



The REAL Initiative Schedule - February 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
2:21-2:40	Snack and Check -In	Snack and Check -In	Snack and Check -In	Snack and Check -In	Snack and Check -In
2:40-3:00	Structured Free Time	Structured Free Time	Structured Free Time	Structured Free Time	Structured Free Time
3:00-4:30	<u>Club/ Activity</u> Homework & Academic Support <hr/> Sports Dodgeball <hr/> STEM/ Robotics <hr/> Newspaper <hr/> Music & Band <hr/> Destination Imagination	<u>Club/ Activity</u> Homework & Academic Support <hr/> Sports <hr/> STEM/ Robotics (Independent work) <hr/> Drama <hr/> Knitting Club <hr/> D&D/ Minecraft	<u>Club/ Activity</u> Homework & Academic Support <hr/> Sports <hr/> Cooking & Healthy Living <hr/> Drama <hr/> Chess, Scrabble & Uno <hr/> Student Leadership	<u>Club/ Activity</u> Homework & Academic Support <hr/> Sports <hr/> STEM/ Robotics (Independent work) <hr/> Drama <hr/> Art Explorations <hr/> D&D/ Minecraft	<u>Club/ Activity</u> Homework & Academic Support <hr/> STEM/ Robotics <hr/> Newspaper <hr/> Music & Band <hr/> Destination Imagination <hr/> ****Free Choice Friday****
4:30	Dinner and Dismissal	Dinner and Dismissal	Dinner and Dismissal	Dinner and Dismissal	Dinner and Dismissal

Students are NOT to have cell phones during the REAL Initiative! They take away from the activities going on and cause disruptions. If you need to contact your child or make dismissal changes during the program, please contact Norm Gilbert, Site Coordinator at 603-800-9441.

Club/ Activity Descriptions:

Structured Free time: This will be a supervised break for students attending the after school program. This session may include whole group team building challenges, walks around Opechee Park, or other recreational type activities.

Homework & Academic Support: This activity provides students with the time to complete homework assignments, projects, missing assignments from absences, and receive additional support from teachers to supplement their daily learning. Students must sign in and out of this session. Once dismissed from homework academic support students will either attend another club/ activity or they must leave the school building. **STUDENTS ARE NOT TO SIGN OUT OF A CLUB AND WANDER AROUND THE BUILDING UNATTENDED.** Students may lose their ability to attend the program in the future.

Sports & Water Recreation: Students attending this club must have the proper attire suitable for the activity. Students will be allowed to swim after completing a basic swim ability test per American Red Cross standards. This test consists of swimming in the shallow area of the beach for a distance of 20 feet, float on their back for 5 seconds, and be able to hold their breath underwater. Swimming is only done under the direct supervision of a certified lifeguard. **Failure to adhere to the district, lifeguard and beach rules will result in immediate loss of swimming privileges.** Swimming is only offered while weather permits. Students playing sports need to be kind, respectful, and responsible. PRIDE expectations will be followed or students may be excused from the session. Sports will be both student driven and may sometimes include pre selected sports activities. Students will have opportunities throughout the year to play sports, bike, skate/ scoot, hike, walk, run, swim & play tennis and learn yoga. **Students will follow all staff safety instructions.**

Chess, Scrabble, puzzles and Uno: Students will learn skills in the areas of chess and/or scrabble. Chess, scrabble and Uno tournament opportunities may be available to students. They may also build puzzles.

Student Leadership: The student leadership team is chosen based on student interest, teacher recommendations and approval of the coordinator. These students demonstrate all of the PRIDE expectations here at LMS. The students will work on project based community and school enhancement tasks. Students will be communicating with area businesses, conducting community beautification projects, assisting in

working with the student resource closet providing food and other resources to the students and families at LMS who may be in need. Students will be learning about the Portrait of A Graduate model and applying it to their assignments. Students will represent LMS at the Student Leadership Conference in Manchester.

Music & Band: Students in band and chorus have the opportunity to expand on their musical talents after school. This includes rehearsal sessions, concert preparation and more. This schedule is subject to change in preparation for concerts and other events.

Drama: First year students will begin with the Intro. to Drama program that covers the basics including stage directions, the working parts of a production, a brief history of theater, improvisational skills, and character development. Returning students will have the opportunity to learn techniques for stage presence and acting. Students will be able to improvise, read a script, and sketch characteristics of a character in a play to understand more about them. Once the students have completed this portion of the club they will be able to audition for school productions, run tech equipment, design costumes, and assist in directing a show. The most experienced students may be asked to coordinate and run a production under the supervision of the director. The drama schedule and requirements are subject to increase when preparing for a production. This requires a great deal of the students' time and commitment.

STEM/ Robotics: STEM (science, technology, engineering, and math). These four fields share an emphasis on innovation, problem-solving, and critical thinking using project based learning. Students will complete project based assignments relating to all of these academic areas. Students will learn and apply the STEM steps to success to observe, collect, imagine, plan, create, and evaluate to improve upon their work.

Students will be working with the VEX robotics program. Students will become familiar with computer programming, coding and design in order to construct and control the robots. Students will have the opportunity to compete in the First Lego League at the middle level representing LMS.

Art Explorations: Students will have the opportunity to express their artistic talents through painting, drawing, clay animation and sculpting, jewelry making, coloring, and other projects. Students will have the ability to expand on their art courses in the after school program.

Life Skills: Students will have the opportunity to expand their knowledge of basic life skills including social etiquette, self esteem and basic hygiene, effective communication, academic enhancement in subject areas, practical living skills at the middle school level, vocational, problem solving, dealing with peer pressure and values. As students advance they will learn basic budgeting skills including managing an allowance, how to open a bank account, and creating a budget for a mock shopping trip. Students will have the opportunity to explore their community through these activities. **Students will be required to have a signed parental permission form to attend this program.** (This program will be offered based on numbers each semester and staff availability).

Cooking and Healthy Living: Students will have the opportunity to learn kitchen safety including foodborne illness, cleaning, and proper equipment usage. Once these tasks have been completed students will have the opportunity to plan a recipe, shopping list, budget and prepare a meal of their choice. Students will demonstrate the proper kitchen safety techniques learned in the beginning of the year during their meal preparation. Safety is of the utmost importance and unsafe behavior will result in loss of cooking privileges. The students will have the option to learn how to sew using sewing machines. **Students will be required to have a signed permission slip to participate in the meal preparation portion of the program.**

Outdoor/ Environmental Club: This is a science based club where students will have the opportunity to explore the environment and study natural habitats of wildlife along with the different species that we have here in New Hampshire. Students will conduct many walks or be bussed off campus (with permission) to explore different areas. This will include but is not limited to hiking, collection of artifacts, sketching, photographing, and creating projects based on their findings. The club will be designed around the students in attendance.

*******Free Choice Friday*******

Students will be able to earn this by demonstrating the Laconia PRIDE Expectations for the entire week. Students must attend the REAL Initiative at least TWICE during the week to be eligible. This means NO redirections, warnings, or suspensions from the program or program related activity INCLUDING bus behavior! Free choice may include choosing a different club to attend on that Friday, a movie, or an independent activity of their choice with adult supervision. ***This now includes D&D/ Minecraft which is only available as an earned Free Choice option.***

D&D/ Minecraft: Dungeons & Dragons (commonly abbreviated as D&D or DnD) is a fantasy tabletop/computerized role-playing game. The group of players essentially tell a collective story, guiding heroes through dangerous quests to search for treasure, battle deadly foes, and even carry out daring rescues.

Minecraft Education has features built specifically for learning environments to support collaboration, assessment, coding, and more. Students are required to have the District Internet Usage signed in order to participate.