

# Stoneham Middle School 2007-2008

## Spring After School Activities



**JUG Stoneham TV** – Amy Palmerino, Stoneham TV and Parent volunteer Mrs. Joy DeGuzman  
**Weekly, Wednesday, 3:00-5:00 PM (3 – 11 week sessions) The third session will be from March 26 – June 11 . Held at the Stoneham TV studio at 53 Central Street.**

Come have fun with the “Video Explorers” program where you will learn to use digital video cameras, an audio board and other equipment at the studios of Stoneham TV while reporting Jump Up & Go! and Middle School news! You will produce a JUG TV show that will be shown on Stoneham’s public access channel! All students will try all jobs in front of and behind the camera! *It is very important that students can attend **all** sessions as each week they will pay a critical role in the production.* Permission to walk to the studio and to be videoed will be required. Only 15 students can participate in each session, so sign up early.

**Track** – Parent volunteer, Mrs. Wendy Smith – Fridays April 4 – May 23 for seven weeks. Track Meet scheduled for Thursday, May 29 5:00 – 7:30PM at the High School

Come have some fun and run! This program is focused on the basics of running track with an emphasis on proper stretching and technique. Six teams of six compete weekly in running, relays, long-jump and shot-put. There is a space limit of 36 students and the teams filled quickly last year so sign up early!

**DDR** – Ms. Hennig, Tuesdays March 18 – May 27, 3-4 PM for 10 weeks

Stoneham Middle School is going to start a revolution! A Dance Dance Revolution that is! Thanks to the generosity of Stoneham Business Education Collaborative and MELD, we have purchased two arcade quality DDR machines. Dance to Super Nova or Disney Channel Hits to get your one hour a day of physical activity. A parent permission slip is needed and sign up will be weekly as only 10 students per week can participate using 2 machines. Get your friends together and get ready to dance! **Sponsored by SBCEF and MELD**

**Walking Club** – Ms. Szczawinski and Ms. McClory, Weekly, Tuesday, 3-4 PM  
**October 2 through June 10**

What a great opportunity to get in your 1 hour a day of exercise! Enjoy fun walking routes and good company. All are encouraged to join! Rain or Shine! Our most popular club two years in a row, join now! This is a year long program. Students are welcome to join at any time throughout the year!

**Sponsored by SPSF**

**Art Club** - Mrs. Dapkiewicz, Mondays, 3-5 PM  
**January 28 through April 7**

Love ART? Try your hand at all sorts of fun art projects- clay, pen and ink, collage, book making and lots more! This class will have all of the art stuff Mrs. Dapkiewicz won't let you do in regular art class! Class size is limited to 15 students so sign up early! **This session is full.**

**Cooking It Up After School!** – Monthly, Monday 3 – 4:30 PM, Mr. Buckley, (10/15, 11/26, 12/10, 1/7, 2/4, 3/17, 4/14, 5/12 & 6/9) Mrs. Ford (10/22, 11/19, 12/10, 1/7, 2/11, 3/24, 4/28, 5/19, 6/9)

Mr. John Buckley, a chef at Brigham and Women’s Hospital in Boston and a Stoneham resident, has again offered to teach cooking. Students learn how to cook and prepare their 5 or more of fruits and vegetables a day! Each class will have a seasonal theme. This is a year long program. A maximum of 30 students can participate per session. **These sessions are full. Sponsored by Stop & Shop and SBCEF and MELD**

**Yoga for Teens** – Ms. Mattson, Weekly, Wednesday 3:00 – 4:00 PM  
**October 3 through June 11**

Come have fun, learn yoga and relieve stress! Yoga is great for concentration, balance, flexibility, strength and focus. Boys and girls are welcome to join! This is a year long program. A maximum of 30 can participate. **This session is full. Sponsored by SPSF**

**Thank you to our sponsors:** Stop & Shop, SBCEF- the Stoneham Business and Community Educational Foundation, MELD- “Our Place” and SPSF - the Stoneham Public Schools Foundation