

# WFES PTA FALL 2018

## Before & After School Activities



TO REGISTER, Go to [WFESPTA.ORG](http://WFESPTA.ORG).

- Click on 'Student Activities' located on the left side of the page.
- Click on the program you are interested in to see the full flyer, which will provide additional program information and registration directions.

### QUESTIONS OR NEED HELP?

Contact the WFES contact person for that program

## MONDAY

**SPORTS SPECTACULAR:** Each week students will get instruction and play a different sport or game including: basketball, soccer, kickball, capture the flag, tag games and MORE! Presented by Overtime Athletics.

WHO: **Grades K-2** (Class size limited to first 30 students)  
WHEN: Starts September 24 – November 26. No class on 10/8, 11/5.  
TIME: 3:30 – 4:30  
COST: \$100 for 8 sessions (A portion is donated to the PTA.)  
QUESTIONS: WFES contact: Vicki Mansuy, [vlindros@gmail.com](mailto:vlindros@gmail.com) or 301-502-5468

**GO TIME:** GOtime's exclusive game-play format features a variety of sports (Basketball, Soccer, Flag Football, etc.) and will be structured as a REAL GAME from start to finish. The organized scrimmage every week will give players the opportunity to test new skills and get more comfortable in game situations. Presented by Overtime Athletics.

WHO: **Grades 3-6** (Class size limited to first 30 students)  
WHEN: Starts September 24 – November 26. No class on 10/8, 11/5.  
TIME: 3:30 – 4:30  
COST: \$100 for 8 sessions (A portion is donated to the PTA.)  
QUESTIONS: WFES contact: Vicki Mansuy, [vlindros@gmail.com](mailto:vlindros@gmail.com) or 301-502-5468

**SPANISH LANGUAGE CLASS:** The goal of the Global Plus program, a program offered through Fairfax County Public Schools, is to foster a foreign language advantage by offering high quality language classes to elementary students, after school. Global Plus students will establish a strong foundation in language learning, that will give them an edge as they enter middle school and beyond.

WHO: Grades 1-3  
WHEN: Starts October 15 - December 10. No class on 11/5.  
TIME: 3:45 - 4:45 (Coordinator will take children to their language class, located in WFES, after school)  
COST: \$155 for 8 sessions (If you sign up before October 5th, you will receive an \$8 discount on the cost of tuition)  
QUESTIONS: WFES contact: Jeanelle Mehta, [jeanellemehta@gmail.com](mailto:jeanellemehta@gmail.com) or 610-585-0792

## **MONDAY, cont.**

**FRENCH LANGUAGE CLASS:** The goal of the Global Plus program, a program offered through Fairfax County Public Schools, is to foster a foreign language advantage by offering high quality language classes to elementary students, after school. Global Plus students will establish a strong foundation in language learning, that will give them an edge as they enter middle school and beyond.

WHO: **Grades 4-6**  
WHEN: Starts October 15 - December 10. No class on 11/5.  
TIME: 3:45 - 4:45 (Coordinator will take children to their language class, located in WFES, after school)  
COST: \$155 for 8 sessions (If you sign up before October 5th, you will receive an \$8 discount on the cost of tuition)  
QUESTIONS: WFES contact: Jeanelle Mehta, [jeanellemehta@gmail.com](mailto:jeanellemehta@gmail.com) or 610-585-0792

## **TUESDAY**

**GIRLS ON THE RUN:** Practice combines an innovative and fun curriculum designed exclusively for pre-teen girls. The goal of the program is to encourage positive emotional, social, mental and physical development. The season culminates in a 5K run on DECEMBER 1<sup>st</sup> or 2<sup>nd</sup> (TBD).

WHO: **Grades 3-6**  
WHEN: **Tuesday and Thursday MORNINGS** Starts Sept. 25 – Dec. 7  
TIME: 7 – 8:30AM  
COST: \$175 for 10 week curriculum  
QUESTIONS: WFES Contact: Sheryl Arenholz, [thearenholzfamily@gmail.com](mailto:thearenholzfamily@gmail.com)

**RUNFIT KIDZ RUN CLUB:** Certified Professional Coaching provided instructions on running mechanics, strength training, nutrition, pacing and goal setting. Participants build self-esteem, confidence and determination. Fee includes a 5k on Saturday, November 17.

WHO: **Grades 2-6** (if you have an interested 1<sup>st</sup> grader, contact Corky Sturtevant [corky@runfitkidz.com](mailto:corky@runfitkidz.com))  
WHEN: Starts September 25 – November 13. No class on 11/6.  
TIME: 3:30 – 4:45  
COST: \$95 for 7 sessions  
QUESTIONS: WFES contact: Jodi Benkarski, [jodibenkarski@yahoo.com](mailto:jodibenkarski@yahoo.com)

**ART EXPLORATIONS:** Join long time WFES parent, artist and children's book illustrator/author Ms. Janet Stoeke as she guides students through several projects that emphasize personal expression and creativity using the skills and materials artists find useful.

WHO: **Grades 4-6**  
WHEN: Starts September 25 – November 27. No class on 11/6 or 11/20.  
TIME: 3:30 – 4:30  
COST: \$120 (+ \$30/material fee) for 8 sessions (portion donated to PTA)  
QUESTIONS: WFES contact: Laura DeVito, [laura@autumnprod.com](mailto:laura@autumnprod.com)

## WEDNESDAY

**YOGA:** Group games, partner poses, collaborative stories and music come together to support children in their learning of poses, relaxation techniques, mindfulness techniques, breathing and more. Self-awareness, respect, flexibility, strength and coordination are just some of the many benefits of yoga.

WHO: **Grades K-6** (2 groups – class size limited)  
WHEN: Starts September 26 – December 5. No class on 11/21.  
TIME: 3:30 – 4:30  
COST: \$100 for 10 sessions (portion donated to PTA)  
QUESTIONS: WFES contact: Vicki Mansuy, [vlindros@gmail.com](mailto:vlindros@gmail.com) or 301-502-5468

**CHINESE LANGUAGE CLASS:** The goal of the Global Plus program, a program offered through Fairfax County Public Schools, is to foster a foreign language advantage by offering high quality language classes to elementary students, after school. Global Plus students will establish a strong foundation in language learning, that will give them an edge as they enter middle school and beyond.

WHO: **Grades 1-3**  
WHEN: Starts October 17 - December 12. No class on 11/21.  
TIME: 3:45 - 4:45 (Coordinator will take children to their language class, located in WFES, after school)  
COST: \$155 for 8 sessions (If you sign up before October 5th, you will receive an \$8 discount on the cost of tuition)  
QUESTIONS: WFES contact: Jeanelle Mehta, [jeanellemehta@gmail.com](mailto:jeanellemehta@gmail.com) or 610-58-0792

**SPANISH LANGUAGE CLASS:** The goal of the Global Plus program, a program offered through the Fairfax County Public Schools, is to foster a foreign language advantage by offering high quality language classes to elementary students, after school. Global Plus students will establish a strong foundation in language learning, that will give them an edge as they enter middle school and beyond.

WHO: **Grades 4-6**  
WHEN: Starts October 17 - December 12. No class on 11/21.  
TIME: 3:45 - 4:45 (Coordinator will take children to their language class, located in WFES, after school)  
COST: \$155 for 8 sessions (If you sign up before October 5th, you will receive an \$8 discount on the cost of tuition)  
QUESTIONS: WFES contact: Jeanelle Mehta, [jeanellemehta@gmail.com](mailto:jeanellemehta@gmail.com) or 610-585-0792

## THURSDAY

**CHESS:** Taught by experienced Silver Knights Chess players and educators using a curriculum developed by National Masters. Each weekly session is a mix of learning and play. Playing chess is a great way to develop a child's critical thinking skills, sportsmanship and patience – all while having fun!

WHO: **Grades K-6** All skill levels welcomed  
WHEN: Starts September 27 – January 17. No class 11/22, 12/27, 1/3.  
TIME: 3:30 – 4:30  
COST: \$214 for 14 sessions (portion donated to PTA)  
QUESTIONS: WFES contact: Vicki Mansuy, [vlindros@gmail.com](mailto:vlindros@gmail.com) or 301-502-5468

## **THURSDAY, cont.**

**ZUMBA!:** Offered by Kids in Motion, Zumba class for kids in grades K-6 is a high energy, contagiously exciting dance workout specifically designed for children. Includes kid friendly music, movements and routines. Zumba for kids is a perfect fit for children and it creates an environment of excitement around being healthy and active!

WHO: **Grades K-6** – boys and girls!  
WHEN: Starts September 27 – November 15  
TIME: 3:30 – 4:30  
COST: \$111 for 8 sessions (portion donated to PTA)  
QUESTIONS: WFES contact: Vicki Mansuy, [vlindros@gmail.com](mailto:vlindros@gmail.com) or 301-502-5468

**ART EXPLORATIONS:** Join long time WFES parent, artist and children's book illustrator/author Ms. Janet Stoeke as she guides students through several projects that emphasize personal expression and creativity using the skills and materials artists find useful.

WHO: **Grades 2 and 3**  
WHEN: Starts September 27 – November 15.  
TIME: 3:30 – 4:30  
COST: \$120 (+ \$30/material fee) for 8 sessions (portion donated to PTA)  
QUESTIONS: WFES contact: Laura DeVito, [laura@autumnprod.com](mailto:laura@autumnprod.com)

## **FRIDAY**

**SCRATCH CODING:** Silver Knights Coding class has children create stories, games and animation using a visual programming language called Scratch. It's as easy to use as snapping together building blocks! (Children signed up for multiple Silver Knights programs get a discount).

WHO: **Grades 2-6**  
WHEN: Starts October 5 – November 30. No class 11/23.  
TIME: 3:30 – 4:30  
COST: \$185 for 8 sessions (portion donated to PTA)  
QUESTIONS: WFES contact: Vicki Mansuy, [vlindros@gmail.com](mailto:vlindros@gmail.com) or 301-502-5468

**DRAMA:** Acting for Young People is returning Drama to WFES. Students learn to use their own unique qualities to act, using theater games, improvisation, story telling, and text. Through individual and group activities, young actors build confidence and each will make a significant contribution to our final presentation, held on the last class day.

WHO: **Grades 2-5**  
WHEN: Starts September 28 – November 16.  
TIME: 3:30 – 4:30  
COST: \$90 for 8 sessions (portion donated to PTA)  
QUESTIONS: WFES contact: Kristan Van Hook, [kvanhook@niet.org](mailto:kvanhook@niet.org)