

FOWLER MIDDLE SCHOOL AFTER SCHOOL ACTIVITIES FALL 2023 – Sept. 18 - Nov. 2



The cost is \$20 per activity. Homework Help is free.

Activities are held on Monday / Wednesday or Tuesday / Thursday and run from 3:15-4:15. Students go to the main office to sign up and pay their fees. Scholarships are available to any student who needs it.

Monday/Wednesday Activities

DODGEBALL: This will be a fast-paced activity with lots of throwing and agility. Sign up with your friends and have a great time playing this classic game. The more participants that sign up, the better. Located in the Upper Gym with Mr. Romo.

BASKETBALL: Like to shoot, score, rebound, pass, and play defense? If so, then this is where you need to be. Come and learn the fundamentals and have fun playing a variety of games with your friends. You will get to play in two jamborees against the other middle schools. Coached by Mr. Walker and Mr. Simonoff in the Main Gym.

IMPROV THEATER: Like jokes? Thinking on your feet? Pure hilarity and silliness? Is performance something you love to do? Join the Improv ASA! We play games and have fun! No experience necessary. With Ms. Arcuni on the stage.

ART CLUB: Art is for everyone, so let's make art! Come to the Ceramics Room with Ms. Rademacher to draw together and make awesome things with clay! Make new friends or do art on your own, all are welcome. 30 student cap.

Tuesday/Thursday Activities

CROSS COUNTRY: We compete in the Willamette River League against other middle schools from the metro area. You will race against other athletes of the same gender and grade at those meets. 6th and 7th graders will race 2000m while 8th graders will race 3000m. If you like to run or want to improve your running skills, then this is your activity. The cross-country team will work to develop runners of all abilities so they can become healthier and faster. Check out the league schedule on athletic.net for more information. Coached by Ms. Trunkey and Ms. Scheubrein. Meets on the Track.

YOGA: Come to yoga with Miss Apple after school to stretch, workout, relax, meet new people, and have fun! Starts at a beginner level to learn the basics. Then students will try different types of yoga and students will be able to request and lead if they would like! It is a great way to unwind and destress after the school day. Meets in the Choir room.

CHESS CLUB: Come become the next Grand Master with Chess for Success! Whether you have loads of experience, or want to learn the game, this club is a great space to have a good time and learn the game.

PICKLEBALL: Come join America's fastest growing sport! Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. It's easy to learn and great for anyone. No experience needed. Meets in the Main Gym with Mr. Simonoff. **Thursdays only.**

OBOB PRE-SEASON: Love reading? Ready for OBOB? Want a space to read and talk about books? Join this club! Students will read and discuss this year's OBOB books together. Visit <https://www.oregonbattleofthebooks.org> for more information and for this year's book list. Visit the Library for the flyer! Led by Ms. Franke in Room 2. **Tuesdays only.**

D&D and MAGIC THE GATHERING: Come join Ms. Rademacher and enter the fun world of these group games!

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An activity bus will be provided to take students home. The buses will leave at 4:25 p.m. Statistics prove that adolescents are more likely to feel connected to their school and perform better academically when participating in extracurricular activities. Encourage your child to get involved!

MONDAY/WEDNESDAY	TUESDAY/THURSDAY
Basketball Dodgeball Art Club Improv Group Homework Help	Cross Country Yoga Chess Club Pickleball (Thurs. only - \$10) OBOB Pre-Season (Tues. only - \$10) D&D / Magic the Gathering Homework Help

***Homework Help** is a space for students to complete their homework and get help if they need it. Offered Monday-Thursday on a drop-in basis. Students may attend as many days as they need. Meets in the Library. Snacks are provided. Spanish-speaking help available. Free.

*Direct questions to Mrs. Roshak eroshak@ttsd.k12.or.us or (503)-431-5062.

BEHAVIOR and BUS GUIDELINES

- 1) Every student is to report to the meeting place by 3:15pm.
- 2) Cooperative behavior is extremely important in all activities. Any student who misbehaves will be given 3 warnings. After the third warning, the student may be suspended from the activity.
- 3) While riding home on the BUS, each student must agree to behave appropriately. Each student needs to ride the bus that they are assigned to and adhere to the rules of the bus driver.
- 4) No refunds will be made if a student is dismissed from an activity due to poor behavior.

I have read the above guidelines and I understand what is expected of my child during after school activities.

FALL AFTER SCHOOL ACTIVITIES SIGN-UP

I give my permission for _____ to participate in
(student name)

(activity and days offered)

Grade _____

Parent Signature _____ COST: \$20.00
Homework Help: free

***If you would like to donate extra money for a student that cannot afford activities, please enclose an amount you are comfortable with giving. Thank you.*