



ST. PAUL'S EPISCOPAL PRESCHOOL

News and Events Update



To: Preschool Parents and Staff

From: Mrs. Gabra, Director

Date: April 14, 2015

Subject: New Program – UGOT Active Kids, Thursdays April 23



Dear Parents,

I am pleased to announce that we have included in our curriculum UGOT Active Kids every Thursday 9:45 to 11am beginning April 23.

UGOT Active Kids was founded in 2008 to address the health and welfare of children through programs that encourage activity and support the concepts of peer interaction, confident behavior and creativity. Multiple types of programs are offered to pre-school and elementary school children. The programs are flexible and are designed to work seamlessly within the school educational framework.

The company's programs focus on movement and physical exercise through various art forms and disciplines: dance, yoga, music, rope skipping and more. UGOT Active Kids instructors are integrated into schools and childcare facilities to work with students in an encouraging supportive manner, helping children become the best they can be.

Goals:

- Help children build social and transferable skills
- Help children build confidence, make friends and develop relationships
- Teach children to follow directions, work within a team and encourage others
- Inspire creativity and self-expression
- Promote active, nutritious and fit living.

The company's mission is accomplished through its inclusive proprietary dance, yoga, music and other activities all of which are designed to promote healthy lifestyles and address the problems associated with the lack of physical activity among children today. The company's programs embrace physical activity, personal engagement and the emotional health of children in safe, nurturing and familiar surroundings.

Instructors:

UGOT Active Kids employs more than 100 instructors who specialize in multiple core disciplines, including dance, music, yoga, jump rope, magic and other courses designed to help children become more active, have fun and develop self-confidence and skills.

UGOT instructors are pre-eminent in their fields of instruction, many with impressive credentials including film, stage and television credits, international competition awards. In addition to their talent – the instructors are selected for extensive teaching experience and their ability to relate to young students. All instructors are carefully screened and trained prior to assignment. Every instructor must complete a police reference check before being assigned to a program.