

Friday

Sports & Fun

All Afternoon!

Friday afternoons are spent having fun outside or getting active in the gym with organized sports and open gym time. For part of the day there is also a more laid-back option as well, like arts and crafts. All offerings on Fridays are flexible, no need to sign up!

Arts & Crafts

All Afternoon!

Each week we will offer a new arts and crafts project, including Slime Making!

Drop In Nights

6-8:00pm

The following dates we will not have regular program from 2:30-5:30pm, instead we will be hosting a fun DROP IN NIGHT from 6-8pm: **3/9, 4/6, 5/11**

Please put a number 1 next to your top choice each day, and a number 2 next to your back up choice. Remember that anything offered from 2:30-3:30 (in purple) does not interfere with any other enrichments later that day.

	Monday	Tuesday	Wednesday	Thursday
2:30-3:30	___ ELS Zone	___ ELS Zone	___ ELS Zone	___ ELS Zone
	___ Diversity	___ Somersworth Rocks!	___ Yoga & Mindfulness	___ Board Games
	___ Youth to Youth		___ PokeMon & Magic	___ Girl Power
	___ March Madness		___ March Madness	___ Eco SWAT
Flexible Enrichments <i>(most 4-5pm)</i>	___ Outdoor Adventures**	___ Broom Ball	___ STEAM Team	___ Kahoot
	___ Painting Positive	___ Teens Talk Middle School	___ Damsel in Defense	___ Arts & Crafts
Committed Enrichments <i>(most 4-5pm)</i>	___ Sole City Dance**	___ Gears and Gadget	___ Fly Tying	___ Bowling League**
	___ Mural, Mural on the Wall	___ Chess & Rubik's	___ Talent Show	
	___ Paint N Skate			

****Students will be off-site and bussed to this enrichment. Signature below acknowledges and approves of this. Bus returns about 5:15**

Student: I have read the descriptions for all of the enrichments that I have signed up for, and I'm excited about participating! I understand that some of the enrichments require my commitment to come each week, and finish up the session, while some are more flexible; and I have chosen wisely.

Student Name _____ Student Signature _____

Parent: I have read the descriptions of the enrichments including timing, location, and level of commitment for the enrichments my student has signed up for.

Parent Name _____ Parent Signature _____



Somersworthyouthconnection.org

SYC Clubs and Enrichments

March-April 2018

You don't have to come every day!
Join the specific clubs that YOU are interested in! Free!



Follow us on social:



@ somersworthyouth

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Every Day

ELŠ Zone 2:30-3:30 w/ ELŠ Staff

Students signing up for ELŠ Zone should fill out the ELŠ Zone form with their parents at somersworthyouthconnection.org/forms if not attached here.

Šnack/Meal 2:30 & 3:30 w/ŠYC Staff

Every day students have the option of having a nutritious snack at 2:30 and a nutritious meal at 3:30 for free!

Monday

Diversity Club 2:30-3:30 w/ Ms. Mehli & Ms. Tucker

We will talk about issues that different groups face both globally and locally, and how we might be able to advocate for change for these groups. Whether you are black, white, male, female, gay, straight, or anything above or between we want you to join us!

Youth to Youth 2:30-3:30 w/ Ms. Hahn & Ms. Turcotte

Another great way to get involved in the community! This Club runs year-round, and takes a very active role in drug and alcohol prevention! Be a leader of this very important cause that helps keep your community safe. Do things like get on the radio, be in the newspaper, dress up like a skunk! Trust us, it's fun!

March Madness 2:30-4:00 w/Coach Waterman

Come play a variety of intramural sports from volleyball, floor hockey, basketball, and more! Get your game on with your friends! Mondays and Wednesdays.. You should sign up for both!

Outdoor Adventures 3:30-5:30 w/Coach Brad

Let's get outside and have some fun! Also learn survival skills, like what to bring for an overnight camping trip, hiking, how to use a compass, and more!

Sole City Dance Studio 3:30-5:15 w/Sole City Staff @Sole City Dance

Come learn how to dance with a team in this 14 week free dance class opportunity! Students should be committed to all 14 Mondays, and will end by performing on stage at the Rochester Opera House! Learn what it's like to be part of a real choreographed dance, and upgrade your skills from the whip and nae nae! BOYS ARE WELCOME!

Mural, Mural on the Wall 4:00-5:00 w/Mr. Gerding

We at SYC have been provided an awesome opportunity to design and create a mural here within the school. The first step of the mural has started, but we are looking for input on how we will grow the mural down hallway! If you have artist skills, creative ideas, and a passion for improving our school and community!

Paint N Skate 4:00-5:00 w/Ms. Gagnon

Design your own skateboard from the ground up, literally. Starting with a blank skateboard you will paint your own designs, and construct your very own full-sized skateboard from a kit. YOUR OWN SKATEBOARD! Students who have already participated this year need to leave room for others who have not :)

Painting Positive 4:00-5:00 w/ Ms. Abby & Ms. Soucy

Come express your artsy side while painting inspiration in the girl's bathrooms! Don't you think some of the bathrooms here at school are pretty boring? Well let's make them pretty! Girls only!

Tuesday

Somersworth Rocks! 2:40-3:40 w/ ŠYC Staff

Somersworth Rocks! Doesn't it? Every city has its challenges, and sometimes people need a reminder about how great our city really is! Anyone who doesn't go to ELŠ Zone will join us in our latest Somersworth campaign where we will spread rocks with positive messages around the city! We will be painting mandalas, words, messages, and more on these rocks. Be creative!

Teens Talk Middle School 4:00-5:00 w/Ms. Jess

Each week read a true story from a middle school student's experience in this read-a-long book group, then talk about it! How are we all similar? How do we all differ? And how can we learn from the experiences of others? BOYS ARE WELCOME!

Gears & Gadget Art 4:00-5:00 w/Ms. Gagnon

Take ordinary things and transform them with the use of gears, computer parts, nuts, and bolts. Historically steampunk is the combined use of historical elements with technological features. Have something at home you want to transform? Like an old (broken?) video game controller or a model car?

Tuesday enrichments continue on the next page

Broom Ball Tournament 3:30-5:15 w/Mr. Donohue & Ms. Soucy @Flanagan Center

Play this unique twist on floor hockey, BROOM BALL. Each week we will be WALKING to the Flanagan Center (community gym) to play. Will your team win?

Chess & Rubik's Cube 4:00-5:00 w/ Mr. Kinneavy

Would you like to learn how to do the Rubik's Cube or learn to play Chess? Or perhaps you already know? We are looking for anyone interested in improving their skills in either one! We have a Chess Tournament in April and a Rubik's Cube tournament in May.. Join us!

Wednesday

Yoga & Mindfulness 2:45-3:30 w/ Ms. Tucker

Inhale: Peace, Energy, Health, and Calm. **Exhale:** Happiness, Wisdom, and Gratitude. Come to Yoga and Mindfulness to let go of the day's stress and lingering negativity. Learn techniques to bring greater balance and wellness into your world.

March Madness 2:30-4:00 w/Mr. Dinger

Come play a variety of intramural sports from volleyball, floor hockey, basketball, and more! Get your game on with your friends! Mondays and Wednesdays.. You should sign up for both!

PokeMon & Magic 2:30-3:30

Come test your skills in PokeMon and Magic battles! Don't know how to play? TOTALLY OK! Aaron and Iqbal and others are here to teach you! Use our trainer decks, or bring your own cards— either way, this enrichment will be a blast!

Fly Tying 4:00-5:00 w/Mr. Asbell

Learn the craft of tying your own "fly" to go fishing with. At the end of the session this group will use your own fly to go fishing!

STEAM Team 4:00-5:00 w/Mr. Donohue

Test your skills in engineering in this enrichment where you will be challenged to build the best, the strongest, the tallest, or the quickest. Each week your team will be given specific items with a specific challenge. Only one team will win!

Damsel in Defense 4:00-5:00 w/ Ms. Nicole from Damsel in Defense

Learn tips, tricks, and techniques on how to be safe wherever you are, including basic self-defense skills! Girls only!

Talent Show Crew 4:00-5:00 w/Ms. Abby

If you want to be in the talent show OR you would like to help run the talent show, including stage crew, lighting, etc. this is the enrichment for you! Come practice and plan your performances!

Thursday

Girl Power 2:30-3:30 w/ Ms. Soucy & Ms. Jess

Are you a young lady who wants to be in a group challenging women and girls these days?! Join the Girl Power group! Girls only!

Board Games 2:30-3:30 w/ŠYC Staff

Not going to Eco SWAT or Girl Power? If you're all caught up on your work you can stay in the café and join us for fun board games and the like!

Eco SWAT Team 2:30-3:30 w/Mr. Dinger

Welcome to the Eco SWAT Team 2018! This is not composting and not your normal Eco-friendliness club. Don't just standby and let wastefulness take-over. The clock is ticking. Kick down the door, and show the earth what you're made of. You and your team will be up against the clock to diffuse global climate change and save the world from evil! Are you up to the task? Sign up for Eco SWAT to find out. **BONUS:** Gain leadership skills and create positive change!

Kahoot 4:00-5:00 w/Mr. Kinneavy

Put your brain to work! Show off what you've learned in class and your useless pop-culture knowledge to become SYC's Kahoot Champion!

Advanced Bowling League 4:00-5:00 w/ Mr. Donohue, Ms. Soucy, and Ms. Jess

Join us for bowling each week at Dover Bowl. You don't have to be good, but there will be NO BUMPERS allowed! This session will be tournament style, where we will declare a winning team each week, don't worry, your team will never be eliminated, and you will have a chance to redeem yourself with each new week!

Arts & Crafts 4:00-5:00 w/Keira, KK, and Jazmine

Want to learn new styles of art or just draw!?! This is the club for you! We are accepting anyone who likes art! Spend time doing what you love and talking with friends! We hope to see you there!