



Winter 2018 Extra-Curricular Activities

Why choose Extra-Curricular Activities for your child? It's one way for your child to socialize with their peers, enhance skills and/or explore a new activity. Studies show that students who participate in extra-curricular activities increase their academic scores, improve oral communication and relieve stress.

How long do the classes run? Classes are 6-10 weeks depending on the activity. Read each activity description carefully because some classes are once a week for one hour and some others are twice a week for one hour.

What are the times? All classes are from 3:00 – 4:00 or 4:15.

How much are the classes? All prices are listed in the class description. Payments must be made in full at the first class. Make checks payable to Immaculate Conception School.

(Please note: There is a minimum of 6 students per class. Classes will take place only if enough students sign up.)

Is Aftercare a different program? Yes, it is a different program that costs \$8 per hour. However, your child may attend Aftercare if that is needed after completing the extra-curricular program/class.

(Please note: Students who are not picked up on time from their activity will be dismissed to Aftercare to wait for parents.)

Winter 2018 Programs

Study Buddies Club

Grades 3-5

Teri Craig

Cost: \$130 Mondays, \$160 Tuesdays

Students will focus on study skills, organization skills, test prep, and homework. Course will focus on learning the difference between homework, studying and being prepared for class. When homework assignments are light, the focus will be on planning of long-term projects and educational games to reinforce skills. Minimum 6 students per day

Dates

Mondays – December 4, 11, 18, January 8, 22, 29, February 5, 12, 26, March 5, 12, 19, 26

Tuesdays – December 5, 12, 19, January 2, 9, 16, 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27

Time: 3:00 – 4:00

Study Buddies Club

Grades 6-8

Stacy Jones

Cost: \$130 for Mondays, \$160 for Wednesdays

Students will focus on study skills, organization skills, test prep, and homework. Course will focus on learning the difference between homework, studying and being prepared for class. When homework assignments are light, the focus will be on planning of long-term projects and educational games to reinforce skills. Minimum 6 students per day

Dates

Mondays – December 4, 11, 18, January 8, 22, 29, February 5, 12, 26, March 5, 12, 19, 26

Wednesdays – December 6, 13, 20, January 3, 10, 17, 24, 31, February 7, 14, 21, 28, March 7, 14, 21, 28

Time: 3:00 – 4:00

Winter 2018 Programs

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Writing Workshop

Grades 5-8

Jennifer Staples

Cost: \$100

Does your child feel anxious when a teacher assigns a writing assignment? With Writing Workshop your child will focus on simple formats for essay writing, implementing strong word choices and details to their writing, while incorporating a research component. Each Writing Workshop session will be 10 weeks and focus on one purpose of writing. This session will focus on Argument / Persuasive Writing. Various activities will culminate in a final product of an essay. Google classroom will be used and the student's ICS chromebook required. Future workshop sessions will offer Narratives, Creative, Expository, and Research.

Dates

Thursdays – January 11, 18, 25, February 8, 15, 22, March 8, 15, 22, 29

Time: 3:00 – 4:00

Organized for Success

Grades 5-8

Kim McCarron

Cost: \$130

Students will focus on organizing and planning their workload for the weekend and upcoming week. A plan will be created for the weekend and upcoming week, reviewing assignment books, creating study tools, and planning long-term projects. Plus your child will get a jump-start on their homework for the weekend.

Dates

Fridays – December 8, 15, January 5, 12, 19, 26, February 2, 9, 23, March 2, 9, 16, 23

Time: 3:00 – 4:00

Yoga Club

Grades 5-8

Joelle DiSessa

Cost: \$130

Each session will consist of learning the correct form of poses to encourage strength, balance and flexibility. Students will also learn breathing techniques and simple meditation strategies to encourage a positive and spiritual journey. Please refer to the attached flyer for more information on the benefits of Yoga for children. Maximum 12 students

Dates

Wednesdays – January 3, 10, 17, 24, 31, February 7, 14, 21, 28, March 7, 14, 21, 28

Time: 3:15 – 4:00

Yoga Club

Grades 2-4

Joelle DiSessa

Cost: \$90

Each session will consist of learning the correct form of poses to encourage strength, balance and flexibility. Students will also learn breathing techniques and simple meditation strategies to encourage a positive and spiritual journey. Please refer to the attached flyer for more information on the benefits of Yoga for children. Maximum 12 students

Dates

Thursdays – January 11, 18, 25, February 8, 15, 22, March 8, 15, 22

Time: 3:15 – 4:00

Winter 2018 Programs

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For Girls Only Exercise Club

Grades 5-8

Kathy Hausler

Cost: \$60

A 45-minute **serious exercise class!** Do not worry if you are not in great physical condition, this class is for you! We will learn ways to exercise at home, to build muscle/bone strength (critical to girls), increase cardio endurance, become more flexible and have fun! Please refer to the attached flyer for more information.

Dates

Thursdays – January 11, 18, 25, February 8, 15, 22

Time: 3:15 – 4:00

ICS Band

Grades 4-8

Gena James

Cost: No Charge

Please see Mrs. James's website for more information: <https://genajamesmusic.weebly.com/>

Meets Mondays 3:00 – 4:00

IC Singers

Grades 4-8

Gena James

Cost: No Charge

Please see Mrs. James's website for more information: <https://genajamesmusic.weebly.com/>

Meets Tuesdays 3:00 – 4:00

ICS Glee Club

Grades 2 & 3

Gena James

Please see Mrs. James's website for more information: <https://genajamesmusic.weebly.com/>

Meets Thursdays 3:00 – 4:00

Bricks4Kidz

Grades 1-4

Cost: \$96

The winter session theme is **Construction Craze**. Students will learn about the machines and tools that are used to build houses, buildings or a tree house. The models will be a **power drill, a crane, bulldozer, jackhammer, power saw and dump truck**. All the models will move and replicate the machine's and tool's movements. Please refer to attached flyer for additional information.

Dates

Tuesdays – January 16, 23, 30, February 6, 13, 20

Time: 3:00 – 4:00

Intro to Rugby

Grades 4-8

Cost: \$100

A co-ed program for all fitness levels! Focus will be on ball skills and development, hand-eye coordination, and improved agility. Register online at: www.bc-ac.org/rugby

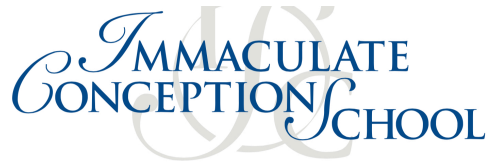
Dates

Mondays – January 22, 29, February 5, 12, 26, March 5

Time: 3:00 – 4:00

Winter 2018 Extra-Curricular Activities

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Cost
Study Buddies Club w/Mrs. Craig Grades 3-5	3:00 - 4:00 12/4, 12/11, 12/18, 1/8, 1/22, 1/29, 2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26					\$130
Study Buddies Club w/Mrs. Craig Grades 3-5		3:00 - 4:00 12/5, 12/12, 12/19, 1/2, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6, 3/13, 3/20, 3/27				\$160
Study Buddies Club w/Mrs. Jones Grades 6-8	3:00 - 4:00 12/4, 12/11, 12/18, 1/8, 1/22, 1/29, 2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26					\$130
Study Buddies Club w/Mrs. Jones Grades 6-8			3:00 - 4:00 12/6, 12/13, 12/20, 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7, 3/14, 3/21, 3/28			\$160
Writing Workshop w/Mrs. Staples Grades 5-8				3:00 - 4:00 1/11, 1/18, 1/25, 2/8, 2/15, 2/22, 3/8, 3/15, 3/22, 3/29		\$100
Organized for Success w/Mrs. McCarron Grades 5-8					3:00 - 4:00 12/8, 12/15, 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/23, 3/2, 3/9, 3/16, 3/23	\$130
Yoga w/Mrs. DiSessa Grades 5-8			3:15 - 4:00 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7, 3/14, 3/21, 3/28			\$130
Yoga w/Mrs. DiSessa Grades 2-4				3:15 - 4:00 1/11, 1/18, 1/25, 2/8, 2/15, 2/22, 3/8, 3/15, 3/22		\$90
For Girls Only Exercise w/Mrs. Hausler Grades 5-8				3:15 - 4:00 1/11, 1/18, 1/25, 2/8, 2/15, 2/22		\$60
ICS Band w/Mrs. James Grades 4-8	3:00 - 4:00 12/4, 12/11, 12/18, 1/8, 1/22, 1/29, 2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26					\$0
ICSingers w/Mrs. James Grades 4-8		3:00 - 4:00 12/5, 12/12, 12/19, 1/2, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6, 3/13, 3/20, 3/27				\$0
Glee Club w/Mrs. James Grades 2-3				3:00 - 4:00 1/11, 1/18, 1/25, 2/8, 2/15, 2/22, 3/8, 3/15, 3/22		\$0
Bricks4Kidz Grades 1-4		3:00 - 4:00 1/16, 1/23, 1/30, 2/6, 2/13, 2/20				\$96
Intro to Rugby Grades 4-8	3:00 - 4:00 1/22, 1/29, 2/5, 2/12, 2/26, 3/5					\$100



Extra Curricular Activities Permission Form

Winter 2018

Please complete one form for each student

<i>Student First Name</i>		<i>Student Last Name</i>	
<i>Grade</i>		<i>Teacher</i>	

Please check your choice of activities below:

☐ Study Buddies	Grades 3 – 5	Mrs. Craig	\$130 Mondays
☐ Study Buddies	Grades 3 – 5	Mrs. Craig	\$160 Tuesdays
☐ Study Buddies	Grades 6 – 8	Mrs. Jones	\$130 Mondays
☐ Study Buddies	Grades 6 – 8	Mrs. Jones	\$160 Wednesdays
☐ Writing Workshop	Grades 5 – 8	Mrs. Staples	\$100 Thursdays
☐ Organized for Success	Grades 5 – 8	Mrs. McCarron	\$130 Fridays
☐ Yoga	Grades 5 – 8	Ms. DiSessa	\$130 Tuesdays
☐ Yoga	Grades 2 – 4	Ms. DiSessa	\$90 Thursdays
☐ For Girls Only Exercise	Grades 5 – 8	Mrs. Hausler	\$60 Thursdays
☐ ICS Band	Grades 4 – 8	Mrs. James	\$0 Mondays
☐ ICS Singers	Grades 4 – 8	Mrs. James	\$0 Tuesdays
☐ ICS Glee Club	Grades 2 – 3	Mrs. James	\$0 Thursdays
☐ Bricks4Kidz	Grades 1 – 4	See Flyer for Online Registration	
☐ Intro to Rugby	Grades 4 – 8	See Flyer for Online Registration	

I give permission for my child: _____

to attend the above selected after school extra curricular activities at Immaculate Conception School.

Please see the activities description list for specific days and times.

Enclosed is \$ _____ (Please make checks payable to ICS.)

Parent Email: _____ Parent Cell #: _____

In case of an emergency, please contact:

Name: _____ Phone: _____

Parent/Guardian Signature: _____ Date: _____



Kids Yoga!

For Girls and Boys

Yoga has become quite popular for adults in recent years, but have you considered sharing the practice with your children? Yoga benefits **kids** significantly! Here are just some of the benefits:

Yoga is non-competitive

Yoga teaches self-acceptance

Yoga encourages healthy habits

Yoga teaches kids to be present and focus

Yoga teaches calming techniques

Children learn self-awareness through yoga

Yoga supports positive mental health in children

Each session will consist of learning the correct form of poses to encourage strength, balance and flexibility. Students will also learn breathing techniques and simple meditation strategies to encourage a positive and spiritual journey.

Ms. DiSessa's Qualifications:

Trained and received certification at The School of Royale Yoga in Chester, NJ.

Has been teaching yoga for three years and currently teaches yoga in Lebanon, NJ.

Grades 5-8 Class Dates: 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7, 3/14, 3/21, 3/28

Where/When: Wednesdays After school 3:15 – 4:00 in the MPR

Cost: \$120

Grades 2-4 Class Dates: 1/11, 1/18, 1/25, 2/8, 2/15, 2/22, 3/8, 3/15, 3/22

Where/When: Thursdays After school 3:15 – 4:00 in the Media Center

Cost: \$90

Wear: PE uniform or a change of clothes, **YOU CANNOT DO THIS CLASS IN YOUR UNIFORM**

FOR GIRLS ONLY

EXERCISE CLASS



Grades 5-8

What: This 45 minuet class will be a **serious exercise class**. Do not worry if you are not in great physical condition, this class is for you! We will learn ways to exercise at home, to build muscle/bone strength (critical to girls), increase cardio endurance, become more flexible and have fun. This is a class that will not judge you but rather support you on your quest to better health. We will also discuss simple ways to improve our dietary choices, a key to overall health. Come if you are serious about making some simple changes in your physical health.

Where: The gym

When: Thursday's after school. **We will begin promptly at 3:15 and end at 4:00.**

Dates: January 11, 18, 25 February 8, 15, 22

Bring: A light snack to be eaten by 3:15 (yogurt, granola, apple), water and a small towel for planks to support elbows on the floor.

Wear: PE uniform or a change of clothes, sneakers **YOU CANNOT DO THIS CLASS IN YOUR SCHOOL UNIFORM**



we learn, we build, we play with
LEGO® Bricks

AFTER SCHOOL

So fun it won't feel like learning!!

IMMACULATE CONCEPTION SCHOOL ENRICHMENT CLASSES FOR 1ST - 4TH GRADES

CONSTRUCTION CRAZE

Bricks 4 Kidz will be continuing its program with a 6 week winter session. The weekly motorized model building classes for the 1st – 4th grade students. The winter session theme is **Construction Craze**. The students will learn about the machines and tools that are used to build houses, buildings or a tree house. The models will be a **power drill, a crane, bulldozer, jackhammer, power saw and dump truck**. All the models will move and replicate the machine's and tool's movements.



10% Sibling (ONLY) Discount Code: 59BFF1C1C5A3A

Tuesdays 3:00 - 4:00pm

Cost: \$96.00 for a 6 week session

**Class dates: January 16th, 23rd, 30th,
February 6th, 13th & 20th.**

Register Online:

www.brick4kidz.com/HunterdonSomerset

**Classes Provided by
Bricks 4 Kidz of Hunterdon-
Somerset
908-638-0093**

INTRO TO RUGBY: GRADES 4+



- Co-Ed & All Fitness Levels
- Mondays 1/22-3/5 from 3:00-4:00; \$100 for 6 sessions
- Ball Skills & Agility Only (Indoor & non-tackle)
- Due to space limitations, 20 student capacity
- Questions? Email rugby@bc-ac.org

Register @ [BC-AC.org/rugby](https://bc-ac.org/rugby)

BaseCampAC is the Athletic Club of BaseCamp31 a registered US 501(c)3 organization located in Lebanon