



SELA: The International Private School

Extracurricular Activities

2022-2023

# General Information

SELA: The International Private School takes great pride in offering Extracurricular activities and that allow students to showcase and practice a wide range of different skills. Extracurricular activities are available to students in Elementary School K-6 as well as in the JuniorK.

## Who to Contact

Alexandra Perry: Director of Admissions

[Admissions@suescuela.com](mailto:Admissions@suescuela.com) ; 781-741-5454 ext. 603

Please contact Alex with any questions regarding registration for programs.

Constanza Paredes: AfterSchool & Extracurricular Activities Coordinator

[Afterschool@suescuela.com](mailto:Afterschool@suescuela.com) ; 781-741-5454 ext.606

Coni is happy to be the main contact for families once registered for the program. She will be keeping families updated on any class updates and/or changes throughout the year. Please feel free to reach out to her with any questions you may have about the Extracurricular Activities.

## Instructors

Extracurricular Activities are hosted by SELA teachers, or by local industry professionals contracted by SELA.

## Cancellation Policy

1. Due to any weather cancellations, programs could be scheduled for a make-up class that extends beyond the original end date, or at an indoor location. No refunds or credits will be given for those unable to attend make-up dates.
2. In the event that the instructor is unable to attend a class, parents will be notified by the school as soon as possible. Students will need to be picked up at their regularly scheduled time. A make-up class will be offered, but it may be on a separate day.

## How to Register

Registration for all programs is included at the end of this packet. Please print your registration form and submit to the admissions department. Payments are accepted via check or may be billed through TADS.

## Media Release

By registering for Extracurricular Activities at SELA, I am giving permission for the instructor of this class and/or SELA to take photos and/or videos of my child during class to be used for marketing and promotional materials.

## Class Locations

Most of SELA's Extracurricular activities take place here at SELA in one of our Elementary Classrooms on the 2<sup>nd</sup> floor. Some Programs may be held offsite at a location more appropriate for the type of activity. For JrK students registering for a class held in an elementary classroom, a specific consent form will be provided.

## Weekly Extracurricular Activities Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
Jr & K	Art	Ukulele	Yoga	Science	
1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup>		Science	Art (Oct-Feb)	Guitar	
K - 4 <sup>th</sup>	Robotics		*Play Practice (March - May)		
JrK - 4 <sup>th</sup>		Tennis			

For more information or to enroll, contact Alex at [admissions@suescuela.com](mailto:admissions@suescuela.com) or call 781.741.5454!

# STEM: Science, Technology, Engineering, and Mathematics

*Robotics, Science Club, and Math League*

## Science Club

SELA's Elementary Science Teachers, Ms Nicole & Mr Leo, are excited to share their passion for science with students through Science club!

Science Club offers a variety of interactive, hands-on inquiry base and fun activities related to Biology, Chemistry and Physics areas, and will give students an introduction to the scientific method and help them to build confidence to further conduct investigations and research by early experiencing the use of Science Lab equipment

**Cost:** \$280

**Language:** Spanish

**Location:** SELA Elementary Science Lab

**Instructors:** SELA Science Teachers Leo Carvajal & Nicole Yanez

### Schedules:

**Grades JrK & K: Thursdays 3:15-4:15**

**Max # of students:** 10

**Session 1:** Oct 6, 13, 20, 27; Nov 3, 10, 17, Dec 1, 8, 15; Jan 5, 12, 19

**Session 2:** Feb 9, 16; March 2, 9, 16, 23, 30; April 6, 13, 27; May 4, 11, 18

**Grades 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>: Tuesdays 3:15-4:15**

**Max # of students:** 15

**Session 1:** Oct 4, 11, 18, 25; Nov 1, 8, 15, 22, 29; Dec 6, 13, 20; Jan 10

**Session 2:** Jan 31, Feb 7, 14, 28; March 7, 14, 21, 28; April 4, 25; May 2, 9, 16

\*Registration included at end of brochure

## Robotics Club

### Hands-on STEM! (Robotics, coding, and electronics)

John Giarrantana, owner and founder of STEM Cell Robotics brings his fun and interactive robotics program to SELA for a fourth year!

We have combined all of our most popular technology workshops into two 10 week sessions. Kids will have fun building and programming robots, working with electronics, and coding video games! Each week a new exciting technology will be explored applying core math and physics concepts from the classroom. The kids video games will be shared and available to be showed off and played online at home. Lego robotics, Root robots (from iRobot), Mbots, Adafruit circuit playgrounds, and Microsoft MakeCode will be used in the workshop. Sessions 1 and 2 will have different projects, session 1 is not a requirement for session 2.

**Ages:** Grades K, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>

**Schedule:** Mondays 3:15-4:15

**Cost:** \$400 per session

**Language of Instruction:** English

**Location:** Elementary Classroom #5

**Instructor:** John Giarrantana

**Max # of students:** 15

**Session 1:** Oct 3, 17, 24; Nov 7, 14, 21, 28; Dec 5, 12, 19; Jan 9, 23

**Session 2:** Feb 13, 27; March 6, 13, 20, 27; April 3, 10, 24; May 1, 8, 15

\*Registration included at end of brochure

For more information or to enroll, contact Alex at [admissions@suescuela.com](mailto:admissions@suescuela.com) or call 781.741.5454!

# Culture & The Arts

*Art Club, Music Lessons, and Theater*

## ART Program



## Music Lessons



Run by SELA's Art Teacher, Mr. Jose Luis students will be fully immersed in the Spanish language, while bringing our students closer to basic concepts of art. From the perspectival level, to early motor development, the program seeks to awaken artistic expression and sensitivity.

**Location:** SELA Elementary Art Classroom

**Language of Instruction:** Spanish

**Instructor:** Jose Luis

**Max # of students per class:** 10

### Schedules:

**Grades JrK & K: Mondays 3:15-4:15**

**Cost:** \$200 per session

**Session 1:** Oct 3, 17, 24; Nov 7, 14, 21, 28; Dec 5, 12, 19; Jan 9, 23

**Session 2:** Feb 13, 27; March 6, 13, 20, 27; April 3, 10, 24; May 1, 8, 15

**Grades 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>: Wednesdays 3:15-4:15**

**Cost:** \$280

**Session 1:** Oct 5, 12, 19, 26; Nov 2, 9, 16, 30; Dec 7, 14; Jan 4, 11, 18, 25

\*No Session 2 as School Play Preparations begin

\*Registration included at end of brochure

Travis Nelson is a Board Certified Music Therapist. He studied Music Therapy at Berklee School of Music, and completed his internship at the Worcester Recovery Center and Hospital in 2019.

After completing his internship Travis worked for the Department of Mental Health providing music therapy services for clients in the Boston area. In January of 2022 Travis became a member of SSC's Creative Arts Therapy team and Jazz/Rock/Pop and World department. Learn more about Travis [HERE](#).

**Cost:** \$273 per session

**Language of Instruction:** English

**Location:** SELA Elementary Classroom #1

**Instructor:** Travis Nelson

**Max # of students per class:** 10

**Required Materials to be supplied by Parents:**

**UKULELE:** [Book](#) & [Example ukulele](#)

**GUITAR:** [Book](#) & [example 1](#), [example 2](#), [example 3](#)

### Schedules:

**Grades 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>: Thursdays 3:15-4:15 Guitar**

**Session 1:** Oct 6, 13, 20, 27; Nov 3, 10, 17, Dec 1, 8, 15; Jan 5, 12, 19

**Session 2:** Feb 9, 16; March 2, 9, 16, 23, 30; April 6, 13, 27; May 4, 11, 18

**Grades JrK & K: Tuesdays 3:15-4:15 Ukulele**

**Session 1:** Oct 4, 11, 18, 25; Nov 1, 8, 15, 22, 29; Dec 6, 13, 20; Jan 10

**Session 2:** Jan 31, Feb 7, 14, 28; March 7, 14, 21, 28; April 4, 25; May 2, 9, 16

\*Registration included at end of brochure



## Theater

SELA students all participate in the theater and music program throughout the school year. Students have several large performances during the school year such as Hingham's Christmas in the Square & Chinese New Year, and the culmination event of the "Year End Performance."

For all Elementary students (grades K-6), "Year End Performance" auditions being in January, practices begin in February, and the Performance is in May. For all EGE students, practices occur during class times and the Performance is in June.

**Ages:** All students at SELA

**Cost:** free!

**Language of Instruction:** Spanish & Mandarin

No Registration Required as all students participate!

For more information or to enroll, contact Alex at [admissions@suescuola.com](mailto:admissions@suescuola.com) or call 781.741.5454!

# Athletics and Mindfulness

## Yoga & Tennis



### Spanish Cardio-Tennis

Expose your child to a game she/he/they can grow old with, while having loads of fun!

At SELA's cardio-tennis your child will be introduced to the basics of tennis, including strokes, form, and footwork through a wide variety of tennis related games and drills, and enhance their Spanish language skills.

Classes are offered by Molly Meyers, an experienced tennis instructor who is also fluent in Spanish. She has been teaching for 5 years and played tennis at the collegiate level. She loves children and provides a fun environment for your child. Her goal is to spark an interest in tennis through fun games, a few drills and exercise. There might even be a little salsa music in the background.

Parents are responsible for transporting their child from SELA to the courts at Legion Field in Weymouth (7 miles from SELA), and for supplying a racket (example below).

**Ages:** Grades JrK, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>

**Schedule:** Tuesdays 4:45-5:45pm

**Cost:** \$170 per session

**Location:** Off-site at legion field in Weymouth. Commercial Street & Middle Street

**Language of Instruction:** Spanish

**Instructor:** Molly Meyers

**Min # of students to run program:** 4

**Session 1:** Oct 4, 11, 18, 25 ; Nov 1, 8, 15

**Session 2:** March 28; April 4, 25 ; May 2, 9, 16, 23

**Required Materials:** Racquet [HERE](#) (example)

\*Registration included at end of brochure



Kathleen E. Dunn is a certified teacher pre-K through grade eight, and an advocate with the Federation for Children with Special Needs. In 2008 Kathy founded kedkids.com to support children and families academically, socially and emotionally. She then added kids and chair yoga to her services. In 2012 Kathy completed her 200 hour yoga teacher training at Open Doors and primarily instructs seniors and children. kedkids' unique combination of yoga, creative expression, and mindfulness is a gift that will continue to enrich your children throughout their lives. Included in each class is a short story to promote self-esteem and awareness of feelings with a fun follow up activity. The classes strive to develop strong, limber, healthy bodies; Increase focus, concentration and attention span; and Cultivate self-esteem and a sense of achievement

**Ages:** Grades JrK & Kindergarten

**Schedule:** Wednesdays 3:15-4:15

**Cost:** \$130 per session

**Location:** SELA EGE Gym

**Language of Instruction:** English

**Instructor:** Kathy Dunn

**Max # of students:** 10

**Session 1:** Oct 5, 12, 19, 26; Nov 2, 9, 16, 30; Dec 7, 14; Jan 4, 11, 18

**Session 2:** Feb 8, 15; March 1, 8, 15, 22, 29; April 5, 12, 26; May 3, 10, 17

\*Registration included at end of brochure

For more information or to enroll, contact Alex at [admissions@suescuola.com](mailto:admissions@suescuola.com) or call 781.741.5454!



## 2022– 2023 YOGA CLASS REGISTRATION FORM

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### Student Information

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Last Name	First	Grade	DOB
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Allergies, Medical Conditions, etc.

**Media Release:** By registering for the Yoga Class at SELA, I am giving permission for the instructor of this class and SELA to take photos and/or videos of my child to be used for marketing and promotional materials.

### Primary Parent

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Last Name	First	Home Phone	Cell Phone
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Email

### Yoga Class for 2022-2023

Please select which session(s) you are registering for:

#### Grades JrK & K

Wednesdays 3:15-4:15

13 classes per session

\$130 per session

- Session 1 Oct 5, 12, 19, 26; Nov 2, 9, 16, 30; Dec 7, 14; Jan 4, 11, 18
- Session 2 Feb 8, 15; March 1, 8, 15, 22, 29; April 5, 12, 26; May 3, 10, 17

For payment, you have the option to send in a check for the full amount, or to be billed through the TADS program.

◊ Bill me through TADS \*for current SELA students only

◊ Check enclosed # \_\_\_\_\_ Amount \$ \_\_\_\_\_



## 2022– 2023 TENNIS CLASS REGISTRATION FORM

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### Student Information

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Last Name	First	Grade	DOB
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Allergies, Medical Conditions, etc.

**Media Release:** By registering for the Tennis Class at SELA, I am giving permission for the instructor of this class and SELA to take photos and/or videos of my child to be used for marketing and promotional materials.

### Primary Parent

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Last Name	First	Home Phone	Cell Phone
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Email

### Tennis Class for 2022-2023

Please select which session(s) you are registering for:

Grades Jrk, K, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>

Tuesdays 4:45-5:45

7 classes per session

\$170 per session

Off-site at legion field in Weymouth. Commercial Street & Middle Street

- Session 1 Oct 4, 11, 18, 25 ; Nov 1, 8, 15
- Session 2 March 28; April 4, 25 ; May 2, 9, 16, 23

For payment, you have the option to send in a check for the full amount, or to be billed through the TADS program.

◇ Bill me through TADS \*for current SELA students only

◇ Check enclosed # \_\_\_\_\_ Amount \$ \_\_\_\_\_



## 2022– 2023 SCIENCE CLUB REGISTRATION FORM

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### Student Information

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Last Name	First	Grade	DOB
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Allergies, Medical Conditions, etc.

**Media Release:** By registering for the Science Club at SELA, I am giving permission for the instructor of this class and SELA to take photos and/or videos of my child to be used for marketing and promotional materials.

### Primary Parent

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Last Name	First	Home Phone	Cell Phone
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Email

### Science Club for 2022-2023

Please select which session(s) you are registering for:

#### Grades JrK & K

Thursdays 3:15-4:15

13 classes per session

\$280 per session

- Session 1 Oct 6, 13, 20, 27; Nov 3, 10, 17, Dec 1, 8, 15; Jan 5, 12, 19
- Session 2 Feb 9, 16; March 2, 9, 16, 23, 30; April 6, 13, 27; May 4, 11, 18

#### Grades 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>

Tuesdays 3:15-4:15

13 classes

\$280 per session

- Session 1 Oct 4, 11, 18, 25; Nov 1, 8, 15, 22, 29; Dec 6, 13, 20; Jan 10
- Session 2 Jan 31, Feb 7, 14, 28; March 7, 14, 21, 28; April 4, 25; May 2, 9, 16

For payment, you have the option to send in a check for the full amount, or to be billed through the TADS program.

◇ Bill me through TADS \*for current SELA students only

◇ Check enclosed # \_\_\_\_\_ Amount \$ \_\_\_\_\_





## 2022– 2023 ROBOTICS PROGRAM REGISTRATION FORM

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### Student Information

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Last Name	First	Grade	DOB
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Allergies, Medical Conditions, etc.

**Media Release:** By registering for the Robotics Program at SELA, I am giving permission for the instructor of this class and SELA to take photos and/or videos of my child to be used for marketing and promotional materials.

### Primary Parent

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Last Name	First	Home Phone	Cell Phone
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Email

### Robotics Program for 2022-2023

Please select which session(s) you are registering for:

Grades K, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>

Mondays 3:15-4:15

12 classes per session

\$400 per session

- Session 1 Oct 3, 17, 24; Nov 7, 14, 21, 28; Dec 5, 12, 19; Jan 9, 23
- Session 2 Feb 13, 27; March 6, 13, 20, 27; April 3, 10, 24; May 1, 8, 15

For payment, you have the option to send in a check for the full amount, or to be billed through the TADS program.

◇ Bill me through TADS \*for current SELA students only

◇ Check enclosed # \_\_\_\_\_ Amount \$ \_\_\_\_\_



## 2022– 2023 MUSIC LESSONS REGISTRATION FORM

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### Student Information

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Last Name	First	Grade	DOB
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Allergies, Medical Conditions, etc.

**Media Release:** By registering for Music Lessons at SELA, I am giving permission for the instructor of this class and SELA to take photos and/or videos of my child to be used for marketing and promotional materials.

### Primary Parent

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Last Name	First	Home Phone	Cell Phone
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Email

### Music Lessons for 2022-2023

Please select which session(s) you are registering for:

#### Grades Jrk & K Ukulele

Tuesdays 3:15-4:15

Cost: \$273

- Session 1 Oct 4, 11, 18, 25; Nov 1, 8, 15, 22, 29; Dec 6, 13, 20; Jan 10
- Session 2 Jan 31, Feb 7, 14, 28; March 7, 14, 21, 28; April 4, 25; May 2, 9, 16

#### Grades 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> Guitar

Thursdays 3:15-4:15

Cost: \$273

- Session 1 Oct 6, 13, 20, 27; Nov 3, 10, 17, Dec 1, 8, 15; Jan 5, 12, 19
- Session 2 Feb 9, 16; March 2, 9, 16, 23, 30; April 6, 13, 27; May 4, 11, 18

For payment, you have the option to send in a check for the full amount, or to be billed through the TADS program.

◇ Bill me through TADS \*for current SELA students only

◇ Check enclosed # \_\_\_\_\_ Amount \$ \_\_\_\_\_



## 2022– 2023 ART PROGRAM REGISTRATION FORM

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### Student Information

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Last Name	First	Grade	DOB
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Allergies, Medical Conditions, etc.

**Media Release:** By registering for the Art Program at SELA, I am giving permission for the instructor of this class and SELA to take photos and/or videos of my child to be used for marketing and promotional materials.

### Primary Parent

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Last Name	First	Home Phone	Cell Phone
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Email

### Art Program for 2022-2023

Please select which session(s) you are registering for:

#### Grades Jrk & K

Mondays 3:15-4:15

12 classes per session

\$200 per session

- Session 1 Oct 3, 17, 24; Nov 7, 14, 21, 28; Dec 5, 12, 19; Jan 9, 23
- Session 2 Feb 13, 27; March 6, 13, 20, 27; April 3, 10, 24; May 1, 8, 15

#### Grades 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>

Wednesdays 3:15-4:15

14 classes

\$280 per session

\*No Session 2 as School Play Preparations begin

- Session 1 Oct 5, 12, 19, 26; Nov 2, 9, 16, 30; Dec 7, 14; Jan 4, 11, 18, 25

For payment, you have the option to send in a check for the full amount, or to be billed through the TADS program.

◇ Bill me through TADS \*for current SELA students only

◇ Check enclosed # \_\_\_\_\_ Amount \$ \_\_\_\_\_