



**Summer**  
@  
**Saint Mary's**  
SCHOOL

**MISS NANCY'S  
RESIDENTIAL  
MANNERS CAMP**

**6/16/2019-6/21/2019**  
**3rd-6th Grade**

Miss Nancy always said, "manners have to come from the heart." "True etiquette stems from a caring heart for all people. To include all, to welcome all, to love all is more important than how to fold napkins." Honoring the lessons that were taught by Miss Nancy Rascoe over the past 25 years, Saint Mary's will host Miss Nancy's Manners Camps for young ladies. This is a residential hosted at Saint Mary's School. The students will learn dining etiquette, public speaking, writing, the proper way to make a bed, being a gracious host... and guest, and treating others with kindness and civility.

**AMERICAN DOLL AND  
ETIQUETTE CAMP**

**6/17/2019-6/21/2019**  
**7/15/2019-7/19/2019**  
**1st-4th Grade**

Etiquette and good manners is all about kindness, consideration and truthfulness. This camp will celebrate young girls and all that they can be. We will try to speak to their imagination and teach them the importance of friends and family. We will use role play and other fun activities to entertain, educate and inspire them. The Etiquette section will include: Memory Work; a written invitation; making proper introductions; using proper telephone etiquette. We will learn to make an appointment, make purchases and just ask questions. We will set a proper table, drink hot tea from a teacup and eat hot soup with a spoon. Finally, we will help set up a proper Tea Table for our Graduation Tea. Every day will be full of fun!

**TENNIS ACADEMY  
FOR BEGINNERS**

**6/17/2019-6/21/2019**  
**7/15/2019-7/19/2019**  
**7/22/2019-7/26/2019**  
**2nd-6th Grade**

This camp is open to rising 2nd-6th graders with little or no previous tennis experience. Players will have the opportunity to learn basic tennis skills that can be used throughout their playing careers. Throughout the week, they will learn the fundamentals of tennis, including ground strokes, volleys, serves, and score keeping. The daily schedule consists of drills, competitive games, and pool time. After this week, campers should feel confident with the fundamentals of tennis and strive to continue with the sport.

**DANCE WORKSHOP**

**6/17/2019-6/21/2019**  
**3rd-5th and 6th-12th Grade**

The Saint Mary's summer dance workshop is a week long program for rising 3rd - 5th grade dancers. Classes will be offered in ballet, pointe, modern, jazz/hip hop, stretch/yoga, and dance composition. Dancers will be placed in appropriate levels for their ability. Classes will be taught by SMS dance faculty and guest artists.

**SPANISH  
IMMERSION CAMP**

**6/17/2019-6/21/2019**  
**2nd-4th Grade**

The Spanish Language Immersion Camp is for rising 2nd - 4th graders who want to have FUN learning Spanish. Campers will learn through songs, games, playing sports and other interactive activities such as cooking projects and role plays. The campers will be fully immersed in Spanish for one week, with a focus on four main areas including sports, food, shopping, culture and basic conversational expressions.

**BIOLOGY EXPLORERS**

**6/17/2019-6/21/2019**  
**7/08/2019-7/12/2019**  
**5th-9th Grade**

Biology Explorers camp is an exciting week of applied science for rising 5th -8th grade girls. From microorganisms to the biosphere, campers learn about many of the questions, techniques, and equipment scientists use to study the different levels of life. Each morning, campers see demonstrations and perform experiments in the biology labs at Saint Mary's School. In the afternoon, campers travel to a variety of local scientific points of interest to watch professional scientists at work. Past field trips have included the Phytotron and Solar House at NCSU, the Sharon Harris Plant, and the Duke Lemur Center.

**IMPROV CAMP!**

**6/17/2019-6/21/2019**  
**6/24/2019-6/28/2019**  
**6th-8th Grade / Co-ed**

Improv is the most fun you can have on-stage. It's fun, fast, and easier than you think. Kids will gain confidence while focusing on listening, team-building, creativity, and spontaneity. Camp will end with a performance for parents and friends.

**SOCCER LEADERSHIP  
CAMP**

**6/17/2019-6/21/2019**  
**7/08/2019-7/12/2019**  
**6th-9th Grade**

This camp will include a mix of soccer skills training and leadership training. Morning soccer sessions will include individual ball work and group tactics, like team defense. After lunch, we will turn to leadership discussions and group challenges. Girls should come away from camp with greater confidence on the soccer field and a firmer sense of the kind of leader they can be.



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## **SAINTS SPORTS CAMP**

6/17/2019-6/21/2019  
6/24/2019-6/28/2019  
7/08/2019-7/12/2019  
7/15/2019-7/19/2019  
7/22/2019-7/26/2019  
K-5th Grade

Introducing girls to the fun and exciting, age appropriate, world of team play and outdoor activities. Participants are taught an appreciation for multiple athletic activities, participation, sportsmanship, and physical fitness. They will gain a deeper understanding of athletics through individual and team play in an environment that promotes enjoyment and healthy competition. They will have lots of outdoor and indoor activity sessions that will include introductions to many different athletic skills, arts and crafts, and time in the swimming pool.

## **KIDS WITH WINGS - WRITING & READING CAMP**

6/24/2019-6/28/2019  
1st-3rd Grade

A reading and writing camp designed for rising 1st - 3rd grade girls. Throughout the week we will read a number of children's books that will focus on building girls' self-esteem. The curriculum includes a daily writing activity that focuses on grade appropriate writing skills and a creative art activity related to each book we read. We will also spend time outside playing games that will build positive friendship skills. Each day will include a time for snack, lunch and swimming in the pool.

## **BASKETBALL CAMP**

6/24/2019-6/28/2019  
3rd-5th Grade

This five day camp will concentrate on the fundamentals of the game, providing each camper with a sound foundation to facilitate and enhance future improvement. Campers will receive encouragement and reinforcement to make this camp a mix of learning and FUN. Each day will consist of fundamental stations, contests, 3-on-3 games and 5-on-5 games. Varsity Basketball players will also be working this basketball camp to assist our young girls with the role modeling of our basketball skills. Each camper will receive a t-shirt, a camp certificate, and plenty of opportunities to win prizes.

## **BUILDING A DREAM HOUSE - ARCHITECTURE CHALLENGE**

6/24/2019-6/28/2019  
3rd-6th Grade

Design and build your idea of a perfect home from blueprint to designing the interior. Discover the skills and concepts important to architecture such as planning, problem solving, and thinking three-dimensionally. Be inspired by a selection of homes on display as you design your house, build it using a variety of materials, and add the perfect finishing touches. At the end of the week, you get to bring home a brand-new addition to your room!

## **CRAFTING GONE WILD**

6/24/2019-6/28/2019  
6th-8th Grade  
7/08/2019-7/12/2019  
3rd-5th Grade  
7/15/2019-7/19/2019  
3rd-5th Grade

"Crafting Gone Wild" is a camp for young girls who love to create and make various crafts such as painting, making jewelry, and designing items that are cute, functional, and will be of great use! To break up the long day of crafting, the girls will have a designated lunch time, as well as some pool time to hang out and relax with their friends.

## **INNOVATORS HUB - GIRLS IN ENTREPRENEURSHIP**

7/07/2019-7/12/2019  
7th-9th Grade

The Innovator's Hub is a residential camp with students arriving on Sunday, July 7th between 2p-5pm. The girls will stay in our campus dorms and live as if they are a boarding student. Meals will be served in our Chan-Poyner Dining Room with opportunities to eat in many great restaurants within walking distance of our beautiful 23 acre gated campus, in the heart of downtown Raleigh. Departure will take place on Friday, July 13th after the afternoon presentation.

## **KIDS WITH WINGS - READING & WRITING CAMP**

7/08/2019-7/12/2019  
2nd-4th Grade

Kids with Wings: A reading and writing camp designed for rising 2nd - 4th grade girls. Throughout the week, we will read a number of children's books that will focus on building positive self-esteem for girls. The curriculum includes a daily writing activity that focuses on grade appropriate writing skills and a creative art activity related to each book we read. We will also spend time outside playing games that will build positive friendship skills. Each day will include a snack, lunch and pool time.

## **YOGA & WELLNESS**

7/08/2019-7/12/2019  
5th-9th Grade

During this fun and relaxing week girls will learn about yoga, mindfulness training, and taking good care of themselves! Each day we will move through yoga poses, fun yoga games, and crafts. Every day will feature something new and fun such as: manicures, face masks, henna tattoos, mandala coloring, and even mala making. The girls will keep their mala and be equipped with tools to continue mindfulness practice on their own. If you are looking for a fun week of crafts, games, learning, and relaxation this is the perfect camp for you!



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## **VOLLEYBALL CAMP**

**7/08/2019-7/12/2019**

**7th-10th Grade**

This camp will prepare teenage girls for middle and high school volleyball while building upon an elite level mind-set. Building off of basic skills these players already have, the camp will feature age-appropriate conditioning and training to prepare individuals both physically and mentally, for the next level of athletic competition. In addition to practice on the court, the camp will utilize strength conditioning, accountability and leadership, volleyball IQ, nutrition and the importance of being a good teammate... and time to cool off in the pool. A tournament will wrap up the week long camp.

## **ACT PREP - ENGLISH, READING, & WRITING**

**7/08/2019-7/12/2019**

**9th-12th Grade**

Get set for ACT Success! Learn the form and style of the test as well as the essential content and strategies for approaching each question type on the English, Reading and Writing sections of the ACT. Review standard grammar, sentence structure, and punctuation issues that are commonly tested on the English section and practice the four types of reading passages. As time allows, examine the potential writing topics, analyze sample essays, and practice writing the essay. Leave with the confidence that comes from being prepared.

## **ACT PREP - MATH & SCIENCE**

**7/08/2019-7/12/2019**

**9th-12th Grade**

Up your chances of achieving a high score on the Math and Science sections of the ACT. Learn essential concepts and test-taking strategies for acing every question type. Review essential skills and concepts from your math classes and master the types of data and graphical analysis questions featured in the science section. Participants must have completed the ninth grade. Completion of Algebra 2 or Common Core Math 2 is strongly recommended. Participants must bring a calculator.

## **CANDY CHEMISTRY & CREATIONS**

**7/08/2019-7/12/2019**

**K-2nd Grade**

Candy rocks! In this fun and educational camp, children will make candy to learn skills such as mixing, measuring, and sharing. They'll use their language, art and design skills to come up with creative names for these candies as well as illustrated "stories" to go along with them. On the last day of camp, parents will be invited to a "tea party" featuring a candy-based menu dreamed up—and drawn—by campers. Everyone will leave with their own candy concoctions as well as a sampler featuring the candies of other campers.

## **COLLEGE APPLICATION ESSAY WORKSHOP**

**7/15/2019-7/19/2019**

**6th-8th Grade**

The class will be designed around the essay prompts for the common application. Working with an experienced instructor, you'll choose the essay prompt that best suits your circumstances and brainstorm for ideas; go through your history to discover key details of the events or experiences that have influenced you; and write and revise until you have a polished essay. Students who register will receive a questionnaire to help them review key milestones/accomplishments of their life. You'll bring this to the workshop along with your laptop or tablet.

## **CANDY CHEMISTRY & CREATIONS**

**7/15/2019-7/19/2019**

**3rd-6th Grade**

Sweet! Candy is fun AND smart. Campers will perform sweet science experiments and learn concepts such as why sugar crystallizes to make rock candy, the chemistry behind gummy bears, how molding chocolate candies demonstrates the phases of matter, and much more. We'll also go on a special field trip for inspiration prior to designing and making our own candy. On the last day of camp, children will present their unique candy creations, "market" them to fellow campers, and get to take home not only their own candy but a bag filled with treats made by others!

## **FINE ARTS CAMP**

**7/15/2019-7/19/2019**

**4th-8th Grade**

Fine Arts Camp provides girls the opportunity to explore their creativity through the visual arts. Working in our beautiful sunlit painting studio, your artist will explore different media while learning some basic skills and techniques. This year we will come back with favorite activities such as hand-painted parasols to new activities such as learning color theory through slime-mixing. Campers will get to explore in depth certain mediums that they may not have a chance to during the school year, such as acrylic and batik.

## **BASKETBALL CAMP**

**7/15/2019-7/19/2019**

**6th-10th Grade**

This five day camp will concentrate on the fundamentals of the game, providing each camper with a sound foundation to facilitate and enhance future improvement. Campers will receive encouragement and reinforcement to make this camp a mix of learning and FUN. Each day will consist of fundamental stations, contests, 3-on-3 games and 5-on-5 games. This camp will be run by Varsity Assistant Basketball Coach Melissa Rammel, who has over 16 years of coaching and running camps. Varsity Basketball players will also be working this basketball camp to assist our young girls with the role modeling of our basketball skills. Each camper will receive a t-shirt, a camp certificate, and plenty of opportunities to win prizes.



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**STEAM ROLLERS -  
EMPOWERING THE  
NEXT GENERATION OF  
WOMEN IN SCIENCE**

7/15/2019-7/19/2019  
7th-9th Grade

Participants will explore possibilities in art and design, gaming, engineering, coding and computer science in an empowering environment. Try out writing code, creating models with 3D printing, producing video, programming robots, building games and apps, and more.

**IMPROV WORKSHOP!**

7/15/2019-7/19/2019  
9th-12th Grade / Co-ed

Improv is the most fun you can have on-stage. It's fun, fast, and easier than you think. Students will gain confidence while focusing on listening, team-building, creativity, and spontaneity. Camp will end with a performance for family and friends.

**YOGA & WELLNESS**

7/15/2019-7/19/2019  
K-4th Grade

Yoga camp is a playful week of movement, fun, and crafts. At an age appropriate level we'll explore mindfulness, yoga poses, and taking good care of ourselves! Each day we will move through yoga poses and songs, fun yoga games, and crafts. Every day will feature something new and fun such as: nail painting, henna tattoos, mandala coloring, mala bracelet making, and meditation glitter jar creations. The girls will keep their mala bracelet and be equipped with tools to continue practicing yoga at home. If you are looking for a fun week of crafts, games, learning, and relaxation this is the perfect camp for you!

**KIDS WITH WINGS -  
WRITING & READING  
CAMP**

7/15/2019-7/19/2019  
K-1st Grade

A reading and writing camp designed for rising Kindergarten and 1st grade girls. Throughout the week we will read a number of children's books that will focus on building girls' self-esteem. The curriculum includes a daily writing activity that focuses on grade appropriate writing skills and a creative art activity related to each book we read. We will also spend time outside playing games that will build positive friendship skills. Each day will include a time for snack, lunch and swimming in the pool.

**ART CAMP**

7/22/2019-7/28/2019  
1st-4th Grade

Unleash your child's imagination this summer! Art camp will provide children an introduction to several forms of visual art. Each day we will focus on a different medium like bookmaking, painting, printmaking, fiber art or sculpture. Get ready to have some fun!

**CLOSE  
READING**

7/22/2019-7/28/2019  
4th-7th Grade

Become a confident, thoughtful, and independent close reader who knows how to dig deep into a text. Read a variety of texts ranging from the lyrics of top 40 hits to the poetry of Nobel prize winners to discover what's going on between the lines. What does the band One Direction mean in "The Story of My Life," or what does Elsa mean when she sings "Let it Go?". In this camp we will unlock the power of making valid inferences and apply our detail oriented analysis to works of fiction, nonfiction and visual texts. The curriculum for this camp is based on the findings of Kate Roberts and Christopher Lehmen and their text, *Falling in Love with Close Reading: Lessons for Analyzing Texts - and Life*.

**DRAMA CAMP**

7/22/2019-7/28/2019  
4th-9th Grade

Come enjoy a week of theatrical experiences including: playwriting, costume design, the actors process, and even performance! Students will work collaboratively to create a short play which will be performed at the end of the week. They will use both imagination and research to inform their artistic choices in everything from design work to acting. Additionally, students will explore improvisational theatre in both long and short forms as a means to stimulating the playwriting process and deepening their acting skills. Students with and without theatre backgrounds are invited to come explore, learn, and play!

**VOLLEYBALL CAMP**

7/22/2019-7/28/2019  
5th-8th Grade

This camp will prepare girls for middle school volleyball while building upon an elite level mind-set. The camp will feature age-appropriate conditioning and training to prepare individuals both physically and mentally, for the next level of athletic competition. This is a great program for girls that have been playing volleyball for less than a year.

**TENNIS ACADEMY  
FOR INTERMEDIATE  
PLAYERS**

7/22/2019-7/28/2019  
5th-9th Grade

This camp is open to rising 5th-9th graders with previous tennis experience. The players will be grouped by skill level and will be given the opportunity to improve their skills in a fun and encouraging atmosphere. The daily schedule will consist of drills, competitive games, match play, footwork training, tennis strategy, and pool time. Players will work on the following: ground strokes, volleys, overheads, serves, and singles and doubles play. This camp will help further develop the players' skills especially in preparation for middle school tennis.



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## **GIRLS ON THE GO! FITNESS CAMP**

7/22/2019-7/28/2019  
6th-9th Grade

Girls on the GO! is designed to keep girls active and on the go; and to educate young girls on how they can eat well while having fun! They are going to learn that they do not have to wait until they are older to pursue a healthy and balanced lifestyle. Each day, campers will be exposed to new fitness adventures, as well as activities designed to build social and life skills.

## **PHONEMIC AWARENESS**

7/22/2019-7/28/2019  
K-1st Grade

Children will learn phonemic awareness skills such as letter identification, letter sound correspondence, rhyming, beginning and ending sounds, and decoding.

## **SAT PREP - CRITICAL READING & WRITING LANGUAGE**

7/22/2019-7/28/2019  
9th-12th Grade

Prepare for SAT success! Learn the form and style of the test (redesigned as of March 2016) as well as the essential content and strategies for approaching each question on the Critical Reading and Writing portions of the SAT. Learn how to recognize the types of questions asked on the reading passages, become a more critical reader and identify the evidence on which your answers are based. Review the most commonly tested grammar rules and skills, and practice what it takes to write an outstanding essay.

## **SAT PREP - MATH**

7/22/2019-7/28/2019  
9th-12th Grade

Gain a competitive edge in the college admissions process by discovering how to ace the Math section of the new SAT, which debuted in March 2016. Learn strategies for addressing math questions that will not only help you move through the test more efficiently, but will also help you improve your accuracy. Review the essential skills and concepts you need to know from pre-algebra, Algebra 1 and 2, and Geometry. Emerge with the confidence to successfully take the test for the first time or improve on your previous score(s).

**Cancellation Policy:** Summer @ Saint Mary's program cancellation requests made **before May 15**, will be entitled to the full amount paid minus a \$50 processing fee. **After May 15**, requests must be submitted by email to the camp director by 5 p.m., no later than one week prior to the first scheduled day of camp. Requests received within that time frame will be entitled to a 50% tuition refund minus a \$50.00 processing fee. Cancellations within one week of the first day of the camp program will not be refunded any of the tuition.