

# SAHS

## After School Program



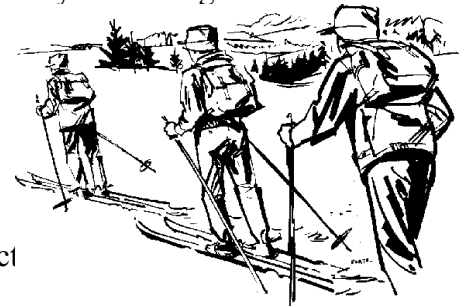
### Overview

The After School Program is in its 4<sup>th</sup> year here at MSAD54. Our goal is to enrich the lives of a regularly attending group of students by spending two quality hours together doing fun activities not possible in a normal school day. This year's program will again focus on smaller group activities with more staff engagement and interaction with students. The program is **open to all students who can commit to attending 30 times or more** during the school year. Students will have a voice in shaping the activities offered.

### Programming

The program offers a wide variety of activities throughout the school year in the goal areas of:

- ⇒ Academic enrichment, tutoring & project-based learning
- ⇒ Physical wellness, health activities
- ⇒ Cultural awareness (music, arts, dance & drama)
- ⇒ Community service opportunities, clean-up project volunteering
- ⇒ Parental engagement and family educational opportunities



### When

The program runs **Monday through Thursday** from the end of school at **2:30 to 4:30**. Transportation is provided at that time for ASP students on a limited bus run. Depending on the nature of the activity, there will be one or two activities offered each day. A healthy snack is provided during the program at no charge.

### Where

We meet **in the cafeteria at 2:30** and break into smaller groups for activities inside and outside of the school building, and mostly around the school campus. When transportation is available we take the students out in the community for volunteering projects and community service, and incentive field trips for regular attendees.

- ⇒ Kayaking on the Kennebec River
- ⇒ Mountain Biking
- ⇒ Snowshoeing
- ⇒ Alpine Skiing/Cross Country Skiing
- ⇒ GPS Orienteering
- ⇒ Climbing Wall
- ⇒ Team Games & Challenges
- ⇒ Fitness Room
- ⇒ Team Work Exercises
- ⇒ Positive Self-Image Orientation



### How To Join

ASP registration contracts are available from Mr. Goodwin, on the ASP bulletin board near Mr. Wilson's office in the high school. The staff will also be speaking directly to the students and teachers, and calling home to speak to parents as a follow-up. For more information contact the SAHS site coordinator Jim Goodwin at [jgoodwin@msad54.org](mailto:jgoodwin@msad54.org) or Yvonne Bollenbacher our AmeriCorps community specialist at [ybollenbacher@msad54.org](mailto:ybollenbacher@msad54.org).