

Winter/Spring 2019



Berkeley Middle School

Dear Parent/Guardian,

The School Health Initiative Program (SHIP), which is grant funded by the Williamsburg Health Foundation, is sponsoring after-school Challenge Clubs at **Berkeley**. Clubs are designed to be fun and to challenge students to try new activities. The clubs are free, and a healthy snack and bus transportation home are provided. **If you would like your child to participate in one of these clubs, please complete the attached Application & Liability Form and return to your child's teacher by Friday February 8th** Please return all forms by the deadline and you will receive a letter from your school indicating whether or not your child was chosen.

Co-ed Running

Description: Students will have fun running and will learn basic tips and skills for developing a running routine. They will also improve their self- image and learn how to achieve personal wellness goals for healthy eating and physical activity. Students will have an opportunity to participate in the Run the Dog 5K April 20th as a culminating event.

Dates: Tuesdays - 7 sessions: 2/26, 3/5, 3/12, 3/19, 3/26, (spring Break 4/2 – no club), 4/9, 4/16

Times: 3:30– 4:30 pm, Slots: 20 + (pick-up OR Study hall until activity bus @ 5 PM)

Instructors: Co-Instructors: Amy Kellogg and Scott King

Chef's Challenge

Description: This school year, cooking club students will look at International Recipes - recipes from around the world! We will start with easier recipes such as Asian Inspired Roasted Veggies and then venture out to different flavors and techniques such as Southwest Chicken Salad!

Dates: Mondays – 8 sessions: 2/25, 3/4, 3/11, 3/18, 3/25, (Spring Break 4/1 – No Club), 4/8, 4/15

Times: 3:30 – 4:30 pm, Slots: 15 (pick-up OR Study hall until activity bus @ 5 PM)

Instructor: Café Managers Renee Stanton and Jo Smith

Advanced Fitness

Description: An enrichment program highlighting the domains of flexibility, cardiovascular fitness, agility, muscular endurance, muscular strength, balance, and speed. The daily activities will be geared toward each individual student's ability. This program will help athletes achieve optimum success and development in their respective sport. A variety of venues will be utilized to gain body movement to improve self-esteem to include the Gym and Outdoor Fields on School Grounds.

Dates: Tuesdays - 7 sessions: 2/26, 3/5, 3/12, 3/19, 3/26, (spring Break 4/2 – no club), 4/9, 4/16

Times: 3:30 – 4:30 pm, Slots: 20+ (pick-up OR Study hall until activity bus @ 5 PM)

Instructors: Tony Valenti and David Harris

**For questions about the clubs, please contact SHIP's School Wellness Leader,
Shelley White at (school number) 229 - 8051.**

**SHIP After -School Challenge Clubs Winter/Spring 2019
BERKELEY Middle School APPLICATION FORM**

Yes! I would like my child to participate in (if checking more than one, rank order your choices by 1, 2, 3,)

Girls RUN

Boys RUN

Advanced Fitness

Chef's Challenge

STUDENT INFORMATION (Please make sure contact info is up to date and accurate)

Student Name: _____

Age: _____ Grade Level: _____ Gender: _____ Classroom Teacher's Name: _____

Ethnicity:
 Hispanic or Latino White, not Hispanic Black/African American, Not Hispanic Other

(Please Print Clearly)

Parent/Guardian Name: _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

1. TRANSPORTATION:

Please pick one

- I will pick up my child after the Challenge Club is over at 4:15 PM
- I will have my child ride the activity bus home
- Study Hall and Activity Bus
 - Study hall available until activity bus dismissal

1. MEDICAL INFORMATION:

For your child's protection, the health records kept by the school nurse may need to be shared with other school staff helping with this after-school activity. Challenge Clubs rely on the health records kept by the school nurse. For children who need Epi-pens®, inhalers, diabetes management supplies, etc. who have potentially life threatening conditions, please make sure the school nurse has updated records and all medications/supplies for your child.

Even though the school nurse will be alerted of any serious health conditions, along with the Challenge Club sponsor, it is your responsibility as a parent/guardian to make sure your child has any medical supplies, such as epi pens®, diabetes maintenance supplies and inhalers; he/she may need after school during Challenge Clubs. The School Nurse is not available after school hours and therefore is not available during Challenge Clubs.