



Sustainability Academy Afterschool  
Explore - Connect - Empower

## Session 1

October 16th- December 8th

Please return your class selections  
by Wednesday, October 11th



### TO SIGN UP

Please complete and return the sign-up form, included here, and give it to Nick, Kevin, or the front office. If you have any questions please email Nick at nchmura@bsdvt.org or call (802)324-6723.

### COLD & MUDDY WEATHER

Students at Afterschool will be going outside for free play as much as possible, even during the cold weather months. We will follow the school policy as to when it is too cold to go outside, but otherwise we will go out. It is very important that all children have warm clothes – hat, gloves, boots, winter jacket, snow pants, etc. Boots and snow pants are also a good idea during mud season as they help keep kids clean and dry.

**Please label all belongings with your student's name.**

### EXTRA CLOTHES

Occasionally, accidents happen whether it's a mud puddle, a paint spill, or other messes. Therefore, we recommend that all students, regardless of age, have an extra change of clothes. A gallon-sized Ziploc bag, holding at least an extra pair of socks, pants, and underwear, fits nicely in the bottom of a backpack until needed.

### ACTIVITY SCHEDULES

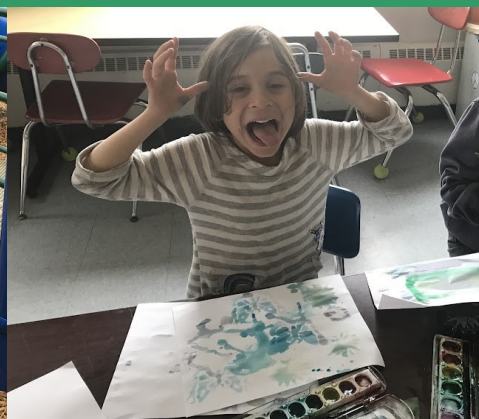
**Activity placement generally occurs on a first come, first serve basis.** However, we do take into consideration many other important factors. These include, but are not limited to: child/group dynamics, wait lists from previous sessions, and academic needs.

All students are offered at least two program options during activity time from 4:00-5:00pm. From 2:50-3:45pm students enjoy free play time, reading buddies and an Afterschool snack. We run programming on early dismissal Wednesdays as normal.

### GETTING STUDENTS TO AFTERSCHOOL & PICK UP

Afterschool staff meet students at classrooms at school day dismissal and escort them to their Afterschool space. **PICK UP** will happen in the Main School Lobby on 123 North St from the end of school to 5:30.

**\*Off Site Programs (see activity descriptions) may not return until 5:10.**



# Session 1

## Need Assistance?

**Ganga Sharma (Liaison)**  
**Nepali (Bhutanese)**  
**(802) 373-5621**

**Zaharo Adan (Liaison)**  
**Maay Maay & Somali**  
**(802) 829-0656**

### NOTE TO PARENTS

**No home toys or games permitted in Afterschool. If brought to school they will stay in the students backpack for the duration of Afterschool.**

**Unless the toy or game is related to your students class.**

**Sensory, fidget, and focus toys are okay.**

**THANK YOU!**



## Daily Activity Options

### Monday

#### **Lego**

Grades: K/1/2/3/4/5  
Teacher: Mrs. Hayes

Students in kindergarten through fifth grade can build to their hearts' content during free time play with Legos. We'll also have a weekly challenge for students who want to take that on! Come build with us!

#### **Painting & Drawing**

Grades: K/1/2/3/4/5  
Teacher: Cecily

Do you like to paint & draw? Then this is the class for you we will learn different techniques each week.

#### **Active games**

Grades: K/1/2/3/4/5  
Teacher: Sarah

Want to be active? Then join this class. Every couple weeks we will play a different active game.

#### **Gamers & Builders**

Grades: 3/4/5  
Teacher: Kate

Students will learn and play a variety of fun board games and make their own. This activity will help improve skills such as teamwork, resource management, and vocabulary.

#### **Nature Crafts**

Grades: K/1/2/3/4/5  
Teacher: Vita

We will do a bunch of different activities and crafts. For example making natural paint, DIY stethoscope, dot painting, and DIY drum.



### Tuesday

#### **Active Games**

Grades: K/1/2/3/4/5  
Teacher: Liana

Want to be active? Then join this class. Every couple weeks we will play a different active game.

#### **Knitting**

Grades: 2/3/4/5  
Teacher: Mrs. Hayes

Students in Grades 2-5 will learn basic knitting stitches and create projects of their choice, including bracelets, chokers, anklets, sweatbands, headbands, stuffies (owls, kittens, bunnies, dogs, or a favorite animal of their choice), and fingerless mittens and cowls. Lots of yarn to choose from, too!

#### **Storytelling & Craft**

Grades: K/1/2/3  
Teacher: Sofia H

Each class we will read a story and do a related craft or activity.

#### **Jewelry Making**

Grades: k/1/2/3/4/5  
Teacher: Juliet

Students will learn to make jewelry through different mediums and have a variety of different patterns to choose from.



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# Session Activity Options Continued

Questions or comments? Please call Nick at (802) 324-6723, or email [nchmura@bsdvt.org](mailto:nchmura@bsdvt.org).  
Do you have a gift, skill or community connection you'd like to share with afterschool participants? Let us know!  
We always welcome new activity ideas and community volunteers!

## Thursday

### **Engineering Club**

Grade: K/1/2/3/4/5

Teacher: Sofia H

Do you want to test your building skills? We will have building challenges with different materials. We will build boats cars and more!

### **Team Sports**

Grades: 1/2/3/4/5

Teacher: Juliet

Want to be active? Then join this class. Every couple weeks we will play a different team sport.

### **Storybook Making**

Grade: K/1/2/3/4/5

Teacher: Lexie

Students will learn skills to write their own storybooks and have the choice to make one or multiple books.

### **Dance**

Grade: K/1/2/3/4/5

Teacher: Liana

Students will have the opportunity to learn an organized dance each week with time to have freestyle dancing.



## Friday

### **Chill Zone**

Grades: K/1/2/3/4/5

Teacher: Lexie

Join this class if you'd like to chill! We will have coloring, Lego, melty beads, board games, and more!

### **Active games**

Grades: K/1/2/3/4/5

Teacher: Kate

Want to be active? Then join this class. Every couple weeks we will play a different active game.

### **Yoga**

Grades: K/1/2/3/4/5

Teacher: Ali

Yoga poses and games! Come stretch with us!!!

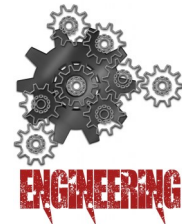
### **Outdoor Explorers\***

Grades: K/1/2/3/4/5

Teacher: Sofia H.

We will play outside, go for walks, and learn about the outdoors.

\*Might go off site.



**ENGINEERING**



### **Introducing Wacky Wednesdays**

Due to staffing constraints we will not be having classes on Wednesday. Instead we will have classes on Fridays which in the past have been free choice. Wednesdays will now be free choice.

We will offer an indoor active option, chill zone, and an outside playground option for Wacky Wednesdays.

We apologize for this inconvenience. Thank you for understanding!!

## **EVERY Wednesday IS WACKY!**

All students will participate in **Wacky Wednesdays** this Session. We will have a variety of choice activities. If students would like to propose a class or activity they can do so on Wednesdays.

## **ATTENTION PARENTS!!!!**

**Due to staffing needs and depending on number of class sign ups, classes offered are subject to change. If we change a class we will make sure your student's new class is a great fit for them.**

## ACTIVITY SIGN UP FORM

*Students (grades K-5) must circle the daily activity they like most of the ones offered. You should also mark a second choice by writing #2 next to that activity.*

**Please return by Wednesday, October 11th. THANK YOU!**

WRITE STUDENT NAME				GRADE	
Grades K, 1, 2	Monday	Tuesday	Thursday	Friday	
<b>4:00 - 5:00PM</b>	Lego	Active Games	Storybook Making	Chill Zone	
	Painting & Drawing	Knitting (No K,1)	Team Sports (No K)	Active Games	
	Active Games	Storytelling & Craft	Engineering Club	Yoga	
	Nature Crafts	Jewelry Making	Dance	Outdoor Explorers	
Grades 3, 4, 5	Monday	Tuesday	Thursday	Friday	
<b>4:00 - 5:00 PM</b>	Lego	Active Games	Story Book Making	Chill Zone	
	Painting & Drawing	Knitting	Team sports	Active Games	
	Nature Crafts	Active Games	Storytelling & Craft (No 4,5)	Engineering Club	Yoga
	Gamers & Builders	Jewelry Making	Dance	Outdoor Explorers	

### CLASS SWITCHING POLICY

Students will be required to attend their classes for the first two weeks of the session so that they can get a true idea of what the class is all about. Students will only be allowed to switch on the third week of classes, if there is space available.

#### Need To Contact Us?

**Site Director:** Nicholas Chmura | Email: [nchmura@bsdvt.org](mailto:nchmura@bsdvt.org)  
**Assistant Site Director:** Kevin Lewis | Email: [kewis@bsdvt.org](mailto:kewis@bsdvt.org)  
**Afterschool Cell Phone Number:** (802) 324 - 6723 (**Best number to reach us**)  
**Office Phone Number:** (802) 540-0285 Ext. 71221

#### **Wednesday!**

**WACKY  
WEDNESDAYS!**

Free choice activities for all grades. Choices will vary from week to week.