

# Morningside Academy

## Winter 2024 Extended Day Activities

January 2nd, 2024 - April 4th, 2024

We offer a great variety of after-school activities to Morningside Academy students! Please review the extended day options below for Winter. You'll find the program details in the chart on the following page. Note that there are no extended day classes on Fridays, during Professional Development days, conference weeks, and school closures.

To enroll, please complete the Extended Day Sign Up google form. Payment will be collected by our Accountant at the end of each quarter.

For all after school activities, we ask that students remember to pack an extra snack and reusable water bottle!



### **Monday - Yoga and Mindfulness**

Join instructor Sylwia Mazur Johnson for yoga and mindfulness. This class is filled with kid-friendly yoga poses and breathing exercises, mindfulness, games, relaxation, and a lot of fun! Children will build strength, focus, and flexibility along with kindness, compassion, and self-regulation. This class is open to all ages.



### **Tuesday - Indoor Sports & Activities**

End your school day with fun indoor activities! Students will join our PE Instructor, Rusty, each week to explore a wide variety of skill games (cup stacking, bucket ball, etc), "Minute To Win It" team activities, make paracord bracelets, play "Kahoot!", foam fencing tournaments, and more! If the weather permits (not too cold outside) and if all students have proper outdoor clothing/coats, we might be able to be in our school yard or go to the nearby T.T Minor Playfield for field games. Students will be encouraged to learn new recreational activities each week and explore new challenges. This is a great time to get a broad view of fun things to do outside of video games, develop teamwork, foster good sportsmanship, and gain positive interactions with other participants.



### **Wednesday - Robotics**

Learn to code with your very own robot! Students will learn the basics of programming a robot and learn how to use code along with hardware to open up so many more possibilities with technology. Through a block-based, visual programming platform, coders will learn introductory concepts, such as code structure, variables, and loops. They will apply these concepts, along with problem-solving and creative thinking, to program their robot to complete mission challenges, such as avoiding obstacles, light sensing and following a path. Ages 10 and up.



### **Thursday - Game Club**

Join Morningside teacher Hannah for Board Games after school. We'll play a variety of competitive and cooperative board and card games like Otrio, Three of a Crime, Sherlock, CodeNames, and more. Through playing games, students will practice prosocial behaviors such as sharing, turn taking, and helping others. Students will also practice basic number knowledge and arithmetic skills, simple reading comprehension, and critical thinking. Have fun and make friends while practicing important skills! This class is open to all ages.

# Morningside Academy

## Winter 2024 Extended Day Activities

January 2nd, 2024 - April 4th, 2024

### Class Details

Day	Activity	Time	Dates Offered	# of Classes	Fee	Teacher/Student Enrollment
Monday	Yoga & Mindfulness	3:45 - 4:45	January 22, 29 February 12 March 4, 11, 25 April 1	7	\$210  (\$30/class)	Sylwia Mazur Johnson <b>Minimum: 3</b> <b>Maximum: 12</b>
Tuesday	Indoor Sports & Activities	3:45 - 4:45	January 2, 9, 16, 23, 30 February 6, 13 March 5, 12, 19, 26 April 2	12	\$180  (\$15/class)	Restita DeJesus <b>Maximum: 12</b>
Wednesday	Robotics	2:45- 3:45	January 3, 10, 17, 24, 31 February 7, 14 March 6, 13, 20, 27 April 3	12	\$360  (\$30/class)	Coding With Kids <b>Minimum: 8</b> <b>Maximum: 15</b>
Thursday	Game Club	3:45 - 4:45	January 4, 11, 18, 25 February 1, 8, 15 March 7, 14, 21, 28 April 4	12	\$145  (\$12/class)	Hannah Jenkins <b>Maximum: 12</b>