

The Growing Place Summer Camp 2013 Application



Child Name: _____

M/F _____ DOB: _____

Parent/Guardian Name: _____

Phone # H/C: _____

W: _____

E-Mail: _____

Address: _____

Grade placement 2012-2013: _____

School attended 2012-2013: _____

Allergies/medication/medical alerts: _____

To hold spot, a \$100 deposit must be made by June 15th

Method of Payment (check one)

Check

Cash

Timeline of Payment

Pay full bill of \$525 by June 30th in _____ installments.

I would like to apply for financial assistance.

DAILY SCHEDULE

8:00-8:30 MORNING MEETING

Daily celebrations and introduce agenda

8:30-9:30AM GARDENING

Growing our food in our local community garden!

9:30-10:30AM YOGA AND MEDITATION

Kid's yoga and meditation with Samantha Wiley

10:30-11:30 ART

Fun projects with recycled materials and more!

11:30-NOON WHERE'S MY FOOD FROM?

Discover the story of where our lunch came from

12-12:30 LUNCH

Enjoy healthy, local, delicious vegetarian meals while having Show N' Tell

12:30-1:00PM DOWN TIME

Rest for our itty-bitties and recess for the rest

1:00-2:00PM LEADERSHIP & TEAMBUILDING

Working together to solve fun hands-on problems

2:00-3:00PM COMMUNITY SERVICE

Giving back to our Galveston community

3:00-4:00AM MINDFULNESS

Reflective journaling time and activities to get to know our strengths and weaknesses

4:00-5:00PM READING!

Silent reading and interactive story time- with walking field trips to Rosenberg Library!

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THE GROWING PLACE SUMMER CAMP

AT SATORI SCHOOL



July 1st- July 17th, 2013
Monday- Friday
8:00AM-5:00PM



Why focus on Meditation, Yoga, and Mindfulness?

Yoga gives kids strength, flexibility and balance of the body, mind and spirit. In addition to relaxation, they experience the joy and vitality of being in a body; connect to their breath; find self-compassion, self-acceptance and confidence. Decades of research and, more recently, brain science, offer compelling evidence to support the use of meditation and mindfulness in education.



The benefits of mindfulness are manifold:

- Better focus and concentration
- Increased sense of calm
- Decreased stress & anxiety
- Enhanced health
- Improved impulse control
- Increased self-awareness
- Skillful responses to difficult emotions
- Increased empathy and understanding of others
- Development of natural conflict resolution skills

To learn more, visit: <http://www.mindfulschools.org> & <http://www.kidsandyoga.com>

Why focus on healthy, local, vegetarian meals?

Eating local foods is better for you, for the environment, and for your taste buds. Aside from eating a wide variety of nutritious foods from all of the food groups, research shows that a well-planned vegetarian diet is a healthy way to meet your nutritional needs. To learn more, visit: <http://localdiet.org/why-eat-local/> & <http://www.tryveg.com/cfi/toc/>

Why focus on reading as a gateway to learning for pleasure?

Reading is the single most important skill necessary for a happy, productive and successful life. A child that is an excellent reader is a confident child, has a high level of self esteem and is able to easily make the transition from learning to read to reading to learn. It is truly a gateway to a life of learning for pleasure. To learn more, visit:

<https://www.nichd.nih.gov/publications/pubs/pages/PRF-parents-guide.aspx>

Why focus on developing Creativity & a love for art?

Arts are needed by our young people as a forum for safe expression, communication, exploration, imagination, and cultural and historical understanding. Additionally, research confirms that art strengthens student problem-solving and critical thinking skills, adding to overall academic achievement, school success, and preparation for the real world. To learn more, visit:

<http://www.arteducators.org/research/research>

Why focus on thinking globally, acting locally?

Gardening and eating local and vegetarian are all ways to combat the world’s environmental problems, while focusing on a smaller, more local scale. Another way to think globally and act locally is to participate in community service. In addition to making a positive difference in our community, service also instills values like responsibility, honesty, humbleness, gratefulness, respect, and sincerity. To learn more, visit:

http://www.nationalservice.gov/for_individuals/benefits/index.asp

Meet Jessica & Laura



Jessica Antonelli and Laura McIntyre are both local, award-winning teachers, and native Galvestonians.

Their vision is to transform their unique hometown into a truly dynamic and vibrant community- starting with the young minds of the community.

Holding multiple certifications and a breadth of training and experience between them, they are excited to nurture and grow your child’s body and mind!



Satori Elementary School

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