

Fall 2023

# Enrichment Seminar Program

Courses for students in grades 3-5  
Brought to you by the  
Catskill Area School Study Council

Website: [www.oncboces.org/Enrichmentseminarprogramsandforms](http://www.oncboces.org/Enrichmentseminarprogramsandforms)

Facebook Page: Catskill Area School Study Council



**CASSC Staff**

Suzanne Swantak-Furman,  
CASSC Executive Coordinator  
Carolyn Leon-Palm,  
CASSC Assistant Coordinator





# Information for Students Parents & Guardians CASSC Fall 2023 Enrichment Seminar Program

**DATES:** Seminar classes take place on four consecutive Saturdays - October 14, 21, 28, and Nov. 4, 2023.

**TIMES:** 9:00 am – 11:30 pm. Students are not permitted to arrive before 8:45am.

**COST:** \$68.00 per 4-week seminar. Registration and payment are managed through your child school district. A limited amount of partial scholarships may be available. Please speak to your school contact for information asap as funding is limited.

**REGISTRATION:** Contact your guidance office directly for details on how to register your student. The attached forms must be submitted to your district for registration. Registrations are **NOT** accepted directly from parents, and the local school board policy applies. **All registrations are considered final as of the end of the registration period.** Hiring of instructors is based on registrations. All students are enrolled with the approval of their respective school districts.

**REGISTRATION DEADLINE:** **Tuesday, September 26, 2023**

**ENROLLMENT:** Enrollment is based on a first-come-first-served basis. If the first seminar choice is filled or canceled, students will be placed in their second or third choice if they listed an alternate choice. **Only list courses that the student is interested in taking.** Completed (Individual) Student Information Sheets and Standard Release Forms must accompany the registration; students will not be registered without these forms.

**CLASS FORMAT:** All classes are offered in-person.

**HEALTH & SAFETY PROTOCOL:** Students experiencing illness should stay home.

**LOCATION:** Human Ecology Building serves at the drop-off. Classrooms are used at a variety of locations on the SUNY Oneonta campus. Details will be provided in your confirmation packet once registered

**ARRIVAL/DEPARTURE:** Transportation is **NOT** provided by the Catskill Area School Study Council. Transportation is provided by parents or school districts. Students who arrive on their district's bus will be returned home on that bus unless a note is presented to the Program Coordinator or the instructor at the morning meeting in the Human Ecology building. Students dropped off and picked up by parent/guardian are not permitted to arrive before 8:45AM, and are expected to be picked up **in Human Ecology at 11:30.** (For safety reasons, students are not allowed to meet parents / guardian anywhere else on campus)

**QUESTIONS?** Call your school or *The Catskill Area School Study Council* at (607) 436-2533 or email Carolyn Leon-Palm at [cpalm@oncbores.org](mailto:cpalm@oncbores.org)

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# **ENRICHMENT SEMINAR PROGRAM OFFERINGS**

**THESE ARE FOUR-WEEK CLASSES: Oct. 14, 21, 28, Nov. 4**

**COST: \$68.00**

## **#1 Science and the World Around You**

**Grades 3-5**

**Class Limit – 12**



Discover how science is everywhere in the world around you! Students will explore the different fields of science, ranging from biology, chemistry, physics, and earth science, and see how they apply to the real world. “Science and the World around you” will be full of fun experiments with items that can be found in your everyday life. Come make exciting new discoveries about science!

## **#2 Fun with Our Environment**

**Grades 3-5**

**Class Limit – 12**



This class will provide students with the opportunity to learn about our earth and all its wonders! (the ocean, forests, clouds, and more.) while engaging in fun activities such as arts and crafts projects and hands on projects, as well as outdoor learning! Be ready to get messy and have lots of fun!

## **#3 Discover your Superpower: Yoga and Mindfulness**

**Grades 3-5**

**Class Limit - 12**



Become your own superhero by finding your inner zen in the Yoga and Mindfulness course! Through a series of art activities-including glitter jars, stress balls, and affirmation mirrors, students will learn ways to tap into the power of self-awareness. By learning creative breathing exercises (birthday cake breath, volcano breath, flower breath, and more), yoga poses, (cat, cow, dog, cobra, pigeon, tree and more) and practicing guided relaxation, students will build a repertoire of life-long, social-emotional coping skills to manage the busyness of life! They will gain a deeper

understanding of the strengths they possess, their senses and emotions and their place in the world around them. In an active and thoughtful way, students will tap into the powers that come from within and build a portfolio of healthy habits to heroically share with their friends and family!

## **# 4 Painting and Mixed Media Arts:**

**Grades 3-5**

**Class Limit – 12**



Have you ever wanted to explore other forms of art besides traditional drawing? Then this program is for you! Join us as we explore using different art mediums and combining them in unique ways through a variety of art projects. Mixed media can include but is not limited to painting, crafts, and clay. At the end of the session family is invited to join and tour our very own museum!

## **# 5 Introduction to Dance**

**Grades 3-5**

**Class Limit – 12**



Welcome to the world of dance! This class is geared towards students of any skill level in grades 3-5. In this class, students will be introduced to beginners’ ballet, hip-hop, and jazz. The goal of this class is to practice balance, flexibility, coordination, and become familiarized with the basic dance terms and techniques. By the final class, students will be able to showcase three small routines!

**Note: participants should wear appropriate clothing for exercising.**

## #6 Introduction to Drama

Grades 3-5

Class Limit - 12



This course is a basic introduction to drama. Activities will include acting, fun and interactive activities surrounding drama for beginners. Introduction to Drama will allow young students who are interested in drama to learn the basic skills, tips and tricks through games and performances.

## #7 Española Para Niño's

Grades 3-5

Class Limit – 12



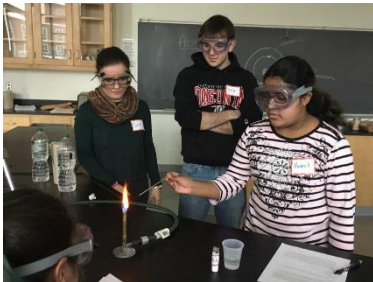
(Spanish for Kids) Students will learn basic conversational skills and vocabulary. They will engage in activities that correspond with each unit. With each class comes our “no English time”. Through actions and repetition, students will learn the words introduced to them. As a class, we will read about Spanish cultures and holidays. Both new and experienced Spanish speakers are welcome. Be ready to craft, sing, learn and have fun!

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Do you have other Children? Check out our seminars for Middle School and High School Students by calling our office at 436-2533 or visiting our website [www.oncbores.org/EnrichmentSeminarProgramandForms](http://www.oncbores.org/EnrichmentSeminarProgramandForms) if you would like more information or to register your child.

## Grades 6-8

Intro to Dance, Film Studies, Science Seminar, Sculpture and 3D Art, Babysitting Training, Intro to Drama!



## Grades 10-12: “Virtual” SAT Prep Course!

achieve  
more

SAT

Parents, please note we offer an on-line SAT preparation course in the fall and spring. This course six-week course is for students in grades 10-12.

# Catskill Area School Study Council

## Student Information Form

Student's Name: \_\_\_\_\_

(first) (last)

Student's Age: \_\_\_\_\_ Current Grade: \_\_\_\_\_

School District: \_\_\_\_\_ Building (if district has more than one) \_\_\_\_\_

**Course Choices in order of preference (please list courses by *title*).** Note that if you list a second or third choice, you are agreeing to accept and pay for a place in that class if your first choice is unavailable.

First Choice: \_\_\_\_\_

Second Choice: \_\_\_\_\_

Third Choice: \_\_\_\_\_

Home Address: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_ *Important\*\** Parent email: \_\_\_\_\_

**Emergency Information**

Parent Phone: \_\_\_\_\_

*For your child's safety, please complete the following information accurately:*

**Emergency Contact:**

Please list another person *who can be contacted on Saturday mornings*, in case the parent/guardian named above cannot be reached:

Name: \_\_\_\_\_ Phone #: Cell \_\_\_\_\_ or Home \_\_\_\_\_  
(first) (last)

Relationship to student: \_\_\_\_\_

**Medical/Health & Safety** Please indicate any pertinent information related to the health and safety of the student named above (allergies, special medication, physical limitations, etc.):

**Special Conditions/Circumstances** Please provide information on any other special conditions, circumstances or considerations of which the staff should be aware in order to ensure your child's well-being in our classes (behavioral or custodial issues, IEP's, 504's, etc.):

\_\_\_\_\_  
**SIGNATURE OF PARENT OR GUARDIAN**

\_\_\_\_\_  
**DATE**

**PLEASE NOTE:** The student named above will not be registered in a seminar class until this form has been completed by a parent/guardian and submitted to CASSC by the school district at time of registration. Please complete the STANDARD RELEASE FORM. (The release is required for all classes except SAT Prep)

# Catskill Area School Study Council

## Standard Release Form

The Catskill Area School Study Council requests your permission to photograph your child participating in or observing the Enrichment Seminar Program. Per ONC BOCES policy, these photographs and/or recordings may be used in ONC BOCES and CASSC literature, and on the ONC BOCES website and Facebook page, to promote the Study Council's offerings.

If you **DO NOT** give permission for your child to be photographed for these purposes, please check the "NO" line, and we will ensure that your child is not included in the photographs and/or recordings that are taken. Whether or not you are granting this permission, a completed form must still be submitted to the Study Council.

If you have any questions, please call the Study Council at 607-436-2533.

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Please indicate by checking yes or no below, whether or not you give permission to Otsego Northern Catskill BOCES, Grand Gorge, New York, its agents, successors, assigns, clients and purchasers of its services and/or products, to use your child's photograph, (whether still, motion or television) and/or recordings of your child's voice, and your child's name, in any legal manner whatsoever.

If you indicate no, the Study Council will not include your child in photographs or recordings.

By indicating yes, you also hereby give the Catskill Area School Study Council permission to release information relating to your child's attendance and participation in this program.

**YES** \_\_\_\_\_ **NO** \_\_\_\_\_

Student's Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Address: \_\_\_\_\_

City, State and Zip Code: \_\_\_\_\_

Phone #: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian E-mail Address: \_\_\_\_\_