

# Prime Time Palm Beach County 2019 – 2020 Expanded Learning Opportunities



## Supporting School-day Academic Learning

Program offering is related to, but does not replicate the school-day curriculum; aligns with Next Generation Sunshine State standards; addresses subjects such as, but not limited to, language arts, literacy, mathematics, science, social studies; offers hands-on active learning that is youth-focused, and encourages exploration and

## Center for Creative Education - CADRE

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The Center for Creative Education (CCE)'s out-of-school time programs provides quality arts integration programming focused on developing social and emotional skills, and the foundational skills for students to be successful in school, careers and life. CCE is releasing a catalogue of offerings that include dance, culinary arts, communications, music, theater and visual arts.

CCE's out-of-school time programs consist of four semesters, 10 weeks each, in the fall, winter and spring, with some variation on schedule during the summer semester to ensure that each child gets the benefit of the 10 hours of site-based instruction. The last session of the series is a culminating event, which incorporates the experiences and activities that were a part of the program.

## Engineering for Kids - Devra, LLC

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Engineering for Kids provides hands-on learning in a variety of engineering and science disciplines that include: aerospace, electrical, mechanical, marine, game design and robotics (coding and construction). The main objective is to increase student interest in science, technology, engineering and mathematics (STEM), improve critical thinking skills, increase overall knowledge of science and engineering concepts, and encourage current and future exploration of STEM-related career fields.

Engineering for Kids provides one-hour sessions, once per week at five sites during the school year, which cover two of the aforementioned engineering disciplines.



Dedicated to Quality Out-of-School Time

## Florida Fishing Academy - Mobile Marine Lab

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In a one-of-a-kind Mobile Marine Lab, participants learn about environmental awareness, water flow and erosion, while being trained in problem-solving and other life skills, using hands-on activities that emphasize open-ended and collaborative scientific learning. Each out-of-school time site receives eight sequential one-hour sessions, including the following hands-on opportunities: Touch Tank Lab, Watershed Lab, Topography Lab, Squid Dissection Lab, or the Venomous/Poisonous Lab. The Mobile Marine Lab is designed to increase motivation, engagement and hands-on learning.

## Junior Achievement (Training of Trainers) - More than Money

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Junior Achievement's More than Money curriculum focuses on financial literacy, work readiness and entrepreneurship skills for children in grades third through fifth. The program is designed to be taught by afterschool practitioners at their sites, and Junior Achievement employs teaching strategies with practitioners that stress positive reinforcement, use of groups, facilitating discussion, use of empathetic tone, open-ended questions and paired sharing. Junior Achievement provides the training and materials.

Once trained, the practitioners facilitate lessons once per week for six weeks; each lesson lasts up to one hour. Program kits include all lesson guides and interactive curriculum to be used by the sites. Junior Achievement provides a pre- and post-tests to determine if the content was mastered, as well as conduct site observations during the contract period.

## Literacy Coalition of Palm Beach County - Stories and STEM

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The Literacy Coalition's Stories and STEM offering is designed to excite children and youth about STEM, build on prior knowledge, promote curiosity and help children learn important cooperation and teamwork skills. The children learn that STEM is a way of thinking and exploring the world, not just a collection of facts. Throughout the program curriculum, youth participate in fun and engaging hands-on activities and are introduced to creative minds, both famous and lesser-known, who can serve as role models to interest children in STEM careers.

Stories and STEM is provided in eight-week blocks to children in kindergarten through fifth grade, once a week for two hours during the fall and spring. In the summer, Stories and STEM is offered in one-hour sessions in a six-week period.

## Palm Beach Zoo & Conservation Society - Going Wild for STEAM

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The Palm Beach Zoo and Conservation Society's Going Wild for STEAM is a high-quality, interdisciplinary enrichment program that provides children and youth with dynamic, hands-on learning. This program aligns with the school-day curriculum, meets Florida's benchmarks and standards and follows the School District of Palm Beach County's Scope and Sequence for Science. The Zoo's design and teaching are based on scaffolding instruction techniques and integrate elements of social and emotional learning (SEL) into instruction. Each lesson is a building block for the next.

Each site receives five, one-hour sessions with live animals and a visit to the Palm Beach Zoo with a one-hour technology-based program activity. Offerings include: Super Senses, Habitat Sweet Home, Zoo Detectives, When I Get a Pet, Nature All Around Us, Our World Around Us, Culture of Classification, Animal Behavior Basics, Saving Species Part I and II, Biomimicry Engineer, Field Biology, Veterinary Medicine, Climate Change Interpreter and Zoo Exhibit Designer/Collection Management.



### **Caring for the Whole Child**

Program offering addresses mind and body health, explores mindfulness, emotional awareness and emotion management for overall wellness; physical activity (such as running, non-competitive sports, etc.), healthy eating habits or

## **Curtanna - Fencing**

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Curtanna's offers a fencing program that allows children to slowly but steadily practice, develop and master the scientifically defined executive functions of the brain: inhibitory control, working memory and cognitive flexibility, which have shown to improve higher order cognitive functions: problem-solving, planning and reasoning. To compensate for the individualistic nature of fencing, there are strong elements of social team-based activities included in the program. The 10-session series draws from more than 500 different fun and safe exercises with different levels of difficulty. To maintain safety during the classes, Curtanna uses only plastic masks and swords.

## Digital VibeZ - Fitness Jamz

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The Fitness Jamz program, provided by Digital VibeZ, is designed to combat childhood obesity by fostering a love of fitness by teaching children and youth how to incorporate physical activity and healthy behaviors into their everyday lives. Participants learn a variety of dance styles, accompanied by music from diverse cultures, and are introduced to a variety of physical games that encourage aerobic movement. Additionally, the participants are able to track their steps in each session utilizing a pedometer. Total steps for each child and class are recorded and monitored.

Digital VibeZ offers the Fitness Jamz program in eight, one-hour sessions. The eight sessions conclude with a culminating event involving educational activities for the participants and their families.

## FLIPANY (Florida Introduces Physical Activity and Nutrition to Youth, Inc.) - Cooking Matters

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FLIPANY's Cooking Matters is a nutrition and culinary education program that incorporates physical activity. Cooking Matters has shown to be effective in fighting childhood obesity and supporting positive social and emotional learning in children and youth. The Cooking Matters sessions are multi-sensory and based on real life tasks. While speaking, listening, reading and thinking, the participants are also touching and manipulating real objects - food and tools, for results that they can assess for themselves. Working in a group setting, Cooking Matters reinforces cooperation, turn-taking, mutual respect, table manners and safe practices in the kitchen.

Cooking Matters sessions are presented in two-hour blocks, once a week for six consecutive weeks.

## Florida Atlantic University (FAU)-Pine Jog Environmental Education Center - Teaching Empathy through Nature

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The Teaching Empathy through Nature provided by FAU Pine Jog connects children in kindergarten through second grade with nature and builds empathy by using innovative instructional practices for developing social and emotional skills in combination with nature-based activities. If a site lacks a suitable outdoor space, the Teaching Empathy through Nature program brings the outdoors inside utilizing natural elements, sounds and images to simulate experiences in nature. The children learn about and have hands-on experiences with different habitats and animals in the Pine Jog Forest, which they visit as the culminating event of this six-hour offering.

## Florida Fishing Academy - Angling for a Healthy Future

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Through Angling for a Healthy Future, children and youth learn basic fishing skills, kayaking, snorkeling, water safety, environmental awareness, problem-solving and other life skills through the Florida Fishing Academy's expanded learning opportunity. Fishing and other water-based activities can serve as a means for self-improvement, and social and emotional development.

Each site receives 12 sequential one-hour sessions, which include nine hours of classroom learning and three hours on a field trip. During the summer, each site receives six hours of on-site learning, and six hours on a field trip. The field trips are the culminating events for this offering and are comprised of a class taught exclusively on or near the water at the Riviera Beach Marina, Munyon Island or Peanut Island; freshwater fishing in local lakes or canals; or squid or fish dissections.

## Girls on the Run Palm Beach - Girls on the Run

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Girls on the Run teaches girls life skills through dynamic interactive lessons and running games. Listed among the "Top 25 SEL" programs in a Harvard University study funded by The Wallace Foundation, the goal of Girls on the Run is to unleash confidence through accomplishment, while establishing a lifetime appreciation of health and fitness in mind, body and spirit. Girls do not have to be runners to participate; they just need a willingness to try their best.

Each session identifies learning goals and anticipated life skills outcomes within three themes: self, connectedness and community. Participants take part in two sessions per week for a 10-week season during the school year. At the end of the season, the girls participate in a celebratory 5K event.

## Literacy Coalition of Palm Beach County - Read! Lead! Succeed!

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The Literacy Coalition's Read! Lead! Succeed! empowers youth to contribute to a positive community by addressing social issues with a youth-driven, collaborative project. The program is designed to help participants to be effective problem-solvers by benefiting from and making use of the written word and spoken language, enhance their social awareness while improving their emotional management skills, and become more caring individuals with concern and respect for others.

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Afterschool programs are able to choose from two strands: Literate Leaders or Turning Bullies into Buddies. In both strands, participants utilize a process that includes researching a problem to increase knowledge, working as a team to apply knowledge and reflecting to understand the experience. Each series is comprised of six, one-hour sessions. Read! Lead! Succeed! provides a six session model to afterschool programs.

## **The Arc of Palm Beach County - Community Inclusion Program**

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The Arc's Community Inclusion program offers specialized training, instruction and support to out-of-school time practitioners to facilitate the inclusion of youth into their programs. The goal of the Community Inclusion program is to ensure that OST programs in Palm Beach County are accessible to children with developmental disabilities. The trainings, observations, youth-specific coaching sessions and outreach opportunities are ongoing and provided as needed.

Training topics include: Inclusion 101, Disability Sensitivity, Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorders (ASD) and Best Practices in Community Inclusion for out-of-school time programs. Customized trainings to address program-specific practices are also available. Training opportunities will provide hands-on activities where practitioners can role-play and generate ideas conducive to their specific program goals and objectives. Trainings take place at various program sites throughout the county, with follow-up on-site coaching to ensure a successful transfer of skills.

## **YMCA of South Palm Beach County (The Y) - YMCA Physical Activity & Wellness**

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The YMCA's Physical Activity & Wellness program offers activities that build a healthy spirit, mind and body for children and youth. Through its activities, The Y seeks to combat the epidemic of excessive weight affecting children ages six to 12, provide tools to out-of-school time practitioners to promote active lifestyles supported by positive self-image and relationships, and create environments where children feel safe, included and positively engaged on a physical, social and emotional level.

The Y emphasizes connecting more children to a variety of all inclusive, non-competitive sports that meet all interest levels, attain specific training for coaches who recognize and develop their influential role in motivating the children whom they serve, and build children's holistic physical and social-emotional health skills as lifelong tools for wellbeing. The YMCA offers out-of-school programs 23 different options that include tennis, yoga, basketball, Zumba and double Dutch, to name a few.

The YMCA's offerings consist of six sessions that include wellness education, related physical activities and program self-assessment. Each component reinforces the session's topic in all activities, including communication with families to encourage health and wellness activities beyond out-of-school time.



### Discovering Arts and Culture

Program offering gives children and youth the opportunity to discover arts and culture: dance, music, theater, visual arts, spoken word poetry, digital arts, writing, etc., opening up possibilities of future interest or career pathways, with hopes to enrich their lives into adulthood.

## Lake Worth Playhouse - Multicultural Arts Program

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Children participating in the Lake Worth Playhouse Multicultural Arts Program learn acting, dancing and improvisational skills, gain performance experience; and most importantly, build a sense of community and individual empowerment with the added bonus of fun.

The activities include general warm ups, improvisation, vocal and dance exercises and the rehearsal of a one-act play or musical compilation. Some of the themes explored include friendship, learning, leadership commitment, conflict resolution, empathy, respect, diversity, courage, sharing and more.

Six, one-hour sessions are offered during the school year and summer for children in grades third through fifth. The sessions culminate with one or two performances of the play performed at the Lake Worth Playhouse.

## Resource Depot - Reimagine your World: Creativity through Conservation

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Resource Depot's Reimagine your World: Creativity through Conservation is a hands-on environmental arts-based program designed to engage kindergarten through eighth graders in creative and collaborative projects that demonstrate creative reuse. Participants learn about the three Rs (Reduce, Reuse, Recycle), and how pollution and overconsumption are effecting society and the environment. The children and youth creatively use discarded material in art projects or games to help them to rethink items that are typically thrown away.

During six, one-hour sessions, the participants explore how the cycle of waste, which they actively participate in, can be affected by their conscious, positive actions toward the environment; discover several strategies, specifically reuse, to reduce the amount of materials going in the waste stream, both locally and globally. They also participate in hands-on art projects, and receive an optimistic view of future environmental solutions, for which they can be stewards.

## Young Singers of the Palm Beaches - Prime Time Young Singers Choirs

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The Prime Time Young Singers Choirs provides children and youth an opportunity to explore various aspects of musicianship, world cultures, emotions, linguistics and teamwork. Each session includes activities that develop a natural singing body alignment, freedom of breath, development of intonation, ease of personal vocal freedom using music from various periods and genres. Benefits of singing include the enhancement of social, mental and emotional health of participating children and youth. Studies show that singing increases self-confidence and self-esteem, and fosters leadership skills and ultimately develops good citizens.

The Young Singers Choirs includes 15 one-hour sessions and 10 one-hour sessions during the summer. Each choir concludes with a performance of the rehearsed music. The performances range from presentations at the site, to families or the community.

## Youth Speak Out International - Today's Technology and Communication

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Youth Speak Out International's Today's Technology and Communication program aims to help children and youth become culturally competent and media literate, as they become better communicators. Through group discussions, research and collaboration with peers and adults, the participants tackle social problems that are stemming from the overuse of on-screen technology and a lack of face-to-face communication. They write scripts, illustrate storyboards, practice the art of nonverbal communication, operate iPads, and other needed production equipment to complete a one-minute public service announcement.

The entire media production process is youth-driven and culminates in a community forum that will showcase the completed projects to family, friends and community leaders. Each group of children and youth meet for one hour per week for eight consecutive weeks for a total of eight sessions.



### Leadership and Career Pathways

Program offers skill development needed to succeed in school and in life, and real world application, including communication, social skills, public speaking, basic financial and household management, etc., equipping children with foundational skills needed to be successful in life. Program offerings expose youth to career options for the future, including entrepreneurship.

## Junior Achievement - BizTown

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The Junior Achievement BizTown allows children and youth the opportunity to experience hands-on, real life applications that teach them the principles of financial literacy, work readiness and entrepreneurship.

During the week-long camp, each participant goes through a process beginning as a job candidate to becoming a business professional and/or entrepreneur. Through daily lessons, hands-on activities and active participation in a simulated community designed to support differentiated learning styles, children and youth develop a strong understanding of the relationship between what they learn and their successful participation in a local economy. They learn various aspects of running a business, including payroll, accounts payable/receivable, tracking expenses and sales and marketing. The town is comprised of 11 businesses/entities that participants must manage, including City Hall, BB&T Bank, McDonald's, the Batchelor Foundation Animal Shelter and others. BizTown runs for three weeks, five days a week, during the summer.

## Network for Teaching Entrepreneurship (NFTE) - Youth Entrepreneurship Summer Challenge

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NFTE's Youth Entrepreneurship Summer Challenge engages children by turning their hobbies, interests and dreams into viable businesses and opportunities for the future. Children in grades fourth and fifth are trained how to think and act like entrepreneurs. The program includes project-based learning, guest speakers and field trips to keep participants engaged and provide real-life context to their entrepreneurial journeys.

In a three-week camp session, participants gain belief in a positive future and hone the 21<sup>st</sup> century skills needed for success. During the session, the NFTE curriculum introduces and explores entrepreneurship, and teaches personal skills reflection through five units of learning, laying the groundwork for successful academic, career and life-planning. The camp concludes with the Startup Expo, during which participants pitch their business ventures, with the opportunity to earn up to \$75 in the form of a stipend for engagement and attendance.



### Exploring Technology

Program offering focuses on computer programming, coding, robotics, media production, etc., that provides children and youth vital exploration and discovery skills to apply in a variety of ways, equipping them for the future.

## Green Mouse Academy - Technology Arts Discovery

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Green Mouse Academy's Tech Arts Discovery offerings include robotics, engineering, coding, game design, animation, digital art and design technology. Participants experience the entire process of creating, problem-solving and overcoming obstacles, while gaining confidence in their abilities to positively use technology. Courses may include: Mission Moon (FIRST LEGO League Jr), Introduction to Robotics (LEGO), Game Design and Coding with Bloxels, Stop Motion Animation Chefs), Ozobot Adventures and Design Technology with Infento.

Courses are delivered in six to eight, one-hour sessions. Green Mouse Academy encourages extension activities, providing site staff with materials to organize their own culminating event for children to celebrate what they've learned.

## South Florida Science Center and Aquarium - Tech Trek

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The South Florida Science Center and Aquarium's Tech Trek program promotes the development of technology and problem-solving skills among children and youth in grades kindergarten through eighth. Through the Tech Trek, participants learn about and apply basic scientific inquiry techniques through science discovery activities taught through six sequential sessions using with 3D modeling, additive manufacturing, 3D printing, and robotics and coding skills.

This program helps children and youth demonstrate increased knowledge of inquiry-based STEM content and increased confidence in STEM through technology skill development, which could lead to increased self-confidence and the development of greater problem-solving skills.

The Tech Trek activities consist of five on-site sessions, culminating with a visit to the Science Center. The field trip builds upon the on-site instruction provided by the outreach educator and utilizes all of the center's special exhibits and activities.



The Children's Services Council of Palm Beach County provides significant funding for Prime Time's overall operations. The Palm Beach County Youth Services Department provides support for Prime Time's Middle School Out-of-School Time Initiative.

