

# INTRODUCING OUR BEFORE- AND AFTER-SCHOOL CLUBHOUSE.

## School-Age PROGRAM

### BEFORE SCHOOL

#### Kick-Off CLUB

An effective morning routine helps students set goals and prepare for a productive day.

- **Prep Your Brain:** Quick, independent activities get growing brains and bodies ready for school.
- **Plan Your Purpose:** Daily goal setting helps students define what they want to focus on and accomplish each day.
- **Pack and Go:** Students make sure they have all needed school items and review their goals for the day.

THIS CLUB ENCOURAGES:

- Self-awareness
- Integrity
- Responsibility and sense of purpose

#### Challenge CLUB

Student-led activities and team-building experiences promote collaboration and self-reflection.

- **Refine Your Mind:** Quick, independent activities help students engage and challenge themselves after a busy day.
- **Get Together:** Daily team-building and goal-reflection activities inspire students to work together and to think about their accomplishments.

THIS CLUB ENCOURAGES:

- Independence
- Conscious reflection
- Personal responsibility
- Sense of community

#### GROW FIT™ CLUB

Get moving for strong bodies and strong minds!

- **Get Moving:** Daily physical challenges, as well as large motor and team-building activities, keep students fit and healthy.
- **Group Discussion:** Talking about being physically active and having fun helps students understand the importance of making healthy choices.

THIS CLUB ENCOURAGES:

- Developing healthy habits for life
- Reducing anxiety and stress
- Boosting self-esteem

### AFTER SCHOOL

#### Homework CLUB

This club provides a structured, supportive environment for doing homework. Support tools include:

- **To-Do List:** Organize all the steps in a long assignment or several small assignments.
- **Project Planner:** For long or complicated projects, define an approach and strategy.
- **Student Homework Tips:** Simple suggestions encourage students to guide themselves to homework success.

THIS CLUB ENCOURAGES:

- Organization
- Responsibility
- Self-awareness

#### Community CLUB

Long-term projects, developed with and by students, focus on community issues.

- **Identify:** Find the issue or problem you want to solve.
- **Act:** Create and implement a step-by-step plan of action.
- **Reflect:** Examine your process and learn from the experience.
- **Celebrate:** Recognize your group's accomplishments.

THIS CLUB ENCOURAGES:

- Critical thinking and problem solving
- Connecting with the community
- Giving back and making a difference

HELP YOUR CHILD FIND THEIR BEST SELF. ENROLL TODAY!

ASK YOUR DIRECTOR FOR DETAILS ABOUT THE CLUBS CURRENTLY AVAILABLE IN YOUR SCHOOL.