

Please return this Registration Form and check made payable to FLRSD to the classroom teacher in an envelope marked: *After the Bell* no later than 1/07 Or mail to 112 Howland Rd. Lakeville, Ma 02347...If you need further information please call Lisa Pacheco at 508-923-2000 ext. 1730 or email at lpacheco@freelake.org.

Child's Name \_\_\_\_\_  
 Grade \_\_\_\_\_ Classroom Teacher \_\_\_\_\_  
 School \_\_\_\_\_  
 Amount Enclosed \$ \_\_\_\_\_ Check No. \_\_\_\_\_  
 Parent(s) Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Home Number \_\_\_\_\_ Work/Cell \_\_\_\_\_  
 Email \_\_\_\_\_  
 Emergency Contact Name \_\_\_\_\_  
 Number \_\_\_\_\_ Health Restrictions \_\_\_\_\_

**Club Request (students can join more than one)**

	<u>Club Name</u>	<u>Fee</u>
1.	_____	\$ _____
2.	_____	\$ _____
	Tuesday    Wednesday    Thursday	

\*I hereby release Freetown-Lakeville School District volunteers, instructors and teachers of any liability in connection with any damages and/or injuries that the above named child may sustain as a result of his/her participation in any Freetown-Lakeville Extended Programs.

Circle:            **AGREE**            DISAGREE

\*\* **Dismissal!** Children **MUST BE PICKED UP** in the foyer at class end 3:30 for FLMS and 4:30 for elementary school students. If you want your child to go home with someone other than you, you must send a note. We will check ID's. There will be a \$10.00 late fee for all students that remain after dismissal.

# Freetown-Lakeville Extended Programs



presents

## After the Bell

Enrichment Classes  
 Sports Activities  
 Self Discovery  
 Clubs and More !

*Elementary and Middle Schools*

Winter 2019

# Welcome

## Session 1

The Freetown-Lakeville Extended Programs is pleased to announce the creation of *After The Bell*.

*After the Bell* offers clubs and activities that are designed to provide exciting and educational experiences for students. A variety of clubs and classes are offered each session and are taught by talented paid Teachers and Professionals. Classes begin at dismissal and are one hour long.

Sessions that run in 6 week intervals. Each session new classes and clubs will be offered expanding and changing the list of choices.

### **Session 2 01/07-02/11**

The cost of attending is \$ 60.00 per class. Students can attend more than one class.

#### **AES ONLY**

*Cooking for Kids*      Thursday      Mrs. Levesque

Learn the basics of cooking fun, healthy snacks that kids will love. Kids will also learn about healthy food preparation.

*Karate*      Thursdays      Mr. Schiff

Our purpose is to help students become a master of their mind and body through the development of self esteem, confidence, fortitude, and dignity. We cultivate positive social behavior and communication skills that can be applied to every day living.

#### **FLMS ONLY**

*Literature and More...*      Tuesday      Mrs. Lumbert

Do you love reading and writing? Perhaps English Language Arts is not your favorite subject. What if there was a one hour program that could help and provide you with more time to read, create and write? Welcome to ELA Enrichment

*Strength and Conditioning*      Tuesday      Ms. Bullock

Do you want to build muscle strength and improve your speed and endurance? Come learn exercises that you can do at home to improve your overall health and wellness.

#### **FES ONLY**

*Pokeman Club*      Tuesday      Ms. T L'Heureux

Calling all Pokeman Trainers! The Pokeman Club centers around the original trading card game. Students will learn to play and trade. Don't miss out on the opportunity to catch'em all.

*Speed Stackers*      Tuesdays      Mrs. L'Heureux

Students will learn and improve their cup stacking skills. The craze is growing fast get on board now!! Come and have fun while participating in an activity ruled by kids! How fast are you compared to world champions. Can you stack 3-3-3 or 3-6-3..Come and see!

*Fox Trotters*      Thursday      Mrs. Stonehouse L'Heureux

Do you like to run? Play movement games? Then why not become a Freetown Elementary School Fox Trotter and learn movement skills through a mix of running and fitness activities? In this running club, you will play movement games, run relays, participate in a walking club, and keep track of your distances. Did I mention you would RUN? Become a Freetown Fox Trotter and be active and healthy!!

*Intro to Baton and Beyond*      Thursday      Mrs. Levesque and Ms. Jacobsen

#### **2nd and 3rd grade only**

Both teachers have extensive skills in baton as former high school twirlers. In 4th grade students can try out for the Majorette Team so let's get to learning some skills mixing bowls, figure 8's elbows and fish tails. Batons can be borrowed for students that do not have one of their own. To purchase a baton use a tape measure from under arm to fingertips.

*Book Club*      Thursday      Mrs. Lumbert

Join us as we bring books to life!! We will read short stories, write, create projects, and participate in book club discussions. Let's enrich your reading and writing skills!!

*Kumihimo*      Thursday      Mrs. George

Kumihimo means gathered beads+in Japanese. It is an ancient, traditional art form of braiding silk thread to make ribbons and cords. The cords were used to decorate and lace Samurai armor. In this class we will use special braiding techniques to make bracelets to take home.