



Preferred School Care (PSC) is experienced in providing a nurturing, safe, and caring environment for each student. When a student knows that his or her teacher cares—not only about academic success, but also about personal well-being, the student will gain a higher sense of self-worth and self-esteem.

The purpose of PSC's After School Enrichment Program is threefold: to provide a safe and structured environment; stimulate students' social, physical, and intellectual abilities through participation in activities with their school peers; and the opportunity to explore diverse interests, giving them the opportunity to discover their passion.

The PSC After School Enrichment Program provides an ideal environment in which social skills and confidence are nurtured. Through supervised and independent choices and activities, students can build a sense of their own character and develop crucial leadership skills. By working with others outside of a classroom setting, the students begin to learn the value of creativity, sharing ideas, and offering support to their peers in challenging situations.

PSC addresses the physical development of the participating students through dance and sports. These activities teach teamwork and problem-solving skills; increase focus for students to help them reach and maintain healthy weight goals; require memorization, repetition, and learning — skills that are transferred to class work; and boost self-confidence as well reduce stress.

### **Schedule of activities provided by Preferred School Care**

#### **Alliance Theater ~Mondays 3:30-5:30**

The Tony Award-winning Alliance Theater offers after school programs. Students will work with a trained teaching artist to learn the tools of the actor and to build character, confidence, and creativity both on stage and beyond. Programs include Intro to Acting, On-Camera Acting, Improv, and Musical Theater.

**Chess Club** - This program helps develop the whole child. Along with the significant benefits of chess (Better grades, stronger problem-solving abilities, longer attention spans, improved math, reading and reasoning) kids also receive the benefits and enjoyment of fun, creative and educational classes.

#### **STEAMsports ~Tuesdays 3:30-4:30**

Hands-on activities in enrichment courses provide experiences which are all vital for future access to and participation in STEM fields and careers. Hands-on activities through robotics, Legos, nature exploration, and technology involve real science and engineering practices such as running science experiments, analyzing data and developing explanations, or designing engineering solutions.

#### **Youth Enrichment Services (YES)~Wednesdays 3:30-5:30**

YES current activities include creative movement, hip-hop, ballet, HBCU step, salsa and African dance, as well as cheer, acting, voice, and songwriting. These enrichment classes are designed to strengthen students physically and emotionally. Classes teach discipline, self-esteem, and teamwork in addition to specific curriculum. Classes are built from week to week and students can participate in a spectacular performance at the end of the session.

#### **Physical Education ~ 4 days a week 3:30-5:30**

Through fine arts and sports instruction, students learn to collaborate with others, encourage their peers, and treat others and themselves with respect. Staff members are trained childcare givers that model positive interactions and teach skills necessary for becoming community-minded citizens. PSC also utilizes social emotional learning (SEL) strategies to assist students in developing self-esteem and healthy relationships with self and others.