

# 21st Century Grant Funded Eagle Academy Co-curriculars and Clubs at Spring Creek

Every student can find a place to plug in and soar at Spring Creek Elementary's Eagle Academy! Your child can improve individual skills, cultivate a new talent, collaborate with others, work with our excellent teachers and staff, and have fun. Find the class or classes that speak to your child. There is no charge for Eagle Academy and transportation is provided for afternoon and Saturday offerings. We look forward to seeing you there Spring Creek families!

## Lower Elementary Offerings (K-2)

### **Magic with Words / K-1**

If you like Fairy Tales, Fables, and Nursery Rhymes and want to explore the adventures of their stories, this will be the class that you will enjoy! Join us at "Magic With Words" where we will create story time fun while building our skills and knowledge in sight words, rhyming words, and character traits. Teachers: Mrs. May, Ms. Witt, Ms. Lonergan

### **Zumba / K-2**

Zumba class will be an easy way to add exercise into your weekly routine. Kids already love moving and dancing so why not follow the steps and groove along while getting some fitness in! Led by Mrs. Harris

### **Yoga and Mindfulness / K-2**

Do you want to develop flexibility and strength in your bodies, happiness and peace in your mind, and reduce stress? Then you want to take the yoga class! It also will help you to boost your concentration, enhance your self-esteem, and develop a mind-body connection. Come and learn new yoga poses, calming techniques, and have fun with your friends! Led by Mrs. Holm

Mindfulness meditation, at its simplest, is paying attention to what is happening in the present moment. Teaching mindfulness to children equips them with the tools to cope with stress, build confidence, and relate to uncomfortable or challenging moments. Simply put, the earlier they learn this, the greater the opportunity to help them cultivate resilience and to continue this practice into adulthood. Led by Ms. Clayton

### **Cheerleading / K-2**

Two, four, six, eight, school spirit is really great! Join us! Children will learn the basics of cheerleading and what it means to be a cheerleader. Led by Ms. Patterson

### **Soccer Club / 2nd grade**

Second Grade Soccer Club, led by Mr. Foster will give students a chance to get some exercise after school while learning the basics of soccer. We will meet on Tuesdays, Wednesdays, and Thursdays from 4:15PM-5:15PM.

### **The Bookworm Club / 1-3**

Girls, Inc will facilitate this club to build a love of reading! Girls build developmentally appropriate reading skills so that they are equipped to succeed in school and participate more effectively in the Girls Inc. Experience. Locally, the Bookworm Club explores their world through literacy activities including reading aloud, storytelling, games, public speaking, reading, writing and the creative arts.

### **Chess Club / 2-3**

Have you ever looked at a chess board and wondered how all those pieces get moved? Have you been intimidated by the pristine pieces and wondered how one could possibly learn the secret language of chess? If so, the chess club is perfect for you. Together we will learn about each individual piece: what its name is, how it gracefully moves across the board, and how it gets used to gain an advantage to ultimately win the game. We will learn about how all the pieces come together in a perfect balance and harmony. If you want a peaceful activity that will help you build your decision making skills and enhance your analytical power, consider joining the chess club. Led by Alex Boggs

## **K-2 Eagle Academy Schedule**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
	<b>7:30-8:30 a.m.</b> <b>Chess Club 2-3</b>		
<b>4:15 - 5:15 p.m.</b> <b>Zumba K-2</b>	<b>4:15 - 5:15</b> <b>Soccer Club 2nd</b>	<b>4:15 - 5:15</b> <b>Soccer Club 2nd</b>	<b>4:15 - 5:15</b> <b>Soccer Club 2nd</b>
<b>4:15 - 5:15 p.m.</b> <b>Magic with Words</b> <b>K-1</b>	<b>4:15 - 5:15</b> <b>Bookworm Club</b> <b>1-3</b>	<b>4:15 - 5:15</b> <b>Yoga and</b> <b>Mindfulness K-2</b>	<b>4:15 - 5:15</b> <b>Bookworm Club</b> <b>1-3</b>
			<b>4:15 - 5:15</b> <b>Cheerleading K-2</b>

## Upper Elementary Offerings (3-5)

### **Organization Skills / 3-5:**

In this Monday morning class you will practice your organizational skills by creating an intentional space in your home-life and school-life for your belongings. Not only will you learn to organize your physical space, but you will learn skills for organizing your thinking, keeping notes tidy, and a surefire method that will help prevent you from losing all of your important paperwork! Led by Ms. Furman

### **Relevé with Reading (Ballet and Jazz)/ 3-5:**

Do you love to dance? If so, Relevé with Reading will be a perfect match for you! Students will take ballet and jazz classes from Ms. Tindell and Mrs. Vanderpool! Ms. Tindell and Mrs. Vanderpool have lots of dance experience and can't wait to share their love of dance with students at Spring Creek Elementary! Students will also learn about the history of ballet, performing, plus read articles and books about dance. Led by Ms. Tindell and Mrs. Vanderpool

**Ballet attire:** Students can wear comfortable clothing that will allow for movement and stretching. They will also need a pair of ballet shoes or socks. Ballet shoes are sold at Walmart, Target, Academy, or Amazon.

\*\*If ordering from Amazon: Stelle is an inexpensive and well-made brand for around \$8.99.

### **Zumba / 3-5**

Zumba class will be an easy way to add exercise into your weekly routine. Kids already love moving and dancing so why not follow the steps and groove along while getting some fitness in! Led by Mrs. Harris

### **Chess Club / 3rd grade Tuesday a.m./ Grades 4-5 Saturday**

Have you ever looked at a chess board and wondered how all those pieces get moved? Have you been intimidated by the pristine pieces and wondered how one could possibly learn the secret language of chess? If so, the chess club is perfect for you. Together we will learn about each individual piece: what its name is, how it gracefully moves across the board, and how it gets used to gain an advantage to ultimately win the game. We will learn about how all the pieces come together in a perfect balance and harmony. If you want a peaceful activity that will help you build your decision making skills and enhance your analytical power, consider joining the chess club. Led by Alex Boggs

### **Club LIT(eracy)/ 4-5**

Led by Girls, Inc. Club LIT is designed to keep girls engaged in reading through individual and peer group literacy activities in comprehension and fluency, strengthen their communication skills; both verbal and written and provide an environment that promotes a love for reading.

### **Spanish Literature/4-5**

We would like to invite your child to participate in our Spanish literacy class. In this class, we will teach students who speak Spanish how to read in Spanish.

### **Yoga and Mindfulness / K-2**

Do you want to develop flexibility and strength in your bodies, happiness and peace in your mind, and reduce stress? Then you want to take the yoga class! It also will help you to boost your concentration, enhance your self-esteem, and develop a mind-body connection. Come and learn new yoga poses, calming techniques, and have fun with your friends! Led by Mrs. Holm

Mindfulness meditation, at its simplest, is paying attention to what is happening in the present moment. Teaching mindfulness to children equips them with the tools to cope with stress, build confidence, and relate to uncomfortable or challenging moments. Simply put, the earlier they learn this, the greater the opportunity to help them cultivate resilience and to continue this practice into adulthood. Led by Ms. Clayton

### **Operation Get Fit/ 3-5**

Join us as we move and get healthy! Various activities to help you get your groove on and move! Led by Mrs. Harris

### **Winning Attitudes/ 3-5**

Learn to flip your thinking when you are having a bad day. Did you know thoughts affect your actions and actions determine your success? We will learn skills to calm yourself and take control of your emotions and actions. This will help you be more successful in school, at home, and in life. Come and develop an attitude of gratitude! Led by Mrs. Boggs

### **Recycling Club/ 4-5**

This club will help save the planet by taking ownership of our classroom recycling. Teams of service-minded students will collect, empty, and sort recyclable items for Spring Creek Elementary. Led by Mrs. Lopez

### **Orchestra/ 5th grade only**

Fifth graders will learn the basics of orchestra. Each year our orchestra plays a school concert and visits a community retirement center to entertain and brighten the day of senior citizens. This group is an important step and produces many children ready to audition for admission to CCA and other opportunities. Led by Mrs. Fisher.

### **Creative Writing/ 3-5**

Explore themes, generating ideas, and genres of literature. We will play games, learn how to use word processors and google slides that will prove effective in improving storytelling as well as writing in school. Led by Mr.K

## Gardening Club/ 3-5

*Cultivate* your green thumb as Ms. Furman teaches you how to *propagate* houseplants, *fertilize* your garden with *compost tea*, the difference between *humus* and *hummus*, the benefits of *pollinators*, and how to make the perfect *substrate* for every plant type. In the fall and winter, we will prepare a school garden bed to be planted in our spring session!

## Tech Mech/4-5

This Just In!

Come join me to learn all about your Chromebook! We'll be using different apps to create presentations, take and edit pictures, interview students and teachers, and edit videos. You may even have a chance to become a newscaster! Led by Mrs. Hartley

### 3-5 Eagle Academy Schedule

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>7:30-8:30 a.m. Organization Skills 3-5</b>	<b>7:30-8:30 a.m. Chess Club 2-3</b>	<b>7:30-8:30 Winning Attitudes</b>	<b>7:30-8:30 Recycling Club</b>	<b>7:30-8:30 Orchestra 5th grade</b>	<b>9:00-11:00 Chess Club 3-5</b>
<b>4:15-5:15 Ballet/Jazz Relevé with Reading 3-5</b>	<b>4:15-5:15 Ballet/Jazz: Relevé with Reading 3-5</b>	<b>4:15 - 5:15 Mindfulness And Yoga 3-5</b>	<b>4:15-5:15 Winning Attitudes</b>	<b>4:15-5:15 Orchestra 5th grade</b>	<b>9:00-11:00 Creative Writing</b>
<b>4:15-5:15 Zumba 3-5</b>	<b>4:15-5:15 Spanish Lit 4-5</b>	<b>4:15-5:15 Spanish Lit 4-5</b>			<b>9:00-11:00 Gardening Club 3-5</b>
<b>4:15-5:15 BETA Club 4-5</b>		<b>4:15-5:15 Operation Get Fit</b>			<b>9:00-11:00 Tech Mech</b>
<b>4:15-5:15 Club LIT 4-5 Girls</b>		<b>4:15-5:15 Club LIT 4-5 Girls</b>			