



Extra Curricular Activities & Specialists

Yoga & Physical Education

Our yoga class focuses on physicality and emotional regulation for our students. Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improve. While doing yoga, children exercise, play, connect more deeply with their inner selves, and develop relationships with the natural world around them. Kids are often used to being shuttled from one activity to the next, which can cause stress and anxiety. Our yoga class encourages children to destress and connect more deeply with their environment.

Spanish

In this class, young learners will embark on a thrilling journey to discover the beautiful language of Spanish. Our dynamic and engaging approach will make learning Spanish fun and effective as children explore vocabulary, conversational skills, and delve into the rich cultures of Spanish-speaking countries. Through interactive games, songs, and creative activities, children will develop their language skills, pronunciation, and cultural understanding. Our goal is to ignite a lifelong passion for language learning and provide a solid foundation for future language learners.

Choir & Music

Our music program uses an adapted variation of the Faber Method. This method, blended with our teacher's experience, emphasize the belief that musical ability is not an inborn talent, but rather a skill that can be nurtured and developed in any child. By creating a supportive and encouraging atmosphere, our program cultivates musical skills and a sense of discipline, self-confidence, and sensitivity in young learners. Students learn music theory, instrument studies, and sight reading. Through vocal exercises, learning different musical styles, and working collaboratively, we develop vocal techniques, musicality, and the ability to blend the voice with others.



Hindustani Music & Movement

Hindustani music is a traditional form of music that originated in the northern region of the Indian subcontinent. It has a rich history and is deeply rooted in Indian culture.

Hindustani music is known for its melodic and rhythmic intricacies, expressed through vocal and instrumental performances. These elements provide a framework for improvisation and creative expression that we nurture with the Carol Orff Method.

The Orff Method is an innovative and holistic approach that emphasizes active participation and creativity. This educational method engages our students of all ages in the joy of making music through rhythmic movement, singing, and instrumental exploration. The Orff approach fosters a deep understanding of music by integrating elements such as speech, movement, and improvisation, allowing students to develop musical skills while simultaneously nurturing their imagination.

Nutrition & S.T.E.A.M.

Our nutrition/S.T.E.A.M. class consists of the children developing life skills in the kitchen, such as: stirring, cutting, slicing, cause and effect, measuring, pouring, sequencing, and following cooking instructions. Cooking supports children's understanding of basic math concepts and language skills, and lays the foundation for self-confidence and healthy eating habits. We also discuss where our food comes from and the nutrition we get from eating different foods. During S.T.E.A.M., children develop observation skills, find patterns, analyze, and prediction, allowing them to become better problem solvers.