

**COMING UP THIS SUMMER AT THE CONSERVATORY FOR MIDDLE SCHOOL GIRLS**

Take Center Stage with  
the Arts @ Alverno

Empowering Future Scientists  
Through STEM @ Alverno

The Mind, Body, Spirit Connection  
With Wellness @ Alverno

# conservatory for middle school girls



THIS SUMMER!  
JUNE 12-JULY 12

**ALVERNO**  
HEIGHTS ACADEMY  
.....  
*Be who you imagine*

**WWW.ALVERNOHEIGHTSACADEMY.ORG**

## *Did You Know?*

Girls' schools teach girls that there is enormous power and potential in being a girl.

## *Did You Know?*

Young girls educated in an all-girls' environment report feeling more confident and better supported in their academic environment.

## *Be An Alverno Girl for the Summer!*

Imagine a summer all about you! That's right, all about you! At the Summer Conservatory for Middle School Girls, everything from the classes to the field trips to the food to the fun, has been designed just for girls like you! Living true to our mission of empowering each young woman to be exactly the person she wants to be, we will spend our summer helping to make your summer one of imagination, education, innovation, and empowerment!





## classes

### "Words of Women"

This English course will have a focus on women in literature and give girls the opportunity to study female authors from the female perspective. The class will also review writing skills, vocabulary and HSPT/ISEE preparedness.

### "Divide and Conquer"

A pre-Algebraic equations course, which will also have several lessons on women in mathematics to help empower girls to pursue futures in math and other STEM related fields. Essential math lessons for the HSPT/ISEE will also be addressed.

### "One Girl Revolution"

This leadership course will focus on giving girls the tools to be leaders within their communities. Female empowerment will be the daily focus with lessons on important women throughout history; and how girls can help "revolutionize" the future.

## activities

Practice HSPT: June 30, 2018

High School Information Night: July 5, 2018

Graduation: July 12, 2018

1 Field Trip Per Themed Session

## program costs

One Week (Full-Time): \$500

One Week (Part-Time): \$400

Five Weeks (Full-Time): \$2,250

Five Weeks (Part-Time): \$2,000

## From Start to Finish.. It's About You!

Over the course of five weeks, you will get to explore the Arts, STEM, and the mind, body, spirit connection in a way that only Alverno can offer you. In addition to your intensives, the entire Conservatory will also include the activities and courses above.



## ARTS @ ALVERNO: TAKE CENTER STAGE

*Students at girls' schools are given 3x the opportunities in the arts*

*Weeks 1 and 2: June 12-June 22*

During the first two weeks of the *Conservatory for Middle School Girls*, students will have the opportunity to explore their creative side through a performing arts intensive program! In the morning during "Ready on the Set," girls will learn about script writing, broadcast journalism, and some of the ins and outs of the television industry including hearing from Alverno alumnae working in this field!

An afternoon intensive, "Take Center Stage," will offer students the opportunity to explore improvisation, theatrical scenes, musical theater, and several different types of dance including hip-hop, jazz, and tap. Additionally, a performing arts field trip will give girls insider access to the exciting industry in Los Angeles. Finally, an evening showcase on Friday, June 22 will conclude the two-weeks and allow girls to take center stage!

### SCHEDULE

8:00-8:45 a.m.: Words of Women  
8:48-9:33 a.m.: Divide and Conquer  
9:33-9:43 a.m.: Break  
9:43-10:28 a.m.: One Girl Revolution  
10:31-11:16 a.m.: Gross Science  
11:19-12:04 p.m.: Ready on the Set  
12:04-12:35 p.m.: Lunch  
12:35-3:30 p.m.: Take Center Stage

### COST

Full-Time Week 1 or Week 2: \$500  
Full-Time Weeks 1 and 2: \$900  
Part-Time Week 1 or Week 2: \$400  
Part-Time Week 1 and Week 2: \$800





## STEM @ ALVERNO: EMPOWERING FUTURE SCIENTISTS

*Students at a girls' school are 6x more likely to major in the STEM fields*

*Weeks 3 and 4: June 25-July 5*

During these two weeks, girls will explore the science, technology, engineering, and math programs at Alverno Heights Academy. In "Science of Movement," girls will participate in physical activities focused around physics and anatomy, learn how our bodies create energy, and much more.

An afternoon intensive, "Empowering Future Scientists," offers girls hands-on learning in Alverno's thriving STEM program. Innovative classes and exciting technology will expose girls to chemistry, biology, forensics, and coding. During the class, girls will learn not only from Alverno's science instructors but also from current students participating in Alverno's exclusive Honors Independent Research in Science course. A local field trip will not only offer an afternoon of fun and research but an opportunity to witness the ways in which girls can change the world through STEM.

### SCHEDULE

8:00-8:45 a.m.: Words of Women  
8:48-9:33 a.m.: Divide and Conquer  
9:33-9:43 a.m.: Break  
9:43-10:28 a.m.: One Girl Revolution  
10:31-11:16 a.m.: Through the Female Lens  
11:19-12:04 p.m.: Science of Movement  
12:04-12:35 p.m.: Lunch  
12:35-3:30 p.m.: Empowering Future Scientists

### COST

Full-Time Week 3 or Week 4: \$500  
Full-Time Weeks 3 and 4: \$900  
Part-Time Week 3 or Week 4: \$400  
Part-Time Week 3 and Week 4: \$800



## WELLNESS @ ALVERNO: THE MIND, BODY, SPIRIT CONNECTION

*2/3 of students at girls' schools report feeling confident in the classroom*

*Weeks 5: July 9-July 12*

In their last week, girls will get two special courses: "Through the Female Lens" and "Building Communication Through ASL." The first will take a deep look at female artists through history while exploring different art mediums. The second course will offer an introduction to American Sign Language.

An afternoon intensive, "The Mind, Body, Spirit Connection," will focus on building confidence, empowerment, and positive self-image through yoga, Zumba, culinary arts, and personal beauty. Two special culinary arts lessons will encourage girls to step into the kitchen and learn about healthy and simple eating while yoga and Zumba give girls the chance to appreciate the movement of their bodies and a deeper connection to their soul. Finally, one of our Alverno alumnae will visit campus to talk about taking care of their bodies including nutrition, healthy skincare, and more.

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- 11:19-12:04 p.m.: Building Communication Through ASL
- 12:04-12:35 p.m.: Lunch
- 12:35-3:30 p.m.: The Mind, Body, Spirit Connection

### COST

- Full-Time Week 5: \$500
- Part-Time Week 5: \$400



#SUMMERATALVERNO #SUMMERCONSERVATORY4GIRLS #SUMMEROFEMPOWERMENT



# A Summer to Remember

Whether you come for one week or all five, we know that the time you spend with us at the Summer Conservatory for Middle School Girls will be one to remember for the rest of your life. You'll try new things, meet new friends, have new experiences but most importantly-- you'll get to do it all just being you. Yes, just unequivocally you!

Summer Conservatory for Middle School Girls @  
Alverno Heights Academy  
Summer 2018

Images  
Capra Photography '04

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A SUMMER OF EMPOWERMENT FOR GIRLS

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