



Dear Parents, Teachers, and School Administrators:

Thank you for taking the time to review the attached program entitled ***How to Tie a Tie and Other Life Skill Apps***. It was designed to augment the curriculum taught in public, private, home and parochial school. It is geared towards 6<sup>th</sup> through 8<sup>th</sup> graders although it could easily be tailored to higher or lower grades.

The program is designed to run over eight weeks with ***two sessions per week (2) hours per session and will be split into four modules***. It could also be delivered in larger chunks over the course of a few Saturdays.

***The goals*** of this program are to expose middle school children (grades 6<sup>th</sup> to 8<sup>th</sup>) to life skills that are beneficial to their future and will assist them socially and academically. Studies have shown that adults with better social skills command more respect in their work, social and academic environments.

Unfortunately, with the pressures that already fall on parents, some of these skill sets are omitted from daily living. But we all know that raising a kind and caring teen who uses good manners will be very beneficial to his or her future. That's where *How to Tie a Tie and Other Life Skill Apps* fits in to the puzzle. ***It will touch on all of the 5 B's.***

***Be Respectful – Be Honest – Be Responsible – Be Grateful – Be Kind.***

The ***Objectives*** of the program are the following:

By the end of the 8 weeks, students should have:

1. *Module 1: An understanding of how to make basic introductions; how to shake hands with the proper eye contact; how to set a breakfast, lunch and dinner table and the associated table manners that should be exhibited during meals. Learn some basic cooking skills.*
2. *Module 2: An ability to perform the basic steps of the Waltz with a partner; ability to tie a tie and a bowtie; understand the concept of dress code - collared shirt v. a tee shirt; and understand when short is too short and when it is ok.*
3. *Module 3: An exposure to issues relating to personal safety; bullying, cyber bullying and tools that will mitigate these types of challenges.*
4. *Module 4: An ability to balance a banking account; ability to start saving for the future; start thinking about the future.*



**My Background – So a little bit about me**

*My name is Gilda Caputo Hansen and I am the proprietor of The Landmark 1896 (formerly the Sherrill Tobacco Factory Event Hall) located at 100 S Main Street Catawba, NC. Part of my vision of the Landmark 1896 is to open it up to community as well as social and corporate events. Most recently, I relocated to North Carolina from Long Island, New York. I spent my thirty- five + year career working in Manhattan and Brooklyn. In 2015, I earned a Masters of Public Health with a concentration in Community Education from the City University of New York School of Public Health and Public Policy. I am also a mom of four children between the ages of 23 to 30 so I have a lot of practical experience.*

*When I first began contemplating the big move, I kept hearing from different constituencies that parents were very interested in a Manners program. So this is my answer to their Call to Action.*

**DATES**

**JUNE 17 – AUGUST 8 (Mon and Wed Schedule)** (morning or afternoon session)

**JUNE 18 – AUGUST 9 (Tues and Thurs Schedule)** (morning or afternoon session)

Dates: Monday – Wednesday Session A 10:00 am to 12 Noon – June 17 – August 8 **Choice** \_\_\_\_\_

Monday – Wednesday Session B 1:00 pm to 3:00 pm – June 17 – August 8 **Choice** \_\_\_\_\_

Tuesday – Thursday Session C 10:00 AM to 12 PM Noon – June 18 – August 9 **Choice** \_\_\_\_\_

Tuesday – Thursday Session 1:00 PM to 3:00 PM -- June 18 – August 9 **Choice** \_\_\_\_\_

**Location:** The Landmark 1896 100 S Main Street Catawba, NC 28909

**Phone number** (828) 855-0890

**Cost:** \$100 per student – family discounts are available.



## **Program Information**

### ***How to Tie a Tie and Other Life Skill Apps***

*This program is designed for 6th, 7th and 8th graders and teaches them the basics life skills in social, business, academic and familial situations. But it will delve even further than that. It will touch on all of the 5 B's. Be Respectful – Be Honest – Be Responsible – Be Grateful – Be Kind.*

***The eight-week program runs 2 sessions per week (2) hours per session and will be split into four modules.***

#### **Module 1 – The Arts**

Conversation - how to speak to people outside of your family members

Hand Shaking – are you a fish or a butter churner. Learning how to shake hands

Introductions – how do you introduce yourself to others

Table Etiquette – We will learn about how to set a table and how to eat at the table

Eating Dos and Don'ts – don't have to describe that one

Cell Phone No Nos – This one is easy – NO CELLPHONES AT THE DINNER TABLE

#### **Module 2 – The Sciences**

Ballroom Dancing – We are going to learn the waltz for now and if there is more interest we will add one  
Tie Tying – Everyone in the class will learn this skill.

Bow Tie Tying - Everyone in the class will learn this skill

Collared Shirt or Tee Shirt – Just by asking that question we will know how to dress for the occasion

How short is too short – Let's talk about this one.

#### **Module 3 – The Humanities**

CPR – We will get someone in to teach the basics

Taking out the trash – It's important for us to assist our parents by doing chores

lock outs and lock downs - Bullying and Cyberbullying

#### **Module 4 – The G's and the K's**

What is a check book - How do you balance one?

How to balance your debit card?

How to use Postage Stamps

How to save money

what is a student loan

what do I want to do with my future – It's time to start thinking about this.

trade school, 2-year college / 4-year college, entrepreneurial pursuits