

Activities are listed in Alphabetical Order

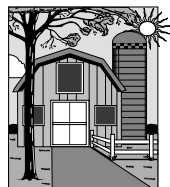
4H Science, Service and Soul *Science*-Are you interested in learning about mushroom science? What kind of mushrooms do we eat? How are they grown? How are mushrooms important to our community? We will be growing mushrooms in the classroom! *Service*-Are you interested in doing community service? Come participate in a small service project and gain some ideas that you could start on your own. *Soul*- Are you stressed out after school? Overwhelmed with homework? Come try yoga. We will learn basic yoga positions and movement to music. Professional athletes are using yoga for training and relaxation, and you can too! **We will explore all of these topics and more during this Double Activity.**

Ancient Board Games Backgammon? Parcheesi? What games did King Tut play? Do you know what kids played 2000 years ago in China? The Viking Game was played beginning in the 6th century! Are there any games that we still play today? Come and find out more when we travel to the Bayard Taylor Library to play these, and many more, games from years ago.



Animals All Around at Coverdale Farms

If you like animals, we'll be working with lots of them. Learn how to be a good caretaker of your animal friends. Feed calves and lambs, chickens and pigs. You may even get to milk a cow!



Transportation will be provided as we travel to Coverdale Farms.

Around The World What is it like to go to school in Japan or other countries? Do they have the same amount of vacation as we do?



What are their favorite snacks? Discover Europe, Asia, the Americas, Africa, and the

Middle East from the comfort of your own school! You will have a chance to meet people, play games, tell stories, listen to music and share your own cultural background while having fun. (Oh, and don't forget the unusual snacks there might be!!)

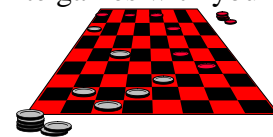
Arts and Crafts Express yourself! Travel around the world through Crafts! Experiment with your

creative side. Find new ways to share your thoughts and feelings with others through the process of making art. A variety of fun materials will be explored creating a different project each week

Bass Fishing Would you like to learn the special skills needed to catch a prize bass in your own rivers and streams? A local tournament bass fisherman will help you learn about the sport of Bass fishing, as well as about B.A.S.S., the Bass Anglers Sportsman Society. We will talk about the equipment necessary, the casting styles, the patterns of the fish, and end with a trip to fish with a pro!!



Board Games Play your favorite games with your friends. Come find out who is the scrabble master, king of Jenga, or the Checkers champion!



Brain Base Need time to finish your homework? Time to finish a project? Come to Brain Base for the help and time you need!



Cooking with Chef Lilley (Tue.)



or Chef Alfred (Wed.)

Come learn to cook with a local professional chef. Learn to prepare a variety of foods - from soups to desserts and everything in-between.

Cops! Sirens screaming! Lights flashing! What is it like to be a cop? Come and learn from a police chief and his cops.



Cosmetology What is an up-do'? Learn the tricks of the trade when you explore techniques in hairdressing, nail care and facial application when you visit Chester County Technical College High School (TCHS). Learn what it takes to become a nail technician, hair specialist, or salon manager! Transportation will be provided.

Fun With Flowers Come and learn how the simple addition of some flowers can brighten up your room! We will be learning the basics of flower arranging using both



fresh and silk flowers to make colorful accents for your bedroom or to give to someone special!

Guitar Do you like music? Come and learn the basics about guitars! Learn the fret board, strumming patterns, notes and chords! We will learn some basic songs and have fun jamming together! If you don't have a guitar, one will be available.

Japanese Cartooning - Journey to Japan Through Animation! Learn about the exotic land of Japan through cartoons! Japanese Animation is a cultural phenomenon in both Japan and the USA. Learn the language, history and culture of Japan through animation. Crafts, literature and media of all kinds will be explored. Come and experience a whole new world!

Jewelry Design Learn to make earrings and bracelets using seed and glass beads to keep or give as a gift. It's fun, practical and creative. Learn about the tools and various components used to achieve different designs.

Journey To Japan Have you ever wanted to be on the other side of the world? We can't send you there, but we can bring a little bit of it here to you! Learn some of the Japanese language, crafts, history and culture while working towards a Journey!

Jr. Engineers Come and experience what it takes to be a mechanical engineer! **Erector Sets** will allow you to construct functional models in miniature, from cranes to trucks, using nuts and bolts, girders and gears!



Knitting From start to finished product, you'll learn a lifelong skill and be able to make gifts for you and your friends. The first step doesn't take long to learn.



Knitting and Sewing Come and make a wonderful knitting accessory. We will use the sewing machines to make a pretty pouch to protect our yarn! You will be able to practice your knitting as well!



Lego Robots Build a working robot and program it to run the way you want using Lego Mindstorms! Perhaps there will be a visitor from KHS Demon Robotics Team!

Outdoor Fun and Games Let's go out on the lawn and have some fun! We'll learn and play kickball, whiffle baseball, relay races and more!



Martial Arts Get a kick out of school with Martial Arts classes taught by a Black Belt and tournament champion. Learn physical skills such as kicks, punches, take downs & self-defense. Prepare for a Martial Arts demonstration. Learn self-discipline and control. Must wear long pants.

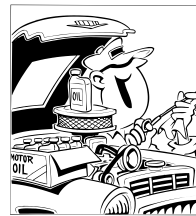


Outdoor Adventure Find a frog, catch a fish, take a hike, canoe, or have a campfire? All activities will be off-campus at Myrick Conservancy/Brandywine Valley Association. **WEAR BOOTS OR OLD SHOES!!** Transportation will be provided.



Outdoor Fun and Games Let's go out on the lawn and have some fun! We'll learn and play Kickball, Baseball, Relay Races and more!

Pass, Punt and Kick! Interested in Football? Come and learn the basics of how to make that long pass down field, or make those important extra points!!!



Pit Stop Start Your Engines! Learn about all of the systems of modern automobiles, including brakes, electrical, suspension and engine performance! This hands-on activity will teach you how to make basic repairs and understand what it will take to become a full-fledged auto technician. Transportation will be provided to the Chester County Technical College High School (TCHS) in West Grove.

Science, Sleuths and Sensors Science is all about riddles. What is that? Where did it happen? Why did that happen? How can I make that? To answer these questions we need clues, observations and data. In this



science activity you will actually be building sensors for experiments outside and on local creeks. You'll learn about, build and set up experiment stations out in nature with Stroud Water Research Center and West Chester University experts. You will collect data using student-built sensors and GPS units to create maps on the computer! You will be on a team of scientists to learn about the environment and help solve environmental riddles.

Scrapbooking Make a scrapbook to display your favorite memories! You'll start in class by taking pictures and choosing themes. By the end of the cycle you'll have the beginnings of a lifetime of memories!

Soccer

Come one, come all! Everyone can play. Score some goals and join the fun of playing soccer. SNEAKERS are a must for this activity.



Take a Look at Italy! Ciao! Discover what it means to be Italian-American as you speak a little of the language and familiarize yourself with the contribution of Italian culture to the USA. Benvenuti!



Take One!

Lights! Camera! Action! Have you ever wanted to learn more about making a real movie? Here's your chance. You will be working on a serious, but cool, project while learning a few things about video production!



Tennis at Anson Nixon Park Learn the elements of TENNIS-singles and doubles. Wear appropriate tennis shoes or sneakers. Rackets and transportation to Anson B. Nixon will be provided.



The Barn at Springbrook Farm Come explore with all of your farm animal friends. If you like animals, we'll be working with lots of them. Learn how to be a good caretaker of your animal friends, and see how they help us too!

Transportation will be provided by the Church of the Advent bus.

The Sweet Shop We'll set up and run a company to manufacture and sell really good lollipops and other sweet treats! They're fun to make, sell and eat. Learn the basics of running a sweet business!



Yoga Come and learn how to energize your body and relax your mind utilizing the techniques of Yoga and Pilates (Puh-la-teez). We will use simple stretches and easy to follow movements designed for any level. Expect to feel an overall improvement in your energy level!



Tips for a Successful After-The-Bell Registration

- Registration is on a **first come first serve** basis. Incomplete registration forms cannot be processed, causing students to miss the opportunity to be included in their desired classes. Activities fill quickly, so it is best not to wait until the second day of registration to have your child turn in his/her registration.
- Please complete **all parts** of the form including the student information page, the activity selection page, and the medical information page (please note ATB does not have access to school medical records). Registration forms must be signed by the parents/guardians and student. **Students will not be accepted into the After-The-Bell program without a parent/guardian signature.**
- Students may register for one, two, or all three days of a cycle. Students **must** select two activities each day from 3-4:00pm and from 4-5:00pm **OR** a double session from 3-5:00pm. Students must participate in the entire program from 3:00-5:00pm.
- Students must list their 1st, 2nd, and 3rd choices of activities. After-The-Bell makes every effort to provide students with their first choice of activity; however, due to the volume of students involved in After-The-Bell, that is not always possible.
- Be sure to **match the days you want to come with the activities available that day**. Example: If Bowling is offered on Tuesday. Do not put it in a Thursday slot. Review the **At a Glance**.
- Example: If you really want to do Bowling (a double) but you put it in your 2nd Choice slot, you will be assigned your 1st Choice.

Sample Activity Selection Page

-Circle the days you would like to attend.

-Write down 3 activity names of your interests on these days for each session.

-If choosing a **double session, write the activity name across both lines**, double sessions run for 2 hours (3:00 - 5:00).

-Classes fill up quickly, and not listing enough choices will not only slow the process of your registration, but we may not be able to register you for the activities you are interested in.

TUESDAY

1st Session (3:00-4:00 PM) 2nd Session (4:00-5:00)

1 choice _____ *Animals All Around* _____

2 choice _____ *Cooking with Chef Lilley* _____

3 choice *Bass Fishing* *Japanese Animation*

WEDNESDAY

1st Session (3:00-4:00 PM) 2nd Session (4:00-5:00 PM)

1 choice _____

2 choice _____

3 choice _____

THURSDAY

1st Session (3:00-4:00 PM) 2nd Session (4:00-5:00 PM)

1 choice *Around The World* *Martial Arts*

2 choice *Soccer* *Outdoor Fun and Games*

3 choice _____ *Pit Stop* _____

