



**Robert Frost Middle School
2009
Fall After-School Clubs Packet**

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EXTRACURRICULAR ACTIVITIES FALL 2009

Notes: * To participate in any activity taking place after school, the **\$30.00 extracurricular activities fee must be sent to the "MCPS central office". DO NOT MAKE CHECKS OUT TO ROBERT FROST.**

(Fee forms can be obtained at the After-School Activities Bulletin Board, at the MCPS Website, and in the main office.)

* In order to remain in any after-school activity students must maintain a 2.0 grade point average (GPA) with the exception of these clubs:

- Homework Club - Wootton Tutoring -Math Matters

* Students will be assigned to clubs on a first-come-first-served basis. Some clubs have limited space, so students should sign up quickly to get the clubs they want.

* Students who stay after school must be under adult supervision by 2:50pm until 4pm.

* Fall clubs will begin Tuesday, October 13th and end Thursday, Dec. 17th unless otherwise noted. There will be no clubs during the month of January.

Fall After-School Activities

CRAFTS CLUB

Students will create a variety of projects with beads, clay, fabric, paper and paints.

Sessions: Wednesdays
Location: Room 101
Sponsor: Mrs. Morrow

FITNESS CLUB

Students can achieve fitness goals through increased endurance, building muscle, or weight loss. Activities include running, light weightlifting, stretching, and various exercises.

Sessions: Wednesdays
Location: Auxiliary Gym 2
Sponsor: Mr. Blott

GAMES CLUB

Students will have the opportunity to play a variety of board games such as chess, checkers, Monopoly, and others. Students may bring their own games to share.

Sessions: Thursdays
Location: Room 231
Sponsor: Ms. Harris

INTERNATIONAL CLUB

Students will help plan activities to foster awareness and appreciation of the many cultures that make up Frost. They will also help prepare for International Night taking place in May.

Sessions: First Wednesday of each month
Location: Room 212
Sponsor: Mrs. Morrow

MATH MATTERS

Math Matters is an afterschool peer tutoring program for selected 6th and 7th grade students. Peer tutors, selected from the 8th grade geometry program, are paired with students who they work with for the entire school year. During their time together, students work on homework, study for tests, review basic skills and receive never-ending support. Research has shown that peer tutoring is a very successful program for student achievement. At Robert Frost, we are working diligently to provide students various outlets for success. Students must be selected to join this club.

Sessions: Wednesdays
Location: Room 258
Sponsors: Mrs. Gagnon and Ms. Stanchak

SELECTED
ENROLLMENT

NEWSPAPER CLUB

Students have the opportunity to develop and publish their own writings while working on the school's newspaper.

Sessions: Wednesdays
Location: Computer Lab – Room 254
Sponsor: Mrs. Garrett

LIMIT: 25 STUDENTS
BEGINS ON WED. 10/14

RECYCLING CLUB

We've only got 1 planet! Want to help "keep it green"? Recycling club members will help with recycling collection, evaluating (grading) our program, and increasing environmental awareness of staff/ students/ and the Frost community. Membership is limited. Please see Ms. Swantkowski for an application.

Sessions: As needed – listen for announcements
Location: Room 110
Sponsor: Ms. Swantkowski

MEMBERSHIP IS LIMITED.
APPLICATIONS ARE IN ROOM 110.

PAWS FOR PAWS

Students will conduct activities and fundraisers to support dogs and cats that are in animal shelters.

Sessions: Every other Wednesday, beginning Oct. 14
Location: Room 209
Sponsor: Ms. Eszeki

TCB

(Taking Care of Business) is a club formed for 7th and 8th grade Male students. We promote integrity, honesty, pride, respect, and responsibility on a daily basis.

Sessions: Wednesdays
Locations: Room 218
Sponsors: Mr. Whang and Mr. Johnson

LYLAS

Leading Young Ladies Achieving Success: a group designed especially for middle school students. The purpose is to provide a safe place for girls to discuss Issues and topics that are important to their academic, social, and emotional development. We will hold weekly discussions that encourage the girls to be knowledgeable about making positive life choices, making new friends, and sharing experiences. Some of our focus areas include: achievement, leadership, responsibility, self – esteem, career exploration, peer pressure, fitness, relationship building and cultural awareness.

Sessions: Wednesdays
Locations Room 231
Sponsors: Ms. Harris and Ms. Johnson

INTRAMURAL SPORTS

Intramural sports are offered to students after school on Tuesdays, Wednesdays, and Thursdays. A variety of athletic activities are planned including field hockey, track, and basketball. See Mrs. Nechanicky for a schedule of activities.

"OPEN DOOR" ACTIVITIES

These programs do not require a sign up, or a 2.0 GPA in order to attend.

HOMEWORK CLUB

Do you need a quiet place to do homework? Do you sometimes need help with questions? Do you need to "catch up" on work occasionally? If you answered, "YES!" to any of these questions, then the Homework Club is for you!

Session: Wednesdays
Location: 203
Sponsor: Brian Gregory

WOOTTON TUTORING

Do you need help with homework? Wootton High School students tutor Frost students, giving them the guidance and encouragement needed to complete their assignments.

Session: Tuesdays and Thursdays
Location: Media Center
Sponsor: Ms. Gilger and Ms. Redden

Be on the lookout for the following clubs that will be available in the Spring Club Packet:

- Trout in the Classroom

Students will learn about ecology while growing trout and then releasing them once they mature

- Robotics Club

Students will use Lego Mindstorm NXT kits to create and program robots to perform specific tasks. This club is a great introduction to the materials used in Wootton's Robotics Club.

**APPLICATION FOR AFTER-SCHOOL CLUB PARTICIPATION
Fall 2009**

See your P.E. teacher for a separate application for Intramurals.

Last Name: _____ First Name: _____ Grade: _____

Please rank your top 5 choices of clubs: (1= 1st choice, 2= 2nd choice, etc.)

- Crafts Club..... Wednesday
- Games Club.....Thursday
- Fitness Club.....Wednesday
- Homework Club.....Wednesday
- International Club..... 1st Wednesday of month only
- LYLAS (Leading Young Ladies for Academic Success) Wednesday
- *Math MattersWednesday
- Newspaper Club.....Wednesday
- Paws for Paws.....Every other Wednesday
- *Recycling Club.....As needed; Listen for announcements
- TCB ...(Taking Care of Business)Wednesdays
- Wootton Tutoring..... Tuesday and Thursday

*This club has selected enrollment

I give permission for my child to participate in the above activities. I understand that I will be responsible for providing transportation unless my child can ride the activity bus.
**The activity bus transports students to the Willows, Dufief, Rio, and Travilah areas only.
The bus leaves Frost at 4:15pm on Tuesdays, Wednesdays, and Thursdays.**

The activity bus stops are:

- | | | |
|-------------------------------|-----------------|--------------------|
| - Willows | - Treworthy | - Dufief Mill Road |
| - Flints Grove Road | - Rio Boulevard | - Dufief Drive |
| - River Road | - Travilah Road | - Dufief Drive |
| - Coral Gable & Frances Green | | |

PARENT SIGNATURE: _____ DATE: _____

**RETURN THIS APPLICATION TO THE MAIN OFFICE BY FRIDAY, OCTOBER 9TH
CLUBS ARE SUBJECT TO AVAILABILITY.
SEE MRS. STOLZ OR THE CLUB SPONSOR WITH QUESTIONS.**