



# FASPS Middle School Clubs Fall Trimester 2021

Monday, September 13<sup>th</sup> – Friday, December 17<sup>th</sup>

\*\*\*\* All Clubs meet from 4:00p-4:55p and are open to all students in grades 6-8.

Registration in Clubs is for one trimester only, unless otherwise stated. \*\*\*\*

**Please read class dates carefully!**

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## Monday

### Math & Logic Club / FASPS MathCounts Team

Language: English

Come develop your logical and abstract thinking skills with MathCounts Club! Students will explore challenging and fun math problems and puzzles. Students will also have the opportunity to compete in the MathCounts Competition series.

12 sessions: First meeting September 13, last meeting December 13. **\*\*No Club October 18, November 22\*\***

Cost: \$220 for Club only (discount available with 5-day Recreation/Atelier registration – use code MSCLUB)

Club Advisor: Ms Vandivort (FASPS Faculty)

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## Tuesday

### Yoga club

Language: English

This class is meant to give you tools to live a happy and healthy life, while finding joy through movement. The skills and practices you will learn in this class are meant to help you face challenges with ease, strength and less struggle. It has been shown that incorporating tools of yoga, breath, and mindfulness teaches important life skills and increases personal wellness. These skills help to: increase focus and attention, build compassion (acceptance of self and others), build self-confidence, decrease stress and anxiety, and increase happiness. We do this with challenging poses, stretches and relaxation, games, and connection.

11 sessions: First meeting September 14, last meeting December 14. **\*\*No Club October 19, November 2, November 23\*\***

Cost: \$220 for Club only (discount available with 5-day Recreation/Atelier registration – use code MSCLUB)

Club Advisor: Kara-Lee Ruotolo (Space Between, outside vendor)

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## Wednesday

### Yearbook Club (FULL YEAR)

Language: English

Want to be a part of making something that will commemorate the year in a way like no other? Be a part of collecting the many significant moments that make FASPS a community: a fun place for learning and playing.

Yearbook taps into your ability to capture everyone's uniqueness, and creatively communicate what makes our school special.

As designing and producing the yearbook is a yearlong activity that encompasses many objectives and skills, it requires a year-long commitment from parents and students. You and the rest of the staff will take on the authority and responsibility regarding the initial decisions about the direction of the book (theme, color palette, fonts), and then find ways to keep the 144-page book consistent, cohesive, and equitable. You may also contribute to changes as the project progresses through the year. Collaboration is a must. Organization, attention to detail, precision, and strong communication are also necessary. You will learn about photography, journalism, graphic design, and the software needed to build the book online. You will practice perseverance, flexibility, providing and accepting critiques, and hone your sense of aesthetics, as you complete assignments with or without the assistance of others. Students also need to act professionally in dealing with other community members, from our youngest to the adults. By joining the Yearbook Club, you will be instrumental in the production of a book that is published and sold, and thus are performing in a real-world way for FASPS. Lastly, this can add to your resumé when applying to high school. Although a serious commitment, we have quite a bit of fun, too. Come and be a part of something big.

12 sessions (Fall Trimester; Winter & Spring term dates TBA): First meeting September 15, last meeting December 15. **\*\*No Club October 20, November 24\*\***

Cost: \$330 – FULL YEAR, one-time fee charged Fall Trimester ONLY (discount available with 5-day Recreation/Atelier registration – use code MSCLUB)

Club Advisor: Ms Wong (FASPS Faculty)

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## Thursday

### **Historical Cooking Club**

Language: French

Discover the historical context and cooking techniques of a rich variety of dishes from the past. Students will research and then cook these culinary delights. Club members will also bring these historical dishes into the future by creating their own cookbook and video clips.

12 sessions: First meeting September 16, last meeting December 16. **\*\*No Club October 21, November 25\*\***

Cost: \$220 (discount available with 5-day Recreation/Atelier registration – use code MSCLUB)

Club Advisor: Mr Boumediene (FASPS Faculty)