

Fitness Club

Day: Wednesdays

Time: 2:20–4:00 p.m.

Location: Meet in the Gym

Frequency: Weekly

Sponsor: Mr. McLeod

Description: Student will have the opportunity to work out and get into shape through running and weight training.

Latin Dance

Day: Wednesdays

Time: 2:20–4:00 p.m.

Location: Room 105

Frequency: Weekly

Sponsor: Santos and O'Connor

Description: Students will have study hall for 30 minutes and then dance. Students will focus on learning styles of Latin social dances. There will be a performance at the Multicultural Fair. Club activities will end with the

Photography

Day: TBA

Time:

Location: Room 101

Frequency: TBA

Sponsor: A. Taylor

Description: Students will use fully manual 35mm cameras to capture images on black & white film. They will have the opportunity to use photo chemistry to develop their own film. Students will explore black & white darkroom techniques, complete a series of prints, and participate in a culmination art show.

Self-Defense

Day: Mondays & Wednesdays

Time: 2:20–3:30 Mondays

2:20–4:00 Wednesdays

Location: Gym

Frequency: Weekly

Sponsor: Mr. Wiard

Description: This activity will focus on building self-confidence while incorporating academics. Students will focus on respect for themselves as well as others. This club will help develop motor and social skills.

Dance Dance Revolution

Day: Fridays

Time: 2:20 –5:00 p.m.

Location: Trailer 4

Frequency: Weekly

Sponsor: After-School Staff

Description:

Students will participate in head to head dance dance revolution challenges.

Junk Yard Music

Day: Mondays

Time: 2:20–3:30 p.m.

Location: Cafeteria

Frequency: Weekly

Sponsor: Stamm

Description:

Instead of using traditional drum sets, students will use household items, such as trash cans, pots and buckets to make unique sounds and rhythms.

Fall Sports

Day: Mondays, Wednesdays and Thursdays

Time: 2:20–3:30 Mondays
2:20–4:00 Wed. & Thurs.

Location: GYM

Frequency: Weekly

Description: Students will participate in a variety of sports designed to develop gross motor skills such as, but not limited to, Soccer, Football, Basketball, Ultimate Frisbee, and Volleyball.

Board Games

Day: Tuesdays

Time: 2:20–4:30 pm.m

Location: Room 137

Frequency: Weekly

Sponsor: AFTER-SCHOOL STAFF

Description: Students will have the opportunity to play board games such as Monopoly, Risk, Pictionary, ETC.

Art Club

Day: TBA

Time: TBA

Location: ART room

Frequency: TBA

Description:

B.O.N.D. (Boys Of a New Direction)

Day: Thursdays

Time: 2:20–4:00 p.m.

Location: Room 148 B

Frequency: Weekly

Sponsor: Washington & Braxton

Description: Bond is an all boys group designed with the idea to give young men the opportunity to express themselves in relation to various issues/topics in today's society.

Global Outreach Club

Day: Tuesdays and Thursdays

Time: 2:20–4:00 p.m.

Location: Trailer 4

Frequency: Weekly

Sponsor: Nolan

Description: Through a partnership with Ambassador Nolan, the students explore ways to help improve the lives of Lesotho 's orphans and AIDS patients.

Book Lovers Club

Day: Irregular

Time: Irregular

Location: Media Center

Frequency: Irregular

Sponsor: Noble

Description: Students will attend a variety of book-related field trips, beginning with George Mason University's Fall for the Book on September 24 (6:30 p.m.) We will meet on September 17 to discuss agenda, and again in January to plan other trips. Otherwise, all meetings will be field trips.

Hughes Newspaper

Day: Thursdays

Time: 2:20–4:00 p.m.

Location: Media Center

Frequency: Weekly

Sponsor: Noble & Pasternak

Description: Our students will plan and produce a monthly school newspaper. Students will write news and feature stories, plan layout, solicit “advertising” (no money involved) and so forth.

Book Club

Day: Mondays

Time: 2:20–4:00 p.m.

Location: Media Center

Frequency: Three Mondays per month.

Sponsor: Pasternak

Description: If you enjoy reading, come join us as we look into the world of imagination, or learn about the life of a famous person. Everyone sees the world and the people around us differently. Check out how your peers interpret the book you are reading, and how they see the world differently than you do.

Earth Force

Day: Wednesdays

Time: 2:20–4:00 p.m.

Location: 129

Frequency: Weekly

Sponsor: L. Love

Description: Earthforce is a national organization for students to make a difference in their communities. We will again be testing the stream below South Lakes High School for the Reston Association. Added this year will be an attempt to reduce the middle school's carbon footprint. The highlight for students is to attend the annual Earthforce Youth Summit in Alexandria. We will present our findings to students from the Washington Metropolitan area. The club members were recognized by the Reston Association and their pictures were in the Reston paper.

Step Team

Day: Wednesdays

Time: 2:20–4:00 p.m.

Location: Hall of Nations

Frequency: Weekly

Sponsor: Denney

Description: Student will learn new “STEPS” for competitions and to perform during school assemblies, such as the multicultural fair, the Hughes vs. Herndon basketball game, and the parade of stars.

Cooking

Day: Thursdays

Time: 2:20–4:00 p.m.

Location: Room 138A

Frequency: Weekly

Sponsor: L. Love

Description:

Each week we will be preparing a different entrée suitable for feeding a family. We will be practicing kitchen skills and learning about nutrition. Students do the preparing of the food, the serving of the food, and clean-up. Students are encouraged to practice skills with their families.

Cheerleading

Day: Mondays and Thursdays

Time: 2:20–3:30 Mondays

2:20–4:00 Thursdays

Location: Gym

Frequency: Weekly

Sponsor: Coach Curry

Description:

Teaching cheerleading fundamentals such as cheers, jumps, motions, stunts and tumbling . Students will put together a competition routine to compete in March, work with the South Lakes Cheer program as support and become school ambassadors and leaders.

Homework Club

Day: Monday—Friday

Time: 2:20—4:00 p.m.

Location: Room 134

Frequency: Daily

Sponsor: After-school Staff

Description: This room will be set up for independent homework completion. Students requiring additional assistance will be referred to course and grade specific homework areas.

Needle Craft

Day: TBA

Time: 2:20

Location: TBA

Frequency: TBA

Sponsor: Cotton

Description: Students will learn how to knit, crochet and cross-stitch.

Geography Bee

Day: 9/17, 10/15, 11/2, 12/10

Time: 2:20–3:30 p.m.

Location: Room 120

Frequency: Monthly

Sponsor: Zablotney

Description: Students will participate in Geography Bee competitions that will culminate to a regional contest.

H.E.R.M.A.N.A.S

Day: Wednesdays

Time: 2:20–4:00 p.m.

Location: Room 111

Frequency: Weekly

Sponsor: Rivas & Ciammaichella

Description:

H.E.R.M.A.N.A.S is an all girl group which focuses on building character and self esteem in young girls. Themes discussed relate to issues that young girls face on a regular basis including: personal health, relationships, character, self improvement, grades, etc. Members also receive community service opportunities as a chance to reach out to the community.

TBA

Day:

Time:

Location:

Frequency:

Description:

TBA

Day:

Time:

Location:

Frequency:

Description: