a virtual public showcase for their parents, friends and peers. Video: <https://youtu.be/ButOZ6zqmTY>

Team Building through Story!

Grades: K-1

Our introduction to performance through classic storytelling provides a safe space for students to explore their imaginations and emotions through theater games and performance. Students will work collaboratively in an ensemble performance-based retelling of a storybook, under the guidance of a professional storyteller. They will learn how to work as a team, become stewards of their community, how to project their voices, communicate with their body and exercise critical thinking skills through story analysis and game play. Through all of these tools, students will find a new way of communicating and succeeding with the world around them.

Voice Acting for Animation (Beginner)

Grades: 1-3

In this course, students will develop a character through physicality and vocality, learning empathy, immersion and articulation. Then, they will be recorded virtually in sync with a pre-animated piece, and their voices dubbed (using ADR - automated dialogue replacement) onto the clip. This class teaches them the process of animation (providing a general overview of the technology) and sound recording, and aids in performance as well. Final Project: A short clip featuring an animated character speaking with the students' voices! Video: <https://youtu.be/RdWNkLOQcWg>

GYMKIDS USA

Grades: K-5

Cheerleading: Cheer Kids

Come be a part of the Harker Junior Cheerleaders group! Cheer is a tradition at the lower school, and a fun after-school class. Learn to shake your sparkly pom poms and show your Harker Eagles spirit! Beginning cheer lessons focus on proper technique, cheer positions, cheer jumps, Eagle chants and cheers. Fun pom-pom drill team dance routines will be taught to popular, age-appropriate music. Seasonal cheers and chants for sports and beginning gymnastics will be introduced. Cheerleading and gymnastic skills are taught based on readiness, physical ability and age-appropriateness of each student. Basic cheer positions, warm-up routine and beginning cartwheels are also taught. Mini stunts will be introduced to grade 2-5 students. Lessons are taught outdoors. Taught by Ms. Melinda, Owner GymKids USA. Performing: ALL cheerleaders perform on the last day of every quarter during the after-school meeting for students. K-5 cheer students will cheer at on-campus Harker games when they fall on a cheerleading class day. Grade 2-5 cheer students will also perform at the Harker Homecoming football game in the fall, which is optional and not required for the cheer class.

CHEERLEADER PARENT NOTES: One time pom pom fee of \$35, which includes a custom Harker Cheer bag. Students will be given pom poms in class which will be charged to your Harker account. Returning students: please bring your pom poms to class. Waiver required: Parents/guardians must complete and sign a GymKids USA waiver before class begins. Waivers are to be completed and filled out only once per school year. Waiver form will be provided through a welcome email and handed out on the first day of class. Attire and shoes: Wear comfortable, movable clothing. School uniforms are acceptable with pants or shorts under jumpers. Please wear proper ankle support athletic tennis shoes. Hair: Pull hair back with a ponytail on cheerleading day. Students need to safely see where they are going and landing while practicing cartwheels and basic tumbling.

Rhythmic Gymnastics

Come join the fun and learn to twirl the long ribbon while learning some unique routines! Beginning rhythmic gymnastics and gymnastic movement will be taught. Students will learn gymnastic movement routines and circus style tricks with the long ribbon, hoop, ball and rope apparatuses. Elements of creative movement and gymnastic dance will be introduced. Students will be provided with their own ribbon, ball, hoop and rope during the class. Gymnastic skills are taught based on readiness, physical ability and age-appropriateness of each student. Basic gymnastic positions, warm-up routine, beginning cartwheels and tumbling are also taught. A fun gymnastic obstacle course with cones, hoops, river rocks, jump over bars and balance beam will be included in every lesson to enhance learning. Lessons are taught outdoors. Taught by Ms. Melinda, Owner GymKids USA. K and grade 1 students will be introduced to the long ribbon, short ribbon and hoop apparatus. Grade 2-5 students will be introduced to the long ribbon, hoop, ball and rope apparatus. Grade 2-5 students perform on the last day of every quarter during the after-school meeting for students.

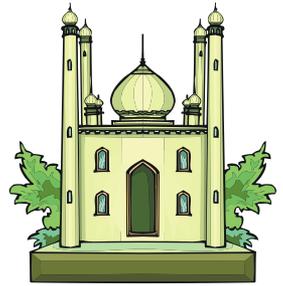
GYMNASTICS PARENT NOTES Waiver required: Parents/guardians must complete and sign a GymKids USA waiver before class begins. Waivers are to be completed and filled out only once per school year. Waiver form will be provided through a welcome email and handed out on the first day of class. Attire: Wear comfortable, movable clothing. School uniforms are acceptable with pants or shorts under jumpers. Hair: Pull hair back with a ponytail on rhythmic gymnastics day. Students need to safely see where they are going and landing while practicing cartwheels and basic tumbling.

MBK LANGUAGE CENTER

Grades: K-5

Hindi

Students enrolled in the Hindi program with MBK Language Center will be immersed in Hindi language and Indian culture in class. Parents are encouraged to create opportunities for their children that will enhance their language skills at home.



Hindi 1A

Grades: K-1

Prerequisites: None

Students will be immersed in Hindi language through Hindi poems, Bollywood songs and fun stories. With a focus on conversational Hindi, students will be introduced to 200+ vocabulary words, basic script and conversational sentences through scenarios like tasting fruits and vegetables, preparing simple food (roti, raita, neembu pani), virtual trip to a zoo and simple projects around Indian festivals. **Students are expected to make a commitment for a full year.**

Hindi 1

Grades: 2-5

Prerequisites: None

Students in this group will develop appreciation for the Indian culture and Hindi language through simple projects for Indian festivals, Hindi poems, Bollywood songs and fun stories. They will learn to read, write and converse in Hindi and express their likes and dislikes through simple projects like tasting fruits and vegetables, making chaat, neembu paani, roti, raita etc. Students will be introduced to 300+ vocabulary words and basic sentences for asking questions and responding to simple questions. **Full year commitment is required.**

LET'S MOD

Game Design, AI, Computational Thinking, and Web3

Grades: 3-5

Game Design, AI, Computational Thinking, and Web3 is a hands-on class focusing on students' growth mindset for both left and right brains.

Students will enjoy bringing their own stories to life by creating immersive 3D games and sharing them with each other and their families. The class focuses on two parallel paths that empower each other: 1) Computational thinking foundations built based on students coding in math with modern

applications like AI. 2) Design thinking to turn their ideas and stories into engaging games. No prerequisites. Students at different skill levels get their personalized learning path and are challenged to thrive.

KYOSHIN-RYU KARATE

Karate

Grades: K-5

Karate is open to all students, from those with no previous training to black belts. Students will learn and hone basic karate kihon (fundamental blocks, stances, strikes and kicks), self-defense tactics and techniques they can use to defend themselves. They will also learn leadership skills and methods for defusing or avoiding the threat of violence, reducing the chances they will ever become a victim. Karate has long proven effective in helping shy children gain greater self-confidence and those with control issues gain greater self-discipline. In addition, Karate offers many wonderful life-enhancing, life-enriching benefits that include getting into great shape, toning muscles, increasing speed and balance, and cardiovascular health and fitness. Students will also learn the traditional karate kata (forms) and other requirements for advancement in rank. Rank exams will be held each quarter. Those with prior training may wear the belts they earned elsewhere.

This class began at Harker 28 years ago under the direction of Jim Mather (Hanshi), 9th degree black belt, Stanford M.A. and Ph.D. candidate in education. He has taught his 3rd degree black belt grandson Alden Mather (Sensei), who now teaches the classes at Harker. Additional information about CKA can be found at www.ckakarate.com/.

WHIZARA

Mobile App Development

Grades: 4-5

This course introduces students to MIT App Inventor. Students understand the purpose and the user interface of App Inventor, and use it to build several applications/games. As students build these projects, they explore core programming concepts and the different aspects of App Inventor, including adding components and design their layouts, the blocks editor, and writing scripts to add behavior to the components. No prior experience with coding is required to participate in this course. Device prerequisite: (i) Laptop/Computer (Windows or Mac) and Phone/Tablet (Android/Apple) or emulator in case there's no access to Phone/Tablet OR (ii) [HYPERLINK "https://appinventor.mit.edu/support/chromebooks"](https://appinventor.mit.edu/support/chromebooks) Android capable Chromebook). More details on the supported devices can be found here: <https://appinventor.mit.edu/explore/ai2/setup>.

Scratch Junior Programming

Grades: K-2

Whizara's Scratch Junior programming course offers a fun way for young students to learn programming fundamentals as they explore and develop imaginative stories, animations and games using MIT's Scratch Junior drag and drop visual programming interface. Students learn programming concepts and Scratch Junior specific concepts including motion, looks, sound, loops, events and get creative with designing, drawing, recording and storyboarding personalized projects. The course further reinforces computational concepts of sequencing, pattern recognition, parallelism and algorithmic thinking. A Tablet or Chromebook with internet connectivity is required to join the course. More on supported devices can be found here: <https://www.scratchjr.org/about/faq>.

Scratch Programming

Grade: 2-3

Whizara's Scratch programming course offers a fun way for young students to start thinking like a programmer as they explore and develop imaginative stories, animations and games using MIT's Scratch programming interface. Students learn programming concepts and Scratch specific concepts including motion, looks, sound, events, loops, conditionals, game mechanics, operators and variables. The course further reinforces computational concepts of sequencing, pattern recognition, parallelism and algorithmic thinking. No prior coding experience is required to participate in this course. A Tablet, Chromebook or any computer/PC with internet connectivity is required to join the course.

Python Programming

Grades: 4-5

Whizara's Introduction to Python Programming course introduces students to the fundamentals of syntax-based programming via its fun, graphics, animation, and game-based engaging curriculum. Students learn the fundamental programming concepts including variables, user inputs/output, random, conditionals, loops, functions, events, list and more. The course further reinforces computational concepts of sequencing, pattern recognition, parallelism and algorithmic thinking, and software development process. No prior coding experience is required to participate in this course. A Chromebook or any computer/PC with internet connectivity is required to join the course.

SCIENCE MADE FUN

Grades: K-3

HIGH TOUCH HIGH TECH

Science Made Fun programs provide an opportunity to expose children, at an early age, to the amazing world of science and nature, through a discovery-style learning and inquiry-based dialogue with a real scientist. In this hands-on science class, students will explore various topics among chemistry, physical, life and earth sciences. Each week the students will discover a new and engaging scientific concept, which will be accompanied by two or three hands-on experiments which bring the concept to life. Students roll up their sleeves and become REAL scientists! *Note: The same concepts will be covered in both classes. For the upper grade levels, we will increase the depth of explanation and time permitting, may include an extra experiment. Different topics will be covered each quarter, so students can sign up year-long to explore across the scientific disciplines. Most concepts covered will be the same year-over-year.*

Topics covered in Q1: 'Sense'-ational Science, Color Fun, Fantastic Static, Magnet Makers, Jurassic Jr., Matter Matters, Chem Fun, Fun'omena

In this session, students will learn about primary and secondary colors, states of matter and about our five senses. We'll make fossils, explore magnetism and static electricity, and learn about several natural weather phenomena.

YOGA

Grades: K-5

YOGA6 INSTRUCTOR

Yoga is part of a holistic education! Through connection to movement and each other, children can learn complex concepts, such as belonging in the universe, self-regulation and self-love, while also having fun! Yoga poses, breathing exercises, activities and games help promote the physical, emotional and social development of children. Studies show that yoga has a centering effect, calming the mind and restoring self-control, language, listening, thinking and memory. Yoga builds confidence from the inside out! Join yoga for a joyful time on the mat. Sign up early as there is limited space available. Students are required to bring their own yoga mats, which can be purchased at Target, TJ Maxx, Sports Basement and REI.



PERFORMING ARTS

Performing arts classes are offered at Harker both during the academic day and after school. After school classes are offered in choral music, dance, instrumental music and technical theater. These classes teach students the technique of each discipline, allow them to explore their creativity and give them the opportunity to perform. Listed below are all of the performing arts classes offered after school. We encourage interested students to join the performing arts classes by registering through the after-school registration process. The performing arts department looks forward to a wonderful year of learning, performing and having fun!

Please note that performing arts classes have different start dates than other BEST activities: Instrumental classes begin on **Monday, Aug. 29**, while dance and choir begin on **Tuesday, Sept. 6**.

Note: an asterisk () denotes performing arts offerings that are FREE and also considered Learning Workshops. See pg. 4 for more details.*

CHORAL MUSIC

Grades 4-5 Lower School Concert Choir

Material fee: \$30

Lower School Concert Choir is a yearlong performance-based ensemble for students who are passionate about singing and eager to improve their musicianship skills in a group setting. Students will develop their vocal technique and tone during weekly rehearsals while learning challenging repertoire in a variety of musical styles.

Members of Lower School Concert Choir have many opportunities to perform. Annual performance events include the K-12 holiday assembly, United Voices concert, and the winter and spring lower school music concerts. Lower School Concert Choir gives students the skills they need to continue their musical pursuit in middle school.

DANCE*

K-5 Dance Director: Ms. Palmer, gail.palmer@harker.org

Grades 1-5 Dance/Grade Level Dance Classes

Class Days/Times:

Gr. 1 - Wed., 3:30-4:15 p.m.;

Gr. 2 - Tues., 3:45-4:45; Gr. 3 - Wed., 4:30-5:30;

Gr. 4 - Mon., 4:45-5:45 or Thurs., 3:45-4:45;

Gr. 5 - Mon., 4:45-5:45 or Thurs., 3:45-4:45.

Students must take after-school grade level dance ALL YEAR to be eligible to perform in the dance concert. The annual dance concert is May 25, 26 and 27. There is a \$90 production fee to be in the dance concert, but no cost to take dance. New students are encouraged to try dance, so they don't miss out on being in the show. Grade 4-5 students can do both after-school sports and dance. This class will teach students the fundamentals of dance. Jazz and ballet skills form the basis for the center floor warm-up.

Dance offers students the opportunity to explore movement, be creative, move to music and have a great time! Quarter 1, 2 and 3 after-school dance classes will focus on reviewing dance skills, learning new dance steps and working on dance technique. Quarter 4 students will be taught a routine for the grade 1-5 dance concert with emphasis on learning how to perform and perfect their moves. After-school dance is for boys and girls in every grade and skill level. Please contact Gail Palmer if you have any questions regarding the dance program.



Kindergarten Dance

K-8 Dance Director: Ms. Palmer, gail.palmer@harker.org

Class Days/Times: Mon., 3:30-4:15 p.m.

Quarter 1 & 2 kindergarten students are taught a center floor warm-up and learn basic jazz and ballet dance skills. Kindergarten students who participate in quarter 3 & 4 dance are eligible to perform a dance routine in the annual kindergarten show. Each kindergarten homeroom will have its class performance in late April. Students are registered for kindergarten dance every two quarters. Please contact Gail Palmer if you have any questions regarding the dance program.

Dance Attire: K-1: Biker or athletic shorts/pants, leggings, and any Harker shirt. Grades 2-5: Biker or athletic shorts/pants, leggings, with a leotard or fitted T-shirt or biker unitard.

- The Harker P.E. shorts, or sweats are not options for dance.
- Students are not required to wear dance shoes.
- Hair should be pulled back off the face.

Specialty Dance Classes

K-8 Dance Director: Ms. Palmer, gail.palmer@harker.org

Specialty dance classes are offered Mon. thru Thursday 5:15-6:15 and Fri. 3:45-4:45 & 5:15-6:15. The specialty dance classes are offered to give grade 2-5 students the opportunity to explore different styles of dance and

work on their technique. Students need to be in a grade-level dance class to take the specialty dance classes. The specialty dance schedule will be emailed to the parents of grade level dancers the first week in September and the classes will start in mid-September. Registration for the specialty dance classes is done directly through Gail Palmer.

Dance Audition Group

Dance Fusion: Grade 4-6 girls and boys auditioned dance team

Director: Ms. Palmer, gail.palmer@harker.org

This audition dance group consists of skilled dancers who work together at a fast pace to learn and perform routines with high energy, precision, enthusiasm and engaging facial expressions. Ensemble members need to maintain good academic, and citizenship standing and must take classes in the Harker dance program. In addition to their weekly group rehearsals, all are required to: take an after-school dance class all year; take a specialty dance class from Sept.-Feb.; perform in the annual dance concert.

Auditions:

Audition registration is through google docs and the link will be emailed to all 4th & 5th grade students in mid-August. More information regarding auditions is on the form. Students must be registered by Wed., Aug. 24 to audition.

FUN WITH FABRICS

Grades 4-5 Costume Making Workshop

Instructor: Karoli Clever, KaroliC@staff.harker.org

Material fee: \$45

Would you like to design and create your own Halloween costume? Would you like to design and create your own costumes, plushies or accessories? Students will learn how to work with fabric and crafting materials to design and create various sewn pieces for themselves (or for a younger sibling or pet!). Participants will have the option to learn a variety of sewing and crafting techniques. They may learn to follow or even create a pattern, machine sew, hand sew, glue/tack fabric, etc. This class is appropriate for all experience and skill levels including those who already sew and those who have never tried it before. Students may take as many quarters as they wish. Quarter 1 will focus on Halloween costumes, however subsequent quarters will focus on other projects: **Q1:** Basics and Halloween costumes; **Q2:** Home decor, holiday gifts (pillows, bags, holiday decorations, etc.); **Q3:** Spring fashions and accessories; **Q4:** Summer fashions and accessories.

INSTRUMENTAL MUSIC PROGRAM

Director After-School Instrumental Music Program: Louis Hoffman, louis.hoffman@harker.org, 408.553.0544

The instrumental music program offers students a comprehensive year-long course of study in orchestra, ensembles and groups along with private one on one lessons with specialty teachers. Each group builds upon the skills learned from the prior group and will focus on following a conductor, rehearsal and performance and a general understanding of various styles and genres through exposure to a diverse range of repertoire.

The program runs Mondays through Fridays from 3:45-6:45 p.m. (Wednesdays start at 3:15 p.m.). We begin **Monday, Aug. 29** and conclude in May. Students may join at any time during the school year.

Our concert dates are:

Winter Concert: Thursday, Dec. 1 at 6 p.m. at the Bucknall Theater

Spring Assembly: Thursday, May 11 at 2 p.m. in the Bucknall Theater

Spring Concert: Thursday, May 11 at 6 p.m. at the Bucknall Theater

Tuition per quarter: Paid through student charges.

\$160 for groups & ensembles

\$340 for private lessons

\$480 for both private & group lessons

PRIVATE LESSONS

Tuition: \$340 per quarter

These are weekly 30-minute, year-long lessons that can be taken with a group, ensemble or orchestra.

Guaranteed 28 lessons per school year. Tuition is pro-rated if we fall below the 28-lesson guarantee. **There are no makeups or rescheduling of private lessons.**

We offer lessons on the following instruments:

Trumpet

Violin, viola, cello and double bass

Guitar (acoustic & electric), electric bass and ukulele

Clarinet, flute, recorder and saxophone



PRIVATE ZOOM LESSONS

Arrange directly with anyone of our music private teachers. Email louis.hoffman@harker.org for contact information.

\$42.50 for 30 minutes

\$63.75 for 45 minutes

\$85 for 60 minutes

GROUPS, ENSEMBLES AND ORCHESTRAS

Tuition: \$160 per quarter unless otherwise stated.

These are year-long courses, offered either with a private lesson or as a separate class.

Please note it is expected that any student in a group, ensemble or orchestra will be studying privately. Groups, ensembles and orchestras are not a substitute for private lessons.

Kindergarten Recorder Group

Wednesdays, 3:15-3:50 p.m. Recommended to all beginning students

Kindergarten Violin & Cello Group

Wednesdays, 3:15-3:50 p.m. Recommended to all beginning violin and cello students

Kindergarten Ukulele Group

Wednesdays, 3:15-3:50 p.m. Recommended to all beginning students

Beginning String Group (grades 1-5) (violin, viola & cello)

Fridays, 3:45-4:45 p.m. Recommended to violin, viola and cello students in their first year of playing.

Preparatory String Ensemble (grades 1-5) (violin, viola, cello & double bass)

Mondays, 3:45-4:45 p.m. Recommended to all string students in their second year of playing or by evaluation.

String Ensemble (grades 1-5) (violin, viola, cello & double bass)

Thursdays, 3:45-4:45 p.m. Recommended for intermediate level students who have successfully completed Preparatory String Ensemble or by evaluation.

String Orchestra (grades 1-5) (violin, viola, cello & double bass)

Cost: Once a year material fee of \$60. No additional charges.

Thursdays, 3:45-4:45 p.m. This performance group is for advanced students. Placement is by evaluation. *New students MUST contact Louis Hoffman to set up an evaluation.

Wind Ensemble (Gr 1-5) (clarinets, flutes, French horns, oboes, trombones, trumpets & saxophones)

Thursdays, 3:45-4:45 p.m. Recommended for all levels for students who would prefer a classical repertoire.

Jazz Ensemble/Jazz Combo (grades 1-5) (woodwinds, brass, drum/percussion, keyboards, electric guitar and bass)

Cost: Once a year material fee of \$60. No additional charges.

Mondays, 3:45-4:45 p.m. This performance group is for advanced students. Placement is by evaluation. *New students MUST contact Louis Hoffman to set up an evaluation.

Guitar/Bass/Ukulele Group (grades 1-5) Fridays, 3:45-4:45 p.m. Recommended for all levels. Acoustic guitar, ukulele and bass only.

PICNIC PLAYERS

Grade: 4

Instructor: Mrs. Dunn, danny.dunn@harker.org

Calling all grade 4 actors! Let's do a show!

The highlight of Harker Day is a full-scale performance in the beautiful Patil Theater in the Rothschild Performing Arts Center on the Saratoga campus. And fourth graders are the stars of the show! Share the stage with favorite teachers, staff and administrators in a theatrical comedy that pays tribute to our school. Don't miss this beloved Harker tradition!

Actors may choose to have a main speaking role, a small part, or a non-speaking role. Actors may also assist with the tech.

This class meets: Q1 only. Mondays 3:45-5:15 p.m.

Class will be rehearsal for the show so all classes are mandatory. Please do not schedule any appointments or conflicts during any class.

If you chose to have a main speaking role, there is a chance you may also need to have an extra rehearsal at lunch once or twice in the quarter.

Additional mandatory times required outside of class:

(All grade 4 will be singing a song in this show so they will be there anyway. Picnic Players is in addition to the song.)

Fri., Oct. 8, 1-3:30 p.m. Tech rehearsal

Sat., Oct. 7, 9 a.m.-3 p.m. Final rehearsal and the two performances in the Patil Theater on the upper school campus. (Showtimes TBD)

Note: Unfortunately, fourth graders in Dance Fusion may not also act.

TECHNICAL THEATER*

Grade 5 Technical Theater

Instructor: Mrs. Dunn, danny.dunn@harker.org

No fee

Students may take one to four quarters of Technical Theater, in which students learn and practice backstage skills. Examples include special effects makeup, power and hand tools, props, sound, lighting, ushering and stage combat. Students then put their skills to use by participating in a minimum of two crew calls during the academic year. These may include crewing live performances and/or attending scenic building days. (Crew opportunities will be available on the Tech Theater Schoology page.) The specific course content changes each quarter based on the needs and opportunities of the shows at the time.



ATHLETICS

2022-23 SEASONS

**Online sign-ups
will begin
Monday, Aug. 15**

The lower school program is structured to provide all interested students with an educational, enjoyable and appropriate experience. In order to accomplish these goals, we have created a structure that combines interscholastic opportunities for the most advanced students and a spirited and instructional intramural program for students who need to concentrate more on sport development.

Please refer to your LS/MS athletic handbook for more detailed after-school sports information.



FALL

Sept. - Mid-Oct.

Flag Football
Swimming
Girls Softball

EARLY WINTER

Mid-Oct. - Mid-Dec.

Boys Basketball
Girls Soccer

LATE WINTER

Early Jan. - Mid-March

Boys Soccer
Girls Basketball



SPRING

Mid-March - Mid-May

Baseball, Girls Volleyball,
Track meet

Interscholastic Lower School League- West Bay Athletic League (WBAL)

Castilleja School, The Girls' Middle School, Keys School, Nueva School, Pinewood School, Priory School, St. Joseph's Sacred Heart School, St. Matt's School, Woodland School, Highlands Christian, Redeemer Lutheran.

HOW TO SIGN UP

- Go to harkerafterschool.campbrainregistration.com or access the Parent Portal, Lower School tab, “After-School Sign Ups”, to register for classes that require sign-up. An informational email is sent by the BEST director prior to the opening of registration each quarter.
- Some classes are “drop-in” and require **NO** registration.
- Please refer to the quarterly Activity Schedule for class days, times, and fees (if applicable).

If you have any activity questions, please contact LSBESTReg@harker.org.

FOR ALL GRADES: CAMPUS CLOSES 6 P.M.

All students must be picked up by 6 p.m., as campus closes and BEST staff end their day at that time. After 6 p.m., students who are not picked up by the close of school will remain with the BEST staff in the grade 1-3 area or an adjacent classroom. A \$1 per minute late charge will be posted on the student’s account for extended care.

KINDERGARTEN AFTER-SCHOOL SCHEDULE

- 3:25 p.m.** Students are dismissed from class (3:10 on Wednesdays).
- Snack is distributed.
 - Students registered in classes for the afternoon are called to line up, and wait for their teacher to lead them to class.
 - Students not participating in a class that afternoon can play on the playground.
- 3:45 p.m.** After-school classes begin (3:30 on Wednesdays).
- A drop-in meeting is called. Students sit on the playground curb and choose between enrichment activities or free time on the playground. Over the next hour, students may move between the different activities.
- 5 p.m.** All classes and drop-in activities conclude by 5 p.m., and students return to the playground.
- Students help clean up the playground.
 - After clean-up, students resume play.
- 5:30 p.m.** Kindergarten students move over to the grade 1-3 area.
- Front Loading Zone closes, and all loading zone pickup is through Back Loading Zone.
- 6 p.m.** Campus closes.

GRADES 1-3 AFTER-SCHOOL SCHEDULE

- 3:30 p.m.** Students are dismissed from class (3:10 on Wednesdays).
- Snacks are distributed, and students may sit and eat or play on the blacktop.
- 3:40 p.m.** A whistle blows and an announcement is made for the start of activities. Students line up for their after-school classes, or choose a drop-in activity.
- Rosters for after-school classes are posted on class signs each day.
 - If unsure of their after-school schedule, students are encouraged to ask BEST staff for help.
 - All students are required to be in a supervised activity or location at all times.
 - All students are required to be in a supervised activity or location at all times after school.
- 3:45 p.m.** After-school classes and activities begin (3:30 p.m. on Wednesdays).
- 5 p.m.** All classes and drop-in activities conclude with the exception of a few classes that end at 5:15 p.m., and students return to the grade 1-3 area.
- 5:30 p.m.** Front Loading Zone closes, and all loading zone pickup is through the Back Loading Zone.
- Kindergarten students join the grade 1-3 area.
- 5:45 p.m.** Students gather their belongings and help to clean up.
- 6 p.m.** Campus closes.

GRADES 4-5 AFTER-SCHOOL SCHEDULE

- 3:30 p.m.** Students are dismissed from class.
- Snacks are distributed, and students may sit and eat, or play on the blacktop/playground.
- 3:40 p.m.** An announcement is made for the start of activities and grade 4-5 students report to their after-school classes on their own.
- Schedules are posted in the grade 4-5 area.
 - Students without registered classes may choose to join drop-in activities (i.e., library, drop-in art, 10th period).
 - All students are required to be in a supervised activity or location at all times after school.
- 3:45 p.m.** After-school classes and activities begin (3:30 on Wednesdays).
- 5:00 p.m.** Most classes and drop-in activities conclude by 5 p.m.
- Students return to the grade 4-5 area and gather their belongings, and help to clean up.
- 5:30 p.m.** Front Loading Zone closes, and all loading zone pick-up is through the Back Loading Zone.
- 5:45 p.m.** Remaining students join the grade 1-3 area
- 6 p.m.** Campus closes

DISMISSAL INFORMATION

Parents may use the loading zone or park and walk to the gate to pick up their child after school.

Parents must always have their placard, whether in the loading zone or on campus, to show authorization for student pickup. BEST staff will scan the QR code on the placard to notify supervisors that a student is being dismissed.

K-2 students must always check out with a BEST staff member prior to leaving campus.

When leaving the campus, K-3 students must be walked to their cars by an adult.

Grade 4-5 students may walk themselves to the car, so long as they do not need to cross over traffic to get to their car.

To make pickup time quicker and easier, please know your child's after-school schedule.

LOADING ZONES

- Front Loading Zone: Grades K, 4, 5

- Back Loading Zone: Grades 1, 2, 3

*For siblings or carpools, use youngest student's loading zone assignment.

Please follow traffic guidelines and the directions from BEST and security staff while using the loading zones.



HARKER[®]
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Lower School

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