

Hale After School Activities 2018-2019

The following is a list of each after school activity, and times.

An [After School Permission Slip and Health Form](#) must be filled out prior to enrolling.

Activities start on: September 24th

Activity / Supervisor / Location	Day of week	Description of Activity
6th Grade Tutorial Mrs. CampoBasso - Room 207	Tuesdays until 3:15	On Tuesdays, 6th Grade students will work on math until 2:45. During this time, they can make up tests or quizzes, complete homework, or reinforce concepts. From 2:45 until 3:15, students can complete homework or receive help for any other classes.
7th Grade Tutorial / Mrs. LaPointe/309, Mr. Melbourne/ 308, & Mrs. White/313	Mondays & Tuesdays until 3:30pm Thursdays until 3pm	7th grade students will have time for completing homework, studying, and organizing their locker & materials.
8th Grade Tutorial / Mrs. Pavone & Ms. Guillemette / 307	Tuesdays & Thursday until 3:15	This will be time for students to work on any homework, make up tests or quizzes, or receive extra help for any 8th grade academic class. We will also provide time for organizing materials. We will offer assistance with long term projects and papers. We will preview and/or review classroom topics/lessons.
Hale Organizational Support Mrs. Pettis / 201	Tuesday's until 3:15	ALL STUDENTS can join Mrs. Pettis and get organized! This is a great way to maintain an organized google drive, backpack, locker or binder. Students can come if they need help with long-term project or just need a quiet place to study.
Hale Academic Support Mrs. Holbrook / 202	Thursday's Until 3:15	All students in grades 6-8 can join Mrs. Holbrook for academic support. This is a chance to ask questions about assignments, homework, prepare for assessments, work on editing a paper or a long term project. It is a time to check in and ask those questions!
Certain Victory Martial Arts & Fitness	Tuesdays 2:30 - 315 Gymnasium	Hale is pleased to offer middle school students Certain Victory Martial Arts & Fitness! Our American Freestyle Mixed Martial Arts Program teaches children how to develop vital life skills; Discipline, Motivation, Persistence, Building Confidence, Healthy Life Choices and Respect are at the heart of our program. Students will learn creative self-defense tactics with a variety of Martial Arts. Our martial arts program is centered on power and control with a CAN DO attitude and consist of a mixed martial arts of Boxing, Kickboxing, Muay Thai, Taekwondo, Karate, Krav Maga, Jiu-Jitsu and Self-Defense. 6 week session \$115 10/16 - 11/27. Make Payments by 10/9 to be registered. Payment and registration is HERE
Stock Market Club/ Mr. Melbourne/ 308	Thursdays until 3:30	Students will learn the basics of the stock market through the Stock Market Challenge, using both the year long and single-season format. We will explore publicly traded companies to learn about potential investments while also getting familiar with the format of the stock market.

First Lego League Robotics Mr. Melbourne / 308	Fridays until 3:30	FIRST LEGO League challenges kids to think like scientists and engineers. During the INTO ORBIT season, teams will choose and solve a real-world problem in the Project. They will also build, test, and program an autonomous robot using LEGO® MINDSTORMS® technology to solve a set of missions in the Robot Game. Cost of this club is \$55.
Dungeons & Dragons Mr. Turpin /306	Tuesdays until 3 (possibly later)	Join forces to embark on an epic adventure! We will learn to create characters, explore creativity and probability, and to work together toward a common goal. Novices and seasoned players alike are welcome to join.
Open Library Book Club Mrs. Brannen / Library	Tuesday and Thursday until 3:15	Open Library, open books, open mind! Come both days or just one to work in the library, play chess or checkers or discuss what you are reading. It's always fun to share something you enjoy!
Fitness Club / Ms. Polana / Gym	Wednesdays until 3:30.	Let's get fit! Using a variety of exercise programs for strength circuits, cardio, and yoga routines, students will be able to take time out of their busy schedules to workout and learn more about the benefits of fitness training.
Volleyball Intramural / Mrs. Pettis/ Gym	10 sessions beginning after February Break	Want to learn how to play volleyball? This intramural introduces participants to the proper basic techniques for passing, setting, hitting and serving. The rules for playing volleyball will also be covered during the sessions. Practices will consist of a warm-up, drills, and some competition at the end of practice.
Rock Climbing Club / Ms. Guillemette, Mrs Brannen / Gym	Wednesdays until 3:30 Fall/Spring	If you enjoy rock climbing or would like a chance to try it out, then join us.. We run in the Fall and Spring, taking a break during Basketball season. This is a drop-in club. You may attend whenever it fits into your schedule. Click here for more information
Art Club / Ms. Van Buskirk / Art	Thursdays until 3:15 All year	In Art Club, students will have the opportunity to participate in whole group installation projects that will be displayed throughout the school. Students will learn about and create craft based projects such as paper making, paste papers, paper marbling and book binding as the art curriculum lends less time for this during the school year. They will also be able develop and create their own projects in a medium of their choice. Student input will always be welcome. Art Club will be every Thursday, from 2:15-3:15 in the art room and starts on September 27th.
Yearbook Club / Mrs. Styles / 204	Thursdays until 3:15 All year	The Yearbook Club has the primary goal of publishing a chronicle of the Hale 2018 - 2019 school year. Through respectful collaboration and cooperation, members of the club will design, produce, and distribute the Hale Middle School Yearbook. The club will meet regularly with Ms. Styles starting in October. A preliminary meeting will be held in Room 204 on Wednesday, September 26, 2018 at 2:15 after dismissal to clarify potential club members' questions and concerns.
Student Council / Mr. Keaveney Room 304	Tuesday and Thursday (see blurb for exact timing)	The Student Council is involved in many activities that help both the members of our school community and the community at-large. As a student organization, they put on dances, organize special functions, raise funds to benefit Hale, as well as other worthy charities, and promote student involvement in the issues that affect the school. With the exception of the Executive Board,

		<p>the Student Council is made up of At-Large members which means all interested students are welcome and are voting members. The Executive Board consists of the President, Vice President, Secretary and Treasurer who are elected by the student body. The positions of President and VP are only open to 8th graders while any Hale student may run for the position of Secretary and Treasurer. The Student Council meets every Thursday morning at 7:00 am and Tuesday mornings at 7:15 am in Mr. Keaveney's room, #304.</p>
<p>Model UN Club / Mr. Keaveney / Room 304</p>	<p>Monday Mornings 7:15am</p>	<p>The Hale Middle School Model United Nations Club attracts students who like to debate and negotiate. The club attends two annual Middle School conferences held at Northeastern University and Bentley University where students play the role of diplomats from various countries who work to solve world problems. Each year the conference topics change but they focus on major international issues that are being debated in the United Nations. Weekly meetings are used to prepare students for the conferences. Model UN Club meetings are held every Monday morning at 7:15 am in Mr. Keaveney's room, 304 starting October 1, 2018</p>
<p>GSA (Hale Gay-Straight Alliance) / Ms. Boisvert/Mr. Turpin / 305</p>		<p>The Hale GSA works to help students be more knowledgeable and understanding of the LGBTQIA community. Our groups creates and works on projects in our school, including our GSA bulletin board and running Kindness Week. We also have some meetings for hanging out and having fun, such as doing rainbow crafts or having a dance party</p>
<p>Math Club / Mr. Melbourne / 308</p>	<p>Mondays</p>	<p>Do you like working with numbers, solving equations and unraveling logic problems? Whether you are interested in fast-paced competition with peers, or relaxed projects exploring the math in the world around you, Math Club is the place for you. We complete challenges from the National Math Club while also preparing for a regional MATHCOUNTS competition as well as the online Purple Comet math competition</p>
<p>YOGA Club / Amy Olsen / Library</p>	<p>Wednesdays 3:15 - 4:15 Hale Library</p>	<p>As a fun loving mother of three, Amy Olson, yoga practitioner & instructor, is excited to offer yoga to all middle school students in the NRSD. Inviting creativity, positivity & body awareness, yoga is a powerful tool that helps children manage stress and enhance focus through use of breath. Most of all, yoga is fun when practiced in a supportive, encouraging environment where students decompress after a hard day's work! Students should bring a Yoga mat and wear comfortable clothes. Six week sessions cost \$70. November 7th - December 19th. Registration Deadline: Friday, Oct 26th No previous experience required! To register go to www.nrsd.net and click on Extended Learning and go to Middle School Enrichments Tab. You will be invoiced on MySchoolBucks.com.</p>
<p>Sports Offered: Cross Country, Basketball, Baseball, Softball and Track & Field.</p>	<p>Various</p>	<p>Specific information about each sport is released prior to the beginning of the season. Information will be emailed to parents and will be posted on our website when it becomes available. Student athletes must have an up-to-date physical on file in our nursing office. Students must also adhere to the NRSD eligibility protocols.</p>

After School Activity Permission Slip

Please complete the section below along with the health form and return to the supervising teacher.
Activities start on: Monday, September 24th

Student: _____ **Activity:** _____

Parent Signature: _____ **Date:** _____

(Please scroll down for the required Health Form)

AFTER SCHOOL ACTIVITY HEALTH FORM

Student name: _____ School _____

Address: _____ Home phone: _____

Parent/guardian name: _____ Cell phone: _____ Work phone: _____

Parent/guardian name: _____ Cell phone: _____ Work phone: _____

Emergency contact: _____ Phone: _____

Activity/Club Name: _____ **Dates** _____

My child has the following medical condition that may need immediate attention (EMS – 911):

ALLERGY TO: _____

Requires: _____ (auto-injector) Carries medications? _____ Located where? _____

Action Plan: For allergic reaction (examples of symptoms include: difficulty breathing, shortness of breath, wheezing, difficulty swallowing, hives, itching, swelling of face, lips, tongue). If the student has an epinephrine auto-injector, advisor administers or assists student to self-administer, and calls 911 and parent.

ASTHMA: Requires: _____ inhaler Carries medications? _____ Located where? _____

Action Plan: For difficulty breathing, wheezing, and shortness of breath. If inhaler present, advisor has student use it. If no relief of symptoms in five (5) minutes, advisor calls 911 and parent. If no inhaler available, calls 911 immediately.

DIABETES: Emergency snack/juice/glucose tabs are located where? _____

Action Plan: For low blood sugar symptoms (hunger, sweating, pallor, shakiness, headache, confusion). Advisor assists student to drink a juice box or regular soda, or eat glucose tablets or a snack from their emergency snack pack. Student tests blood glucose level and records number. Advisor contacts parent. If no change in symptoms in five (5) minutes –advisor calls 911 and assists child to repeat all of the above steps.

SEIZURES: Requires: _____ Carries medications? _____ Located where? _____

Action Plan: For seizure activity (altered consciousness, involuntary muscle stiffness or jerking movements, drooling/foaming at the mouth, temporary halt in breathing, loss of bladder control). Advisor assists child to comfortable position, moves objects away, protects from injury and calls 911 and parent. Never put anything into the student's mouth.

OTHER: and/or please add child-specific instructions: _____

Parents are responsible for completing and returning to the school a Student Emergency and Health Record annually, an Extracurricular Activity Registration Form each session, and, if their child has a medical condition, providing medication orders and a health care plan to the school nurse. Parents are also responsible for ensuring that their child brings/carries his/her emergency medications to all extracurricular activities, or must provide a supply to the activity advisor.

Parent Signature: _____ Date: _____