

SULLIVAN MIDDLE SCHOOL

AFTER-SCHOOL ENRICHMENT CLASSES CATALOG

2019-2020 School Year



ART/CERAMICS: * (760) 522-2992 * celweb@aol.com allfiredupmobileceramics.com

Art/Ceramics: During this class, students will learn various methods of hand-building and sculpting with clay, applications of glaze and the purpose of the kiln. Methods of decoration on projects include stamping, texturing and clay embossing. Students will take home finished projects at the end of the session.

CHESS: * (619) 585-1050 * chesscamp.net

Mountain Lake Chess: International Master Larry Evans and staff teach chess in 33 schools throughout San Diego County. Beginning to advanced students are welcome. Chess is a great workout for students to improve spatial reasoning, visual memory and attention span while learning good judgment, reasoning power and self-confidence. The program includes instruction, formal and casual play and a team event. Students receive prizes and trophies to reward participation.

THE KID'S COLLEGE: * (760) 798-4064 * thekidscollege.org

Life Skills: In Part I of this Life Skills class, students will learn about basic sewing techniques, the importance of understanding personal finances, how to stay safe on their computers and phones (Cyber-safety), how to be prepared to write good resumes, and current career opportunities.

Life Skills: In part 2 of this Life Skills class, students will complete new projects as they learn more about basic sewing techniques, the importance of understanding personal finances, how to stay safe on their computers and phones (Cyber-safety), how to be prepared to write well.

COOKING FOR KIDS: * (619) 259-5234 * liftenrichjenny@gmail.com
www.liftenrichment.com/sandiego

Our goal is to teach kids to expand their palates, try new foods and learn a variety of fast, easy recipes they can make at home. Includes a digital cookbook, video tutorials and a Kid Restaurant for parents and tasty food each day!

VISIT ***BONSALLSCHOOLS.ORG*** FOR REGISTRATION INFORMATION
OR EMAIL US AT enrichment@bonsallschools.org

Cooking for Kids class descriptions:

Fall - Mediterranean Favorites: Cook Mediterranean classics in this fun, hands-on cooking class. Mediterranean food is considered one of the healthiest cuisines in the world. Develop your culinary skills, learn from professional chefs and eat delicious food from Greece, North Africa, Spain, Italy and more! Menu: Couscous Salad, Chickpea Saute with Greek Yogurt, Homemade Pita Bread, Beef & Veggie Shish Kabobs, Quinoa Salad, The “Chocolate-Cookie” Roll

Winter – Asian Classics: Kids will learn to cook Asian cuisine in this fun, hands-on cooking class. Our Chef Teacher will take kids on a culinary journey through Japan, China and Thailand as we combine food, culture and science. Menu: Spring Rolls, Homemade Sushi Rolls, Ramen Noodles, Orange Chicken, Pineapple Fried Rice, Pad Thai Noodles, Sticky Rice with Mango and more!

Spring – Mexican Fiesta Kids will learn to cook authentic Mexican and South American cuisine in this fun, hands-on cooking class. Our Chef Teacher will take kids on a culinary journey through Latin America while combining food, culture and science in each lesson. Menu: Nachos Especiales, Veggie Quesadillas, Tex-Mex Salad, Peruvian Quinoa Stew, Guacamole, Picode Gallo, Homemade Tortilla Chips, Chilaquiles, Arroz con Leche (Mexican Rice Pudding), Pancakes with Caramel, Beef Tacos and more!

Sullivan Middle School After School Enrichment Classes - 2019-2020

Sullivan BEF Enrichment Class	DAY	TIME	SMS LOCATION	FEE	# WEEKS	SESSION DATES	No Class
Life Skills 1 - Fall	Mon	2:35-3:50	Library	\$124	7	9/16--11/14	10/28
Life Skills 2 - Winter	Mon	2:35-3:50	Library	\$102	6	11/18-1/13	
Cooking Mediterranean	Thurs	1:05-2:05	Rm 34	\$143	6	9/26-11/7	10/31
Cooking Asian Classics	Thurs	1:05-2:05	Rm 34	\$143	6	1/9-2/13	
Cooking Mexican Fiesta	Thurs	1:05-2:05	Rm 34	\$143	6	2/27-4/9	3/19
Ceramics 1 Fall	Thurs	1:05-2:10	Rm 40	\$110	6	10/3-11/14	10/31
Ceramics 2 Winter	Thurs	1:05-2:10	Rm 40	\$110	6	1/30-3/12	
Chess Winter	Fri	2:40-3:40	Library	\$168	12	12/6-3/13	
Chess Spring	Fri	2:40-3:40	Library	\$154	11	3/20-5/29	

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