

Cooking Exploration Class!

Dear Childswork Family,

Childswork is very pleased to announce that the cooking exploration class will be returning this September (contingent on adequate enrollment). This class will provide an opportunity for students **ages three (by September 1st, 2010) and up** to build a foundation of basic cooking terms and skills. Students, through hands on curriculum, will gain an understanding and appreciation for cooking.

Leah Schoonover and Rachel Honan will be teaching this class. This will be their fourth year teaching Cooking together at Childswork. Leah and Rachel currently teach morning preschool and Explorers.

Classes will be available Tuesday afternoons 1:00-3:00 p.m.

Curriculum Components

Cooking activities are valuable learning experiences for preschool children that incorporate social, cultural, literacy and math skills. Each week we'll highlight on a new recipe of quick and easy favorites.

Children will:

- Learn about nutrition and increase a willingness to try new food.
- Develop valuable self-help skills and increase independence.
- Develop math concepts through counting, measuring, timing and ordering of events.
- Explore foods from different cultures and various food traditions and customs.
- Work cooperatively with others.
- Develop literacy skills, recognize symbols and words.
- Learn to follow directions and complete all the steps necessary to finish a task.
- Explore and learn about the different food groups and the foods in those groups.
- Learn science concepts: temperature, volume, how something can change when it is heated, etc.
- Improve fine motor control through using hand muscles.
- Express themselves creatively.
- Create "cook book" recipe notebooks as reflection and documentation of cooking experiences.

Young children are sensory learners, using all their senses to explore the world. Cooking gives children interesting sensory experiences every day. Students use their sense of touch to knead bread dough, tear lettuce leaves and squeeze juice from an

orange. The smell of vanilla, cinnamon and onions are all-powerful for young children. They hear the sound of corn popping or the soft hiss of water boiling; and of course they get to taste the different foods. Having the basic supplies on hand and selecting some simple recipes, is setting the stage for learning and fun through cooking.

Program Details:

There will be three sessions

If you want your child to attend all three sessions, please sign up for them at the beginning of the year. Your child will not be enrolled in subsequent sessions unless you indicate on the registration form you want to be in the following term(s).

- **Fall Session** Tuesday September 27th through December 13th
- **Winter Session** Tuesday January 3rd through March 20th
- **Spring Session** Tuesday April 3rd through June 5th

Tuition:

Fall Session Tuesday 1:00-3:00 pm (11 days)
\$243.00 (will be billed in 3 monthly payments October through December of \$81.00)

Winter Session Tuesday 1:00-3:00 pm (12 days)
\$264.00 (will be billed in 3 monthly payments January through March of \$88.00)

Spring Session Tuesday 1:00-3:00 pm (10 days)
\$220.00 (will be billed in 3 monthly payments April through June of \$73.00)

Enrollment:

Enrichment programs are filled on a **first come first served basis**, which means we fill the classes as the forms come in. You have the option to sign up for any or all sessions that you want, but please note you will be enrolled in the class(es) **only** for the sessions you checked on your form. We cannot assume what you might want, so be sure to be complete with your selections. Families can sign up for enrichment programs all year long and if the class is full you will be put on a wait list.

Children must be three by September 1st to be enrolled in the enrichment programs. We encourage families to sign up for enrichment at the beginning of the year even if your child will not be starting a class until Winter or Spring session.

We will notify families if there is not adequate enrollment to proceed with the class.

Cancellation Policy:

There is a two-week cancellation policy and all cancellations must be done in writing to be released from payment obligation.