

# Community Schools Initiative at Hernandez Before and After School Activities Spring Session January 4, 2016 – March 18, 2016

## **Art Club (Bityou, Lilian)**

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Art club will explore different materials including acrylic paint, water color paint, chalk pastels, oil pastels while learning new techniques. Art club will also be working on school projects such as the spring play.

**Grades:** 6, 7, 8  
**Days:** Tuesday & Wednesday  
**Hours:** 3:30 p.m. – 5:00 p.m.  
**Max. Enrollment:** 15 – 20  
**Start Date:** January 5 – March 16, 2016

## **Basketball Enrichment (Benkovich, Bryan)**

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Students will learn the basic fundamentals of basketball such as how to dribble, proper passing techniques, understanding different plays, and working together as a team. The students will learn about the different fouls they can commit in basketball such as personal foul and technical fouls. Students will also learn about the different violations that occur during the game such as three second offensive and defensive violations and traveling violations. The basketball coach will lead the students in different activities to help improve their basketball skills. Prior to the basketball drills, students will have an hour to do their homework and get assistance from the teacher.

**Grades:** 6, 7, 8  
**Days:** Tuesday (Group A) or Thursday (Group B)  
**Hours:** 3:30 p.m. – 6:00 p.m.  
**Max. Enrollment:** 25  
**Start Date:** February 8 – April 15, 2016

## **Chess Club (Villalobos, Eduardo)**

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Students will explore the fun and interactive game of Chess. Students will learn different strategies on how to play the game of chess. Students will have friendly matches between themselves both in person and online. Students will host a chess tournament for the school to be able to participate.

**Grades:** 6, 7, 8  
**Days:** Monday & Wednesday  
**Hours:** 3:30 p.m. – 4:30 p.m.  
**Max. Enrollment:** 25  
**Start Date:** January 4 – March 16, 2016



*"Funds for this activity were provided by a 21<sup>st</sup> Century Community Learning Center grant."*

### **Drama Production (McLaughlin, Deborah)**

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If you are interested in acting please consider auditioning for Drama Production, no experience necessary. All students need to audition in December. Students will develop their acting, listening, imagination, speaking and communication skills by working together for a common production. Students will be able performing in the spring.

**Grades:** 6, 7, 8  
**Days:** Monday, Tuesday & Thursday  
**Hours:** 3:30 p.m. – 4:30 p.m.  
**Max. Enrollment:** 20  
**Start Date:** January 4 – March 17, 2016

### **Health & Fitness Club (Gonzales, Sonia) \*Ladies Only**

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Ladies, if you are interested in starting a new routine for the new year and tips on how to eat healthy come and join us every Wednesday afterschool. We will incorporate nutrition, stress management, exercise as well as Zumba.

**Grades:** 6, 7, 8  
**Days:** Wednesday  
**Hours:** 3:30 p.m. – 4:30 p.m.  
**Max. Enrollment:** 20  
**Start Date:** January 6 – March 16, 2016

### **Homework Help (Activity Workers, MFS)**

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Homework help will help students complete their homework while building positive relationships with them in a small group setting. This program allows students to experience positive reinforcement for academic success from a caring adult. Activity Workers also play quiet table games with students once homework has been completed.

**Grades:** 6, 7, 8  
**Days:** Monday, Tuesday, Wednesday & Thursday  
**Hours:** 4:30 p.m. – 6:00 p.m.  
**Max. Enrollment:** 30  
**Start Date:** January 4 – March 18, 2016

### **Lego Videos (Ballesteros, Luis)**

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Students will be managing the production of short videos. Students will work together in teams to create 2-4 minute short stop motion videos with LEGOs. Students will create a script, screen, and characters as their video calls for. Students will present their finish products to the school in a video screening.

**Grades:** 6, 7, 8  
**Days:** Wednesday  
**Hours:** 3:30 p.m. – 5:30 p.m.  
**Max. Enrollment:** 15  
**Start Date:** January 6 – March 16, 2016



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### **Martial Arts (Victory Martial Arts)**

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Martial Arts will involve warmups such as jumping jacks, pushups and stretches. Movements and exercises will challenge the student's muscles and cardiovascular system. Students will be shown basic self-defense techniques as well as punches and holds. Instructor will also have talking circles to discuss discipline, respect and when it is appropriate to engage/walk away from a situation.

**Grades:** 6, 7, 8  
**Days:** Monday & Wednesday  
**Hours:** 3:30 p.m. – 4:30 p.m.  
**Max. Enrollment:** 25  
**Start Date:** January 4 – March 16, 2016

### **Percussion Instruments and more (McKissick, Ciera)**

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Students will combine art and music to engage in a fun learning environment. Students will create their own instruments and learn to play percussion instruments. Drums will be provided and students will combine this with physical movement and dance.

**Grades:** 6, 7, 8  
**Days:** Tuesday & Thursday  
**Hours:** 3:30 p.m. – 4:30 p.m.  
**Max. Enrollment:** 10 - 12  
**Start Date:** January 4 – March 18, 2016

### **Science Club "Peoples Gas" (Canizales, Rosario)**

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During this after-school program, students have the opportunity to participate in science demonstrations; do experiments; work with engineers and have fun doing science! The program is sponsored by Peoples Gas. Participants will be selected on a first-come, first-serve basis.

**Grades:** 6, 7, 8  
**Days:** Tuesday  
**Hours:** 3:30 p.m. – 4:30 p.m.  
**Max. Enrollment:** 20  
**Start Date:** January 5 – March 18, 2016

### **Ritmo Latino (Corral, Raymudo)**

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Do you like to dance? No experience necessary, just a positive attitude and willingness to learn. Come learn the basic steps to salsa, merengue, bachata, cumbia or group set songs. You will learn the basic steps to be able to use at your next school dance. Impress your teachers and classmates with new spins and steps.

**Grades:** 6, 7, 8  
**Days:** Monday & Wednesday  
**Hours:** 3:30 p.m. – 4:30 p.m.  
**Max. Enrollment:** 20  
**Start Date:** January 5 – March 17, 2016



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### **Volleyball Enrichment (Gordon, Corei)**

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Students will learn the basic fundamentals of volleyball such as how to bump, set, passing techniques, understanding different plays, and working together as a team. Students will learn the rules and positions of volleyball. The volleyball instructor will lead the students in different activities to help improve their eye, hand and body coordination and skills.

**Grades:** 6, 7, 8  
**Days:** Tuesday & Wednesday  
**Hours:** 7:00 a.m. – 8:00 a.m.  
**Max. Enrollment:** 25  
**Start Date:** January 5 – March 18, 2016

## **Family and Parent Activities**

### **Friday Night Family Knitting Club (TBA)**

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Families are welcome to join the Friday Night Family Knitting club. This club welcomes parents, students and community to come together and share stories as they learn to knit. All skill levels are welcome to join! This club is intended to be relaxed knitting sessions with good company. Bring your projects along, and if you are new to knitting, we'll teach you various skills and techniques. Create way to enjoy time with the children as well.

**Grades:** All  
**Days:** Fridays  
**Hours:** 3:30 p.m. – 5:30 p.m.  
**Max. Enrollment:** 25  
**Start Date:** January 8 – March 18, 2016

### **ZUMBA for Parents (Rosy Gonzalez)**

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Through music and dance, adults will participate in a high impact aerobics type workout with a cultural background as taught by instructor. The participants will also work together and encourage each other to exercise regularly.

**Grades:** All  
**Days:** Fridays  
**Hours:** 8:30 a.m. – 9:30 a.m.  
**Max. Enrollment:** 35 - 40  
**Start Date:** January 8 – March 18, 2016



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