St. Helens Community School Activity Guide Spring 2009

Open for all 6th 7th & 8th

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What are Community Schools?

Community Schools build student success and strengthen communities by expanding school based services to include academic enrichment, recreation, health and social services for the students, parents and neighborhood residents.

St. Helens Community School (SHCS) is able to open our schools and offer support and opportunities for everyone. SHCS provides supervised extended-day activities for students while many parents are busy at work. Plus, SHCS helps young people thrive, supports families, maximizes community resources, and strengthens communities. Many activities the SHCS offers are open to the entire community.

SHCS is a collaboration of the St. Helens School District, Columbia County Community Partnerships, Oregon Commission on Children and Families Community Schools Initiative, OSU Extension, Columbia County Health and MTS Works.

UNITED WE CAN DO MORE!

Winter Session Success

The Winter session of Community School was a great success thanks to the wonderful instructors and the great students. We had over 200 students register for our after-school activities.

We are happy to be adding some different clubs this session to continue to keep the kids interested and involved. It's a great, safe environment for the students to take part and develop interests in activities that they might otherwise not have the opportunity to participate in.

So encourage your student to choose an activity from the great clubs that are being offered this session. This could spark something in your child that may last a lifetime!

REGISTRATION AND OTHER ST. HELENS COMMUNITY SCHOOL INFORMATION

Register In Person

Drop off completed registration forms with any applicable fees at the St. Helens Community School Office located just to the right after entering the main Gym entrance of St. Helens Middle School, or in the SHCS box in the main office. Please see the back of this guide for registration and class selection forms. Due to some classes being limited in size, please have your child list their 2nd and 3rd choices. All classes will be assigned on a first registered, first enrolled basis.

Register By Mail

Mail your completed registration with any applicable fees to:

SHCS Site Manager

St. Helens Middle School 354 N 15th

St. Helens, OR 97051

Registration Confirmations

Students will receive their SHCS schedule from their Focus Teacher during the week before SHCS classes begin. **Registering for an activity does not guarantee enrollment.** In order to allow as many students to participate as possible, SHCS reserves the right to limit the number of activities in which a student can register.

Transportation

1.Individuals and families participating in SHCS activities are eligible for transportation through the School District Bussing program. The SHCS Site Manager will coordinate bus routes to accommodate students.

2. Individuals and families who wish not to participate in the School District Bussing program will need to leave explicit instructions regarding how the participant will get home.

After-School Meal (3:00-3:20)

Students will receive an after-school snack in the cafeteria from 3:00-3:20. Students must check in for SHCS by 3:10PM and attend the after-school meal time on the days that they participate. If a child does not check in they will not be allowed to participate in the after-school program.

SHCS Power Hour & a Half

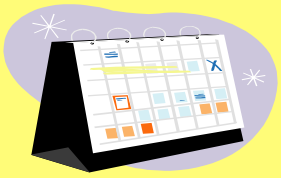
All students will have the option of attending our homework club. Each participant will be required to sign up for a club to attend each day of participation. If a participant goes to homework club and is finished they will then be required to go to the club that they have signed up to be in for that day. Students that are not participating in activities for SHCS will still be allowed to attend the Power Hour and will not be able to participate in any SHCS activities until a proper registration has been completed.

Attendance

Students will not be allowed to leave class early unless prior arrangements have been made by the student's parent/ guardian with the Community School office. In addition, absences are unexcused unless prior arrangements have been made. After two unexcused absences from a class, a student will be dropped from that class.

Conduct Expectations/ Student Pledge

- Honor & Respect: Yourself, Others and the Space.
- Participate 100%
- Resolve conflicts in a peaceful manner.
- Use your phone only before the program begins and at the end of the program.
- Use respectful language when talking to and about others and do not use profanity.
- Wear appropriate clothing (no hats, no sagging, no midriffs showing, no undergarments showing, etc.).
- Be on time. Check in to SHCS by 3:10 PM
- Use a hall pass.
- Listen and follow instruction from all staff.



Important Dates

The new session of Community School starts right after Spring Break. Mark your calendars for April 6th.

NON-DISCRIMINATION AND BEHAVIORAL EXPECTATIONS

Notice of Non-Discrimination

St. Helens Community Schools programs and services reflect the diversity of our community. We do not discriminate based on the basis of religion, race, color, gender, national origin, sexual orientation, age or disabilities.

Behavioral Expectations

The safety and well-being of all participants and staff is of utmost importance. To ensure safety in the St. Helens Community School, we require that all participants be able to follow all three of the following criteria:

1. Be age-appropriate for the activity/ program.
2. Be able to maintain safe behavior during the activity. This means that they can participate without harming themselves or others.

Specific required behaviors include:

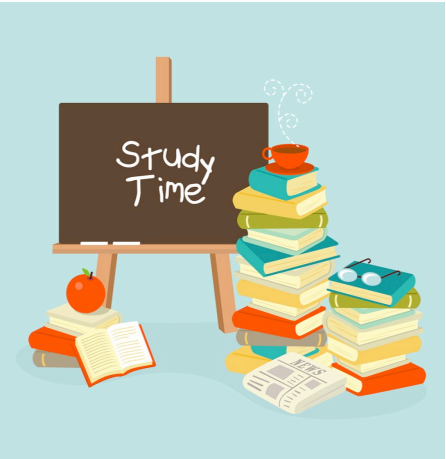
* Treating adults and other students with respect.
* Following directions of adult instructors And coordinators.
* Remaining in the assigned room until Dismissal.
* Engaging in safe, non-violent behavior.

3. Participate meaningfully in the activity and not disrupt or distract others.

If you have questions or concerns about whether your child can follow the behavioral expectations above or whether she/he will benefit from the program being offered, please talk with the Community Schools Site Manager.

Community School Program Goals

-Extend the school day and broaden the educational resources throughout the community.
-Bring the community together to break down isolation and strengthen families.
-Build relationships across generations, cultures and incomes.
-Expand our creativity!
-Have a really great time!



Homework Club Power Hour and a half

When you sign up for Home Work Club we will have instructors available to assist you in getting your school work complete. This is a quiet study time only for those students who need homework assistance. Once you are finished with your home work you will be able to participate in the activity that you have signed up for that day.

Stock Market Club

Students who participate in the Stock Market Game program learn more than investing. As they progress, they learn core academic concepts and skills that can help them succeed in the classroom, and in life.

Starting with a virtual cash account of $100,000 students strive to create the best performing portfolio using a live trading simulation. They work together in teams, practicing leadership, organization, negotiation, and cooperation as they compete for the top spot. The setup is engaging, and the learning is a natural part of the experience.

This club is being held on Wednesdays by Mr. Durkin. See what you can do!

"Why not invest your assets in the companies you really like? As Mae West said, 'Too much of a good thing can be wonderful'."- Warren Buffett

FITNESS

"If you don't do what's best for your body, you're the one who comes up on the short end."- Julius Erving

Come join us in fitness class. This is not about muscle gain, it is about what type of exercise is right for you, how to use equipment properly so that you do not get hurt, and making sure you are not only physically healthy but mentally healthy as well. Fitness Class will meet two times a week: Tuesdays & Thursdays with Mr. Loss.

Come and join us as we make staying in shape fun!

Co-ed Volleyball

Attention all volleyball fans! Are you ready for some good times? We have our Community School Coed volleyball club being offered this session! You don't have to have any experience or have ever been on a team before to enjoy this club. We'll be making 6 person teams of 3 boys and 3 girls to have some "smashing" good times. So get "set" to be "served" up some fun!

TOUCH RUGBY

Touch Footy, also known as Touch Rugby or just Touch, is the most popular sport in both Australia and New Zealand with over 300,000 Kiwis and a half a million school aged Aussies playing the game. Although its origins come from the world of rugby, Touch is an extremely safe and virtually non-contact sport. Female and male players play together and against one another with people of all ages enjoying the game.

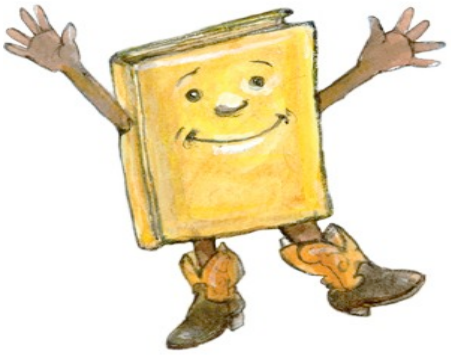
Touch is fast-paced and easy to learn. The sport is known for its camaraderie and community. Once you learn how to play Touch, you will always find a game and a new set of family and friends if you travel to Australia, New Zealand, South Africa, or even just Portland.

"Adversity cause some men to break; others to break records."- William A. Ward

"The things I want to know are in books; my best friend is the man who'll get me a book I ain't read." Abraham Lincoln

Book Club

Do you LOVE to read and talk about books? This is the place for you! In book club we will select a shared book to read and meet to discuss the book weekly. Books will be chosen from a wide selection of genres; we will most likely read two or three books during the session. Literary elements will be discussed in a non-academic, no pressure format as well as possible extension activities. This class is designed for the love of books, so just enjoy.



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Boys Council

Please join us for afternoon activities and fun!

Boys Council is a free opportunity to discuss the things that are most important to you. In addition, the group provides a chance to develop new friendships, learn new skills, and participate in fun activities. Our goal with Boys Council is to provide a safe and confidential environment while being supportive and having fun.

We are offering this club on Thursdays.

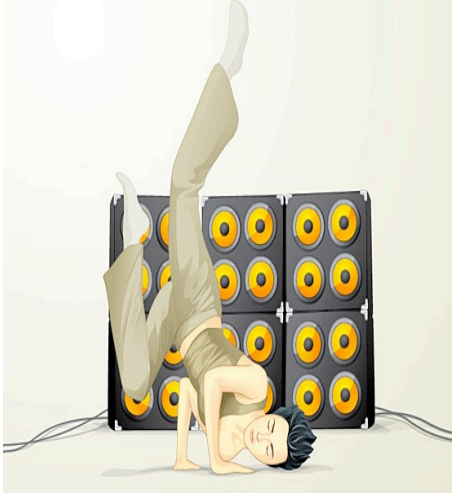
Chess Club

Learn to play chess with all the best strategies and moves. You'll also get to plan and compete in city-wide tournaments! All skill levels welcome from absolute beginner to pro!

Tae Kwon Do

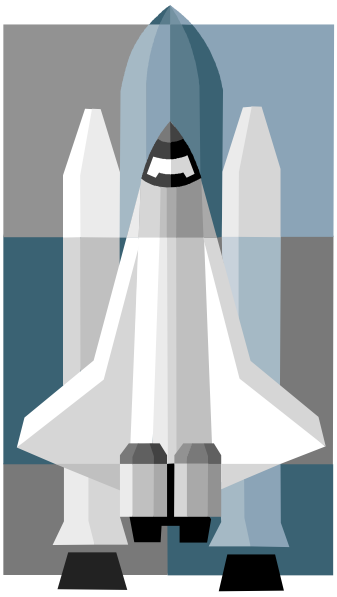
Improve physical condition, flexibility, speed and coordination. Increase your self confidence by developing self discipline. Classes will teach blocking, kicking and striking techniques. Learn ancient Tae Kwon Doe (forms) that are over 100 years old. Regardless of prior ability or experience, all beginners are welcome! All practitioners can earn belt levels towards black belt status.

Basic Rhythm and Dance



Do you like to dance? Come and join the fun in BRaD, a new club being added this session. Come develop better coordination and confidence while learning basic hip hop and jazz dance moves! We will develop rhythm by dancing to everything from Jack Johnson to hip hop. Please plan to attend every Tuesday.

Science Club



Science club is a new club we are adding to our list of activities for the Spring Session. "Things That Move" will be our theme. This class will be fun even for those that think science is challenging. This is a hands on club with projects being made every week. Express your creativity as you learn science. Boys and girls alike will enjoy the projects and find their "inner scientists". Join Mrs. Martinez on Mondays for this fun, new club.

Karaoke Club

Calling all future Singing Stars! Sign up for Karaoke Club with Mr. Calkins. Join other students singing and entertaining their club mates while Mr. Calkins spins up their favorites songs on his Karaoke Machine. Do you know all the words to your favorite song? No need to! Do you sing in the shower? Come sing with us !

Words and background music provided, the voice is all yours. We know "St. Helens Got Talent"! So make sure you sign up for Wednesday afternoon Karaoke Club. No experience necessary, just the talent to have fun and the desire to belt out a tune!

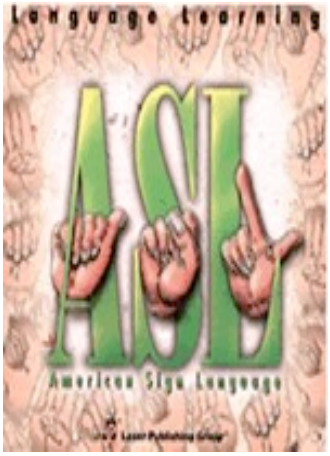
Cooking Club

We are bringing back our wonderful cooking club. This class teaches valuable nutritional lessons beside providing wonderful recipes to take home and try with their own families. The students get to recreate the dishes that the instructor shows them in class. Walk by this club during the hour and a half they are in there and it is guaranteed to get your taste buds going!

"Good food is a celebration of life." Sophia Loren

American Sign Language

We are excited to be offering ASL as a club this session. This is an introduction to sign language. Students will learn the basic handshapes, vocabulary, and concepts of language. It's an active environment where students can learn another language while having fun. This club will be led by Mrs. Walker on Tuesdays.



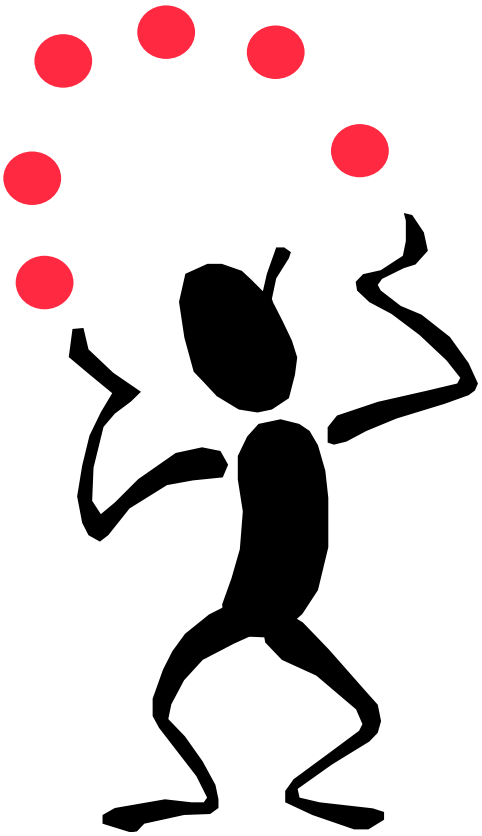
Please join us for afternoon activities and conversation.

Girls Group is a free opportunity to discuss the things that are most important to you. In addition, the group provides a chance to develop new friendships, learn new skills, and participate in fun activities. Our goal with Girls Group is to provide a safe and confidential environment while being supportive and having fun.

For more information :

myspace.com/girlsgroup

Girls Circle



Juggling...Arrggg!

More balls flying than hands to hold 'em ... ever want to make juggling look so effortless? You can! It's easy...and fun. In fact...

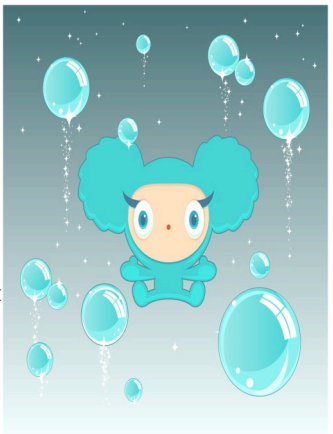
Anyone can juggle. Not everyone will...

If juggling has ever intrigued you, ***THEN JUGGLING CLUB IS HERE FOR YOU!*** We are here to help - *even if* you've tried before. All jugglers, at some point, **did not know how to juggle.** This is where we can help, AND you can have fun in the meantime.

Scrapbooking & Card Making Club

Come enjoy the art of Scrapbooking & Card making with Mrs. Beddingfield. This club will meet every Thursday. Now is your opportunity to be creative and find new ways to document your photo's. Need to send someone a card? Send it hand made by you!

Anime Club with Ms. Krabbenhoft



Anime club is an after school program for students who are interested in Manga (Japanese comics) and Japanese animated cartoons, such as Naruto, Bleach, and Dragon Ball. We acquire a small interest in the subject and for those who have no experience in the Japanese arts we have a little drawing tutorial that will improve many people's eyes of imagination. Currently we are establishing minor skits that will include everyone's participation. Each skit will feature characters from various animes, and each skit will have a moral and a bit of humor. During the third quarter of school, we will be writing scripts for each skit, memorizing lines, and practicing in costume. We encourage anyone who is energetic and willing to focus to join the Anime club.