

Your Name: \_\_\_\_\_ Your Class: \_\_\_\_\_ Today's Date: \_\_\_\_\_

**GSFS Middle School**

**Extracurricular Activity Sign Ups**

**2014 - 2105**

Please check next to the activities you would like to participate in this year. Remember to balance them with your school work and your activities outside of school.

**After School Activities** You may only choose one sport for fall, one for winter, and one for spring. If you sign up for an activity which ends up not being offered, you may still join one that is. If a student participates in the musical, they should not also sign up for softball because practices conflict. Doing a winter sport and the musical is fine.

Circle all activities you plan to do:

| Fall                              | Winter   | Spring                          |
|-----------------------------------|--|---------------------------------|
| Soccer: M, T, Th, 3:15 - 5:00     | Basketball: M, T, Th, 3:15 - 5:00                                | Softball: M, T, Th, 3:15 - 5:00 |
| Outdoor Games: T, Th, 3:15 - 4:15 | Yoga: T, Th, 3:15 - 4:15 (may be offered, depending on numbers)  | Track: Evenings                 |
|                                   | Dance: T, Th, 3:15 - 4:15 (may be offered, depending on numbers) |                                 |
|                                   | The Musical: M, T, Th, 3:00 - 5:00                               |                                 |

**Lunch Activities** When two happen in the same day, choose one. When you commit to doing one, you're expected to show up every time. Students who are selected as TORCH reps will be able to switch to TORCH.

Circle all activities you plan to do:

| Monday   | Tuesday  | Wednesday   | Thursday               | Friday           |
|----------|--|---|------------------------|------------------|
| WINGS    | Pops   | Quaker Notes<br>(open to 6th - 8th)                             | Tech Club<br>(drop in) | TORCH (selected) |
|          | Yearbook   |   |                        | Mathletes        |
| MORNINGS | Quaker Notes meets<br>Tuesday mornings,<br>7:15 - 8:00 | Chorus (open to 5th)<br>5th graders in Chorus will also do Pops | Wed. am, 7:15 - 8:00.  |                  |

## **Extracurricular Activities at Greene Street Friends Middle School**

Our belief in educating the whole child informs the design of our extracurricular program. In our middle school, we offer a rich range of experiences outside of academic learning to allow all students to try new things in a safe and supportive setting. Through these diverse experiences, students discover their own passions and strengths, and they come to appreciate the efforts and gifts of others. In our middle school, all students are empowered to be active participants in all extracurricular offerings.

We support students in making thoughtful decisions about which extracurricular activities to join. This helps them keep their own balance while bringing their best effort to the group. We clearly communicate the overarching and specific expectations for extracurricular activities. We expect students to stick with their chosen activity as long as it lasts. When it meets, they are expected to attend and earnestly take part. If a student has difficulty meeting the expectations for an activity, we may steer them not to participate in the group at that time.

As they move through middle school grades, students become increasingly ready to make thoughtful decisions, commit more deeply, and pursue individual and group goals to a fuller extent. Placing emphasis on thoughtful commitment to extracurricular activities matches our mission, because it calls on students to develop self-discipline, as individuals, teammates, and community members who appreciate each other's efforts.

## **Shared Goals for Extracurricular Activities at Greene Street Friends Middle School**

We hope that by engaging in extracurricular activities, students will:

- be exposed to new experiences
- learn how to be a positive participant in a team
- contribute toward a shared goal
- try out leadership in small or large ways
- demonstrate responsibility
- deepen skills involved in the activity
- embrace a growth mindset, believing that effort yields results
- come to know themselves -- their strengths and challenges -- better
- come to know and value the strengths of others

## Extracurricular Activities at Greene Street Friends Middle School

### ACTIVITIES AFTER SCHOOL

#### SOCCER (FALL)

|  |   |
|--|---|
| Description                            | GSFS soccer is a chance to develop your teamwork and soccer skills. There are two teams, a 5/6 and a 7/8, which play games during the season. Practices involve warm ups, skills work, drills to develop plays, and scrimmages.   |
| Time Frame                             | Soccer meets on Mondays, Tuesdays and Thursdays, from 3:15 until 5:00. Return after some games is later than 5:00, depending on location. Soccer goes from early September into November.   |
| Expectations specific to this activity | <ul style="list-style-type: none"><li>• Show commitment by attending practices and giving consistent effort</li><li>• Wear appropriate athletic clothing for all practices and games</li><li>• Cooperate with coaches and teammates</li><li>• Be willing to work on own skills</li><li>• Demonstrate sportsmanship</li><li>• Encourage others</li></ul> |

#### OUTDOOR GAMES (FALL)

|  |   |
|--|---|
| Description                            | For middle school students who do not want to make the commitment of being part of a sports team but still want to have an opportunity to run around and play games with friends, this after-school activity is for you. We will play games such as wiffle ball, touch football, basketball, and others that you suggest. |
| Time Frame                             | Tuesdays and Thursdays from 3:15 - 4:15<br>Fall: From mid-September to beginning of November<br>Spring: From beginning of April through beginning of June   |
| Expectations specific to this activity | <ul style="list-style-type: none"><li>• Attend all sessions</li><li>• Show good sportsmanship during all games</li><li>• Participate actively in all games, even if a game is not your favorite</li></ul>   |

#### BASKETBALL (WINTER)

|             |  |
|-------------|--|
| Description | Basketball offers a chance to develop your teamwork and basketball skills. There are girls' teams and boys' teams, which each have some games during the season. Practices include warm ups, some skills work, drills to develop plays, and some scrimmages. |
| Time Frame  | Basketball meets on Mondays, Tuesdays and Thursdays, from 3:15 until 5:00. Return after some games may be later than 5:00, depending on location. Basketball takes place from late November to mid-February.   |

Expectations specific to this activity

- Attend all practices and games
- Wear appropriate athletic clothing for all practices and games
- Attend occasional lunchtime meetings
- Bring a positive attitude and willingness to improve
- Participate actively in all drills and games

## YOGA (WINTER)

**Hatha Yoga** *\*Possible, but not certain to happen. Depends on numbers.*

A series of 26 postures including 2 breathing exercises that is designed for beginners but challenging for all levels of strength and flexibility.

Description

Yoga class is with a large group who exercise on a yoga mat in their own personal space. There is no music and it is very quiet. I will give instructions to the poses as I walk around the room. Yoga makes you feel calm and relaxed. Practicing yoga will help you like your body exactly the way it is while at the same time, you will notice positive changes your body is making as you practice regularly.

Time Frame

45 minutes for each session, after school, probably on Tuesdays & Thursdays in the winter.

Expectations specific to this activity

Yoga poses will build and develop your:

- Coordination
- Flexibility and Balance
- Physical and Mental Strength
- Self-confidence
- Concentration

## DANCE (WINTER)

**Dance4Nia** *\*Possible, but not certain to happen. Depends on numbers.*

Description

Dance4Nia teaches individual dance skills and helps the group develop ensemble pieces to perform at the end of the sessions. Ballet & Horton technique (modern dance) are the chosen techniques for this option.

Time Frame

Tuesdays and Thursdays, 3:15 - 4:15, in January and February.

Expectations specific to this activity

- attend all sessions
- wear clothing suitable for dancing
- participate actively in all sessions
- bring a positive attitude and encourage others
- participate in the performance piece

## SPRING MUSICAL (WINTER - may not do a sport too)

|  |  |
|--|--|
| Description                            | The Spring Musical is open to all middle school students (grades 5-8.) Auditions take place in the middle of January, at which point actors are assigned to roles. Past shows have included Godspell, Willy Wonka, Hairspray and Into the Woods.   |
| Time Frame                             | Rehearsals take place after school from 3:00-5:00, every Monday, Tuesday and Thursday from the end of January through show production in the end of April.   |
| Expectations specific to this activity | Cast members are expected to: <ul style="list-style-type: none"><li>• attend after-school rehearsals unless otherwise agreed upon by the director and school sports coaches</li><li>• Prepare and review music at home</li><li>• Memorize speaking lines at home</li><li>• Work cooperatively with cast and directors</li><li>• Participate in all dress rehearsal and show production dates</li></ul> |

## SOFTBALL (SPRING)

|  |   |
|--|---|
| Description                            | Softball offers a chance to develop your teamwork and softball skills. There are games during the season. Practices include warm ups, some skills work, drills to develop teamwork, and some scrimmages.  |
| Time Frame                             | Softball meets on Mondays, Tuesdays and Thursdays, from 3:15 until 5:00. Return after some games may be later than 5:00, depending on location. Softball takes place in April and May.  |
| Expectations specific to this activity | <ul style="list-style-type: none"><li>• Show commitment by attending practices and giving consistent effort</li><li>• Wear appropriate athletic clothing for all practices and games</li><li>• Cooperate with coaches and teammates</li><li>• Be willing to work on own skills</li><li>• Demonstrate sportsmanship</li><li>• Encourage others</li></ul> |

## TRACK (SPRING)

|             |  |
|-------------|--|
| Description | Develop your individual running skills and technique and be part of a team that competes in track meets. |
| Time Frame  | Evening practices, with meets in the evening. Meets in April and May.                                    |

Expectations specific to this activity

- Show commitment by attending practices and giving consistent effort
- Wear appropriate athletic clothing for all practices and games
- Cooperate with coaches and teammates
- Be willing to work on own skills
- Demonstrate sportsmanship
- Encourage others

## ACTIVITIES DURING SCHOOL

### QUAKER NOTES (Mondays and Wednesdays)

Description

Quaker Notes is an a cappella ensemble open to all students in grades 6-8. The group performs contemporary-style a cappella music. Singers perform four-part arrangements. Each voice part is supported by a vocal section leader who is responsible for mastering material and running sectional rehearsals. Singers suggest and choose all vocal selections.

Time Frame

Quaker Notes will meet on Tuesday mornings before school (7:15-8:00), and during lunch/recess on Wednesday. If needed, extra rehearsals may be scheduled on Mondays during lunch/recess. Quaker Notes performs several times a year including at the Fall Fair, Winter Concert, MLK Day, and the Spring Concert.

Expectations specific to this activity

Singers are expected to

- attend all morning and lunch-time rehearsals
- practice their part at home with the help of listening guides.
- approach rehearsal with focused enthusiasm
- work cooperatively with others in their voice part

### POPS (Tuesdays)

Description

Pops is a vocal ensemble available to all middle school students, grades 5-8. The group will perform accompanied Pop or Broadway music. For students interested in accompanying on piano, guitar, drums, ect. this may be an opportunity to do so. Singers will be given some choice when selecting repertoire.

Time Frame:

Pops will rehearse every Tuesday during lunch/recess. The group will perform several times a year including at the Winter and Spring Concerts.

Expectations specific to this activity

Pops singers are expected to:

- attend weekly lunch/recess rehearsals
- participate enthusiastically

## YEARBOOK TEAM (Tuesdays)

|  |   |   |
|--|---|---|
| Description                            | The Yearbook Team works together to decide on the theme for the yearbook, design the borders, choose the cover, take photos, make collages and plan the 'look' of the yearbook.                                   |   |
| Time Frame:                            | The Yearbook Team meets on Tuesdays during Lunch/Recess. Team members will participate both as a whole team and in smaller Work Groups. 8 <sup>th</sup> grade students may choose to accept leadership positions. |   |
| Expectations specific to this activity | Yearbook Team members are expected to: <ul style="list-style-type: none"><li>• Attend weekly lunch meetings</li><li>• Participate in group discussions</li><li>• Give their best to creative projects</li></ul>   | Yearbook Team Leaders are expected to: <ul style="list-style-type: none"><li>• Facilitate group discussions</li><li>• Work with classroom teachers</li><li>• Take on additional tasks as needed</li></ul> |

## WINGS

(Wednesdays)

**WINGS Community Service Group**  
(With Integrity and Guided Stewardship)

|  |  |  |
|--|--|--|
| Description                            | WINGS is our middle school community service group. Students who participate in WINGS think of ways to support our school and local community by volunteering their time, services, and effort to make a positive impact.  |  |
| Time Frame:                            | The WINGS team will meet on Wednesdays during lunch. WINGS has different committees. These meetings usually end before recess.   |  |
| Expectations specific to this activity | WINGS participants are expected to: <ul style="list-style-type: none"><li>• Keep track of the WINGS meeting calendar and attend the lunch meeting for their committee or for the full team</li><li>• Participate in at least one community service project throughout the year</li><li>• Find ways to support their committee during meetings and with specific projects</li></ul> |  |

## CHORUS (Wednesday Mornings)

|  |  |  |
|--|--|--|
| Description                            | Chorus is open to all students in grades 3-5. Fifth graders in Chorus will automatically be placed in Pops as well.  |  |
| Time Frame:                            | Chorus will rehearse on Wednesday mornings before school from 7:15-8:00 a.m. Pops rehearsals will take place on Tuesdays during lunch/recess. There will be no lunch/recess Chorus rehearsals. |  |
| Expectations specific to this activity | Singers are expected to <ul style="list-style-type: none"><li>• attend all morning and lunch-time rehearsals</li><li>• approach rehearsal with focused enthusiasm</li></ul>                    |  |

## TECH CLUB (Thursdays)

|  |  |
|--|--|
| Description                            | Hang out and learn the latest in new technology. This group gets to explore, try out, design, and have a lot of input into what to pursue.   |
| Time Frame:                            | Tech club is on a drop in basis - come by if you want to. If working on a project with others, communicate about plans in advance.           |
| Expectations specific to this activity | Come with curiosity<br>Be willing to share what you are learning on a small or large scale<br>Follow through on projects you commit to doing |

## TORCH

(Fridays)

**TORCH leadership** - clerks and class reps  
(Togetherness, Open-mindedness, Respect, Compassion, Heart)

|  |   |
|--|---|
| Description                            | TORCH is our middle school student government group whose leaders are selected by consensus. TORCH works on making positive change in ways that are important to student life and to the school.  |
| Time Frame:                            | The leaders (governance team and class reps) will meet every Friday during lunch (not including recess) in 2014-2015 in Hargroves House.  |
| Expectations specific to this activity | TORCH leaders are expected to: <ul style="list-style-type: none"> <li>• attend weekly lunch meetings and participate actively</li> <li>• lead groups, such as their class, through meetings</li> <li>• listen to all fairly and summarize the leanings of the group accurately</li> <li>• speak as a representative of GSFS and TORCH</li> <li>• fill leadership roles such as showing visitors the school</li> <li>• look for constructive solutions and guide peers to do so as well</li> </ul> |

## MATHLETES (Fridays)

|  |   |
|--|---|
| Description                            | This group exercises math muscles together by tackling cool problems and solving them. We hope to find ways to challenge ourselves by joining competitions against other schools.   |
| Time Frame:                            | Mathletes meets on Fridays.   |
| Expectations specific to this activity | <ul style="list-style-type: none"> <li>• excitement about math</li> <li>• willingness to see more than one way to solve a problem</li> <li>• cooperation and collaboration with peers</li> <li>• attendance every Friday</li> </ul> |