



Reach for the Stars ATX
Enriching & Elevating Kids' Lives



Reach for the Stars ATX

Workshop Catalog

2023/2024

Hello, it's nice to meet you!



At Reach for the Stars ATX, we're dedicated to positively impacting the lives of children and teens. By collaborating closely with families, schools, scout troops, sports teams and community organizations, we create tailored educational workshops and events that align with their values and elevate their offerings.

What Makes Reach for the Stars ATX Special?

1. **Strong Character Development:** Our workshops prioritize qualities like resilience, loyalty, empathy, and respect. We empower children to navigate life's challenges with grace and confidence.
 2. **Building Social Skills:** In our supportive environment, children enhance their communication, teamwork, problem-solving, and decision-making abilities. We help them develop the skills they need to thrive in social settings.
 3. **Nurturing Leadership Qualities:** Every child has the potential to be a leader. Our program encourages initiative, strengths development, and positively impacting the community.
 4. **Tailored Workshops for Every Age Group:** We understand the varying needs and interests of children, tweens, and teens. Our age-specific workshops ensure full and meaningful engagement for all participants.
 5. **Enhanced Learning Experience:** Reach for the Stars ATX adds an support to places of learning, enhancing the learning experience. By offering our workshops, schools and community organizations demonstrate their commitment to enrichment opportunities, fostering a sense of community and personal growth.
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Turn the pages to learn more!



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Workshops



About Us



Reach for the Stars ATX
Enriching & Elevating Kids' Lives

Reach for the Stars ATX specializes in character-centered education for young people at the elementary and middle school level, and works closely with families, schools, and community organizations to meet their unique educational needs.

Reach for the Stars ATX enriches and elevates kids' lives, and provides them with the tools they need to succeed in school and beyond.

We are proud to be an official enrichment program for elementary and middle schools within the Lake Travis ISD and Dripping Springs ISD, and a community partner of Lake Travis Community Library.

Founder & Creator



Hello! My name is Barbara Achilles Minardi. I am a mom of two, substitute teacher, and former program-coordinator for an educational non-profit centered around life skills and academic enrichment. My background reflects my passion: working with young people and helping them live happier and healthier lives.

Mission

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Reach for the Stars ATX enriches and elevates children's lives by promoting Happy Hearts, Healthy Minds and Honest Social Connections. We do this by focusing on character education with an emphasis on modern manners and leadership development. We believe that a holistic and whole child approach to child development is key to unlocking their full potential.





PositiviTea

○○○
Ages 5-10
2 hours

a workshop for the littlest of learners on positivity and seeing the teacup as half full

Reach for the Stars ATX's PositiviTea party is a fun-filled and festive event that will leave the littlest of learners with full hearts and bellies. With tasty treats curated by club chefs* and engaging hands-on activities that foster positivity and kindness, children will have fun while learning to see the teacup as half full.

Get your fancy hats and pearls ready. Costumes are highly encouraged!

PositiviTea is the only workshop option for children as young as 5 years old.

*Optional add-on for food to be prepared by Rose Haven Bakery based out Dripping Springs

Modern Manners

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Ages 6-10
2 hours

A workshop on treating others with respect and courtesy

Not your Grandma's finishing school, this course teaches children how to consciously engage with each other in real-life social settings.

Young people will be introduced to the Golden Rule and guidelines on how to treat others with courtesy and respect. "Please" and "thank you" don't just sound good; this course aims to show how words and language have the power to shape our world. Acceptance, empathy, and the importance of active listening will be discussed.





Ages 6-10
2 hours
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Kindness + Positivity

A workshop on countering negative thinking and seeing the world through a positive lens

Kindness is teachable and contagious and promotes a more positive world. This workshop aims to show young people how kindness and positivity are important for a healthier and happier life, not just for ourselves but for those around us. The course also focuses on the ripple effect of kindness, countering negative thinking, and viewing the world through a positive lens while promoting self-awareness, positive self-talk, and self-confidence.

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Hachiko & other Lessons of Loyalty

Ages 6-10
2 hours

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A workshop on loyalty, trust, and friendship

First held during March's National Cherry Blossom Festival, which commemorates the gift of Japanese cherry trees from Tokyo to Washington D.C. as a symbol of friendship, this workshop focuses on another Japanese symbol: the dog Hachiko. The workshop centers around Hachiko's story, his embodiment of loyalty, trustworthiness, and friendship, as well as other similar stories.

Loyalty and trustworthiness are two of the most important traits children can have. They are the glue that holds friendships together. These traits are also important as children grow and crucial to being a valuable leader, teammate, or co-worker.

Teaching a child who they can trust, and why, is just as important as teaching a child how to be trustworthy. This workshop also introduces kids to the importance of limiting their trust and creating boundaries with people they don't know well.



Being Kind to the Earth

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Ages 6-10
2 hours

A workshop on extending kindness to the Earth

First held on and in honor of Earth Day, this workshop teaches children why it's important to extend kindness to our planet every day. The concept of "Reduce, Reuse & Recycle" will be a focal point, along with age-appropriate introductions to pollution, conservation, and environmental issues affecting the planet. Ideas on ways to protect the Earth will be discussed along with small, incremental changes that we can make at home that make a big impact on Earth conservation.

Education is the main instrument for change, and by planting these seeds early on, we set the stage for young people to grow into responsible and caring adults for the benefit of everyone that calls planet Earth their home.

Super Leaders

Ages 6-10
2 hours

A workshop on unleashing your leadership superpower



Super Leaders invites young minds to unleash their leadership superpowers! Join us as we embark on a hands-on adventure that awakens our strong and confident inner leader.

Drawing inspiration from historical legends such as Malala Yousafzai, Walt Disney, Abraham Lincoln, Jane Goodall, Cesar Chavez, and Nelson Mandela, participants will learn the secrets of outstanding leaders, master the art of effective communication, sharpen decision-making skills, unravel the mysteries of problem-solving, and unlock the power of strategic thinking.

Let's make leadership an absolute blast with Super Leaders!



OOO
Ages 6-12
2 hours

Nuptial No-Nos



A workshop on wedding day "I dos" and "I dont's"

Because wedding season is always right around the corner, this workshop introduces kids to wedding etiquette, or "wed-etiquette" and gracious guest guidelines.

In this workshop, children will learn what to expect during a typical wedding ceremony, the who's who of the wedding party, reception meal manners, dance floor decorum, and other nuptial necessities.

Since weddings are as varied and unique as the people who are in them, the children will be introduced to the distinctive elements of traditional Christian, Hindu, Jewish, and non-denominational ceremonies.

Many Different Flowers Make a Bouquet

○○○
Ages 8-14
2 hours



A workshop celebrating diversity

First held on and in honor of MLK Day, this workshop centers around the appreciation of diversity. For children, it is easy to accept those who like what they like, dress how they dress, and think how they think. The real challenge children face is finding value and being inclusive of those who are different or with whom they disagree.

This workshop will help children understand that everyone should feel seen, valued, and respected for who they are, and develop the mantra “I will accept you even if I don't agree with you”. When children are able to accept others and appreciate diversity, they develop more meaningful relationships and experience greater connections. Diversity and acceptance also help children practice empathy, making them better learners as they are able to understand situations from multiple perspectives.



Ages 8-14

2 hours

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Loose Lips Sink Ships

A workshop on tattling, telling, gossiping & venting

"Words have no wings but they can fly a thousand miles" -Korean proverb

Understanding the subtle yet significant differences between tattling, telling, gossiping and venting is hard for people of all ages, much less kids. In this workshop, children will learn when it's best to keep quiet and when to speak up, and how to speak their minds and express their feelings while being mindful of others.

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From Out of the Ashes

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Ages 8-14
2 hours

A workshop on grit, resilience and growing from adversity

The American Psychological Association states that "grit is what separates the very best from those that are simply good enough". In this workshop, kids will learn about grit, resilience and growing from adversity. The legend of the Phoenix will be discussed as will more modern stories of those who have overcome great obstacles and persevered.

Perhaps the most important of the character strengths, grit and resilience are reliable predictors of success, Unlike intelligence and IQ, which are more or less fixed, grit and resilience can be taught and developed. The importance of growth mindset, hard work, and failure as part of the learning process will also be discussed..

Breaking Bread

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Ages 8-16
3 hours

A workshop on navigating various dining situations with confidence

From holiday feasts to backyard BBQs, this 3-hour course is designed to help guide young people on how to graciously navigate various dining situations with confidence.

With less emphasis on outdated rules and more emphasis on mealtimes as a means to build community, Breaking Bread brings friends and families closer together, develops social skills, teaches respect and consideration, boosts confidence and self-esteem, prepares for future success, and promotes health and hygiene.

Table manners and dining etiquette including table settings, utensil usage, food handling, and gracious guest guidelines will be covered. At the end of the workshop, students will have the opportunity to “break bread” together and practice their new skills over a delicious 4-course meal.





Netiquette: Digital Diplomacy

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Ages 8-16
2 hours

A workshop on being respectful and responsible online and protecting others from harmful online behavior

Netiquette: Digital Diplomacy helps shape a kinder and more positive online world and empowers young people to be polite, respectful and empathetic digital citizens. Topics include:

- Cyberbullying: What it is, how to recognize it, and how to respond if it happens to someone they know.
- Respectful Online Behavior: How to communicate with others online in a polite way, and the importance of treating others the way they would want to be treated.
- Digital Citizenship: The responsibilities that come with being a member of an online community, and how to be a positive contributor.
- Online Safety for Others: How to recognize and report inappropriate behavior online, and how to support friends or family members who are experiencing cyberbullying or other forms of online harassment.

Netiquette: When Sharing is Not Caring

Ages 8-16

2 hours



A workshop that encourages being mindful of sharing information and how to protect oneself online

Netiquette: When Sharing is Not Caring encourages young people to be mindful of the information they share online and gives them the tools to protect themselves and safely navigate the online world. Topics include:

- Online Privacy: The importance of protecting personal information online, and how to create strong passwords and use privacy on social media and other websites.
- Online Predators: How to identify and avoid online predators, and what to do if you encounter one.
- Safe online communication: Guidelines for chatting, messaging, and video calling.
- Social Media and Online Reputation: The importance of considering the consequences of online behavior both online and offline.





Photo taken August 5th, 2023, at Cimarron Hills Country Club

Thank You!



Thank you to our supporters and past partners:

- Lake Travis Independent School District
- Dripping Springs Independent School District
- Lake Travis Community Library
- The University of Texas Club
- The Club at Horseshoe Bay Resort
- The Hills of Lakeway Country Club
- Cimarron Hills Golf and Country Club
- The Positively Healthy Mom Show
- Work Hard Smile Large Podcast
- Neighbors of Lakeway and Bee Cave Magazine
- Community Impact Newspaper

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Reach for the Stars ATX is a Texas-native, woman-owned small business based out of Lakeway, TX.

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For Gaby and Jax