

## **FCPS Middle School Press Release**

The Fairfax County Board of Supervisors, in collaboration with the Fairfax County School Board, has allocated funds to establish a comprehensive after-school program in all middle schools in the county. This joint partnership between the Fairfax County Public Schools (FCPS) After-School Program Office (ASPO) and the Fairfax County Department of Community and Recreation Services (DCRS) offers programming and staff support for five-days a week of after-school activities. It provides a safe haven for middle school youth to improve academic achievement, improve student behavior, and reduce risk-taking behaviors and substance abuse. The following schools participated in 2005-2006 start up phase of this program. Jackson, Glasgow, Herndon, Key, Lake Braddock, Liberty, Poe, Twain, Whitman, *South County*, Rocky Run, Kilmer, Thoreau, and Longfellow.

The after-school program addresses the two strongest risk factors impacting children and youth: (1) academic difficulties in school and (2) unsupervised time after-school. These risk factors are the strongest predictors of adolescent substance abuse and behavior issues. There is solid research evidence showing that after-school programs reduce youth violence and gang activity, reduce alcohol, tobacco and drug use, increase school and community connectiveness, and improve academic achievement.

This Middle School After-School Program design provides young people with a positive alternative to spending time on the streets or being home alone an opportunity to develop skills, build character, and to partake in challenging fulfilling activities. The program design has four components. They are:

**Academic Support and Enrichment**

**Social Skills and Youth Development**

**Physical, Health and Recreation Projects**

**Family and Community Involvement**

Research indicates that high quality after-school programs can markedly increase engagement in learning and that students who are engaged in learning behave better in school, have better work habits, improved attitudes towards school, a greater sense of belonging to the community, and better relationships with their parents.

All clubs are open to all students regardless of sex, race, or ability. We encourage parents with concerns over whether their child would be successful in a certain club to call and talk with the After School Specialist about those concerns.

## About the Clubs

### **Homework Help**

Designed to improve academic achievement and reduce behavioral issues. Students meet in cafeteria and are assisted by a variety of teachers and tutors. Drink and snack are provided. HH is conducted in a friendly yet constructive atmosphere

### **Best Buddies Club**

This club offers a way for high school students in the exceptional education program to make friends and have fun on their own. SCSS students get to know each other well and in the end find out that they are more alike than different

### **Stallion Soccer Club**

An organized sports activity designed to teach and enhance skills in sportsmanship and athleticism

### **Fitness Club**

Promotes physical fitness, team building, healthy nutrition and wellness, and emotional well-being. Students learn how to best use the equipment. Emphasis is placed on low weight and high repetition. Students are advised on technique, cardiovascular training as well as strength training and toning.

### **MS News Show**

Filming and editing of the Middle School News show. Learn all the techniques needed to produce a show of this caliber

### **Wrestling Club**

An organized sports activity designed to teach and enhance skills in sportsmanship and athleticism

### **SC Step Club**

Members of the team learn traditional step routines and then perform them in public gatherings

### **Running Club**

Designed for MS students at all levels of ability. Increase cardiovascular fitness as well as enjoy being part of a club and making new friends

### **Basketball Intramurals**

An organized sports activity designed to teach and enhance skills in sportsmanship and athleticism

**Stallion Fun Club! (4:10-5:45 Monday, Wednesday & Thursday) (2:20-5:45 Tuesday & Friday)**

This is an extension of the regular After School Day. The extended program provides opportunities to continue Homework as well as enrichment activities. Activities will vary from week to week. DDR, Wii, Double Dutch, Intramural Sports, Board Games, Step Club and more.....

**Baseball Club**

An organized sports activity designed to teach and enhance skills in sportsmanship and athleticism

**Chess Club**

An organized activity designed to teach strategies and enhance social skills.

**Technology Student Association**

If you like to generate ideas, design solutions, build prototypes, and analyze solutions, then the TSA club is for you. We will be learning and collaborating in order to compete at regional, state, and national competitions throughout the year. With 30 distinct events to compete in, you are sure to find one that's right up your alley.

The Mission of the TSA: The Technology Student Association fosters personal growth, leadership, and opportunities in technology, innovation, design, and engineering. Members apply and integrate science, technology, engineering and mathematics concepts through co-curricular activities, competitive events and related programs.

**Improv/Drama**

Are you dramatic? Come to Drama Club on Wednesday after school. No experience needed. Work on acting, play games and do improvisation! FUN! FUN! FUN!

**Reading Club**

Thinking Reader program.

**Tennis Club**

Learn the game of tennis. For all levels of players. Come play games and have fun! You need to bring your own racket and extra tennis balls.

**Book Club**

Students who enjoy reading and discussing books are invited to join MS Stallions BOOK CLUB. Books from "Virginia Young Readers for Middle School Students" are our focus. Meetings will be held weekly after school.

**Cheer Club – Not your ordinary cheer club – dance, poms, stunting, competitions, and much more! Join us and see for yourself!!!**

**Hip Hop – what is Hip Hop? Learn all there is to know about Hip Hop from fashion, to rap, dance art and more.....**

## **Links to other youth activities and services**

<http://www.fcps.edu/southcountys/>

<http://www.sycva.com/>

<http://www.fairfaxcounty.gov/rec/>

## ***\*Supporting the FCPS After-School Program***

The Fairfax County Public Schools After-School program affords interested candidates the opportunity to work with groups of middle school students in a variety of academic, enrichment, youth development, and recreational activities from 2:30 p.m. – 6:00 p.m. daily. We are looking for help with a myriad of activities to include but not be limited to tutoring; teaching drama, dance, cooking, oil painting, gardening, and creative writing; supervising literacy, math, technology, or science activity; coaching a sports activity; or teaching aerobics. Work one-to-three hours per day for one-to-five days a week at multiple sites, or simply concentrate at one location. Candidates must be able to establish excellent rapport with middle school students and a willingness to serve as a positive role model. The ability to communicate and collaborate with other after-school staff, classroom teachers, administrators, parents, and community members is essential. Salary (\$15-\$20.34 per hr) is dependent on experience and education level. Candidates must be able to attend site-based staff development sessions. Bilingual ability preferred. Openings available in 26 FCPS middle schools. Interested persons should e-mail or fax a letter of interest along with a resume to the after-school specialist at South County- Francine Nelson (703) 446-1599 or [Francine.Nelson@fcps.edu](mailto:Francine.Nelson@fcps.edu). To find other appropriate middle school contact information, visit the [after-school website](#), click on the link to the middle school, and search for the after-school specialist information.



FAIRFAX COUNTY  
PUBLIC SCHOOLS

## South County Secondary School

8501 Silverbrook Road  
Lorton, Virginia 22079  
703-446-1600  
FAX 703-446-1697

September 19, 2011

Dear parents and students;

September 26, 2011 will be the first day for the Middle School Clubs, in our After School Program. All students are welcome and encouraged to join. An essential requirement for the first week of the club is that **parents must pick up their children by 5:45 PM Monday – Thursday and by 5:00 on Fridays**. Late fees apply if you are more than 15 minutes late. Repeated late pickups may result in your child's removal from the program. **There are no late buses until the October 3, 2011.**

The following schedule applies to late buses:

Mondays: 3:30 PM	Late bus departure time is 3:40
Wednesday 4:10 PM	Late bus departure time is 4:20
Thursday: 4:10 PM	Late bus departure time is 4:20

September 26-30 the After School Clubs will offer the following with **parent pick up only**:

**Monday-Thursday: Academics (homework help)** Cafeteria 2:20-3:10

**Monday - Thursday: Intramurals** - Meet in the cafeteria 3:10-5:45

**Monday – Thursday – Stallion Fun Club** - Cafeteria 3:10-5:45

**Fridays club ends at 5:00- – Stallion Fun Club - Cafeteria 2:20-5:00**

All students at South County Middle School are automatically invited to participate in the After School Program on the days we have late buses. However, if a student is going to be picked up by his or her parents by 5:45 PM any day of the week, we require updated information on the registration form to be filled out and signed, both, by the student and the parent.

All students in the After School Program must be with an adult at all times. **No student will be allowed to stay after (any day of the week) without a specific pre-arranged plan to participate in a supervised activity.**

*Let's make the school year 2011-2012 the best ever.*

Sincerely,

Francine E. Nelson  
After School Program Specialist  
(703)446-1599  
[Francine.nelson@fcps.edu](mailto:Francine.nelson@fcps.edu)  
[after-school website](#)

## Frequently asked questions

### Do I need to register for after school activities?

Yes. If you want to participate in any after school clubs and/or activities during any part of the school year, you must complete and turn in the registration/consent form to your sub school office.

### How do I find out what clubs and activities are offered this year?

Read through the "About the Clubs" with your parent and discuss which activities interest you.

This is available on the website by clicking on Middle School and then After School Program. As a guide, you should select no more than one activity for each late bus day.

### How will I know which day(s) the clubs and activities meet this quarter?

Although most of our clubs meet for the entire school year, many activities are offered for a limited number of weeks. Refer to the "Schedule" to find the activities taking place as well as the meeting day and place for that club or activity. Remember to use your agenda book to record the meeting day(s) and location. You may want to carry a copy of this schedule in your agenda book pocket. When a new quarterly schedule is posted, an announcement will be made.

### Do I need to sign-up for individual clubs?

Most of our activities do not require you to sign up in advance, but there are a few that do. Please listen for announcements on the Middle School News Show and on the Stallion Spotlight for information regarding individual club sign-ups and/or contact the teacher/sponsor. If you are interested in activities on Tuesday and/or Friday, refer to "Extended Programming" and see Mrs. Nelson if you have questions.

### How will I know where the club or activity will take place or where to go after school?

Get a copy of the Middle School After-School Program schedule from Mrs. Nelson in the main office. You can also access this information on the Middle School After School website.

### Where do I go after school if I want to participate in intramurals or use the fitness room?

Please leave your backpack in your locker and report to the gym locker room to change into your PE uniform. Once changed, report to the cafeteria to sign-in with the sponsors. Remember to wear athletic shoes.

### Important notice regarding the intramural program:

Intramurals will be canceled during inclement weather. This is due to the need for the high school athletic teams to use indoor facilities for practices. Students will be informed of any cancellations.

### Do I need to sign in with the club sponsor?

Yes, every student staying after school for a club, activity, or for receiving academic help from a teacher must sign-in with a teacher or sponsor by 2:20. *All students must stay with an adult until late bus departure time. Roaming the hallways is prohibited.*

### Will a snack be provided?

Yes, a choice of assorted healthy snacks and juice or water will be provided.

### What if I do not see any clubs or activities that interest me?

New activities and clubs will be added as the school year continues, so listen to the announcements and visit the website to stay informed. We also want to hear from you! Students are encouraged to start new clubs based on shared interests, so if you and/or your friends have an idea, see Mrs. Nelson.

Thank you for taking the time to read through these questions and answers about the after school program. Please feel free to contact Mrs. Nelson at [francine.nelson@fcps.edu](mailto:francine.nelson@fcps.edu) or by calling 703-446-1599 with further questions and/or concerns. We also welcome suggestions, donations, and volunteers!

## 2011-2012 SCSS After-School Program Schedule

Regular Club Hours-2:20-4:10 (Includes Late Buses on Monday, Wednesday and Thursday)

Extended Club-4:20-5:45 Mon., Wed. & Th. (Parent Pick Up Tuesday (5:45) and Friday Club Hours (2:20-5:00)-Parent Pick Up Only)

Middle School After-School

### Club Days

<b>Monday</b> Late Bus Day 2:20-4:10	<b>Tuesday</b> Parent Pick Up 2:20-5:45	<b>Wednesday</b> Late Bus Day 2:20-4:10	<b>Thursday</b> Late Bus Day 2:20-4:10	<b>Friday</b> Parent Pick Up 2:20-5:45
Homework Help Cafeteria Computer Help Club Mr. Ewan C102	Homework Help Stallion Fun Club Cafeteria Computer Help Club Mr. Ewan C102	Homework Help Cafeteria Computer Help Club Mr. Ewan C102	Homework Help Cafeteria Computer Help Club Mr. Ewan C102	Stallion Fun Club Cafeteria Computer Help Club Mr. Ewan C102
College Partnership TBA	Intramural Sports Mr. Gidada Soccer Flag Football Basketball Cafeteria Homework First	Intramural Soccer 3:10-4:00 Cafeteria Mr. Gidada Homework First	Step Club Deborah Wilson Cafeteria Homework First Intramural Flag Football 3:10-4:00	Intramural Sports Mr. Gidada Soccer Flag Football Basketball Cafeteria Homework First
Intramural Basketball 3:30-5:00 Walkers and parent pick up only	Cheer Club 2:20-6:00 Cafeteria Homework First Mrs. Porter	Basketball Coach Kelly February/March Gym	Basketball Coach Kelly February/March Gym	
Running/Fitness Club Mrs. Cole Meet by locker room November Listen for announcements	"Eat This, Not That" Cooking Club Ms. Price Cafeteria Homework First	Computer Help Club Mr. Ewan C102 Cafeteria First	Extreme Readers Book Club Ms. Dougherty Library	
	Running/Fitness Club Mrs. Cole Meet by locker room Listen for announcements	Best Buddies Club Mr. Bernedo B141 Starting Oct. 19, 2011	Cheer Club Mrs. Porter Cafeteria Homework First	
	Computer Help Club Mr. Ewan C102 Cafeteria First	Running/Fitness Club Mrs. Cole Meet by locker room Listen for announcement	Fitness Club Running Club Ms. Coleman November	
		Volleyball Club Girls Only Mrs. Pasquel March/Spring-Gym	Student Technology Association Mr. Anderson A209	Volleyball Club Girls Only Mrs. Pasquel March/Spring-Gym
		Hip Hop Club Mrs. Wallace Cafeteria Homework First	Drama Club Mrs. DeMarco Silverbox	
			"Eat This, Not That" Cooking Club Ms. Price Cafeteria Homework First	

### Extended Day Program – Cafeteria    Extended Day Program - Cafeteria

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Stallion Fun Club Parent Pick Up 4:20-5:45 Intramural Sports Mr. Gidada Soccer Flag Football Kickball Basketball	Stallion Fun Club Parent Pick Up 2:20-5:45 Intramural Sports Mr. Gidada Soccer Flag Football Kickball Basketball	Stallion Fun Club Parent Pick Up 4:20-5:45 Intramural Sports Mr. Gidada Soccer Flag Football Kickball Basketball	Stallion Fun Club Parent Pick Up 4:20-5:45 Intramural Sports Mr. Gidada Soccer Flag Football Kickball Basketball	Stallion Fun Club Parent Pick Up 2:20-5:00 Intramural Sports Mr. Gidada Soccer Flag Football Kickball Basketball

**Whenever there is an early dismissal, there is no after school Program.**

Red means there are no late buses on those days and times.

Contact: Mrs. Nelson - Middle School After School Program Coordinator at

703-446-1599 or [fenelson@fcps.edu](mailto:fenelson@fcps.edu)

Parent volunteers are welcome to facilitate programs!!!

## National Campaigns

- Red Ribbon Week - [http://en.wikipedia.org/wiki/Red\\_Ribbon\\_Week](http://en.wikipedia.org/wiki/Red_Ribbon_Week)  
October 23 - 31, 2011
- National Drug Facts Week is 10/31 - 11/6, 2011! **Take the challenge!!!**  
<http://drugfactsweek.drugabuse.gov/index.php> <http://teens.drugabuse.gov/>
- National Bullying Prevention Awareness Month, October -  
<http://www.pacerteensagainstbullying.org/#/home>  
<http://www.pacer.org/bullying/>
- Lights on After School - October 20, 2011 -  
<http://www.afterschoolalliance.org/loa.cfm>
- National Family Week - <http://alliance1.org/alliance/resources-working-military-families>  
November 20-26, 2011 National Family Week premise Children do better when their families are strong and families do better when they live in communities that help them succeed.
- National Nutrition Month® in March is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. NNM also promotes ADA and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information. <http://www.eatright.org/nnm/>
- Lets Move [About Let's Move](#) *Let's Move!* is a comprehensive initiative, launched by the First Lady, dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Sure, this is an ambitious goal. But with the help of individuals and organizations like you, we can do it.

<http://www.letsmove.gov/>

[http://www.letsmove.gov/sites/letsmove.gov/files/Let%27s\\_Move\\_Fact\\_Sheet.pdf](http://www.letsmove.gov/sites/letsmove.gov/files/Let%27s_Move_Fact_Sheet.pdf)

[http://www.letsmove.gov/sites/letsmove.gov/files/Let%27s\\_Move\\_Fact\\_Sheet\\_for\\_African%20Americans.pdf](http://www.letsmove.gov/sites/letsmove.gov/files/Let%27s_Move_Fact_Sheet_for_African%20Americans.pdf)

[http://www.letsmove.gov/sites/letsmove.gov/files/Let%27s\\_Move\\_Fact\\_Sheet\\_for\\_Hispanics.pdf](http://www.letsmove.gov/sites/letsmove.gov/files/Let%27s_Move_Fact_Sheet_for_Hispanics.pdf)

[http://www.letsmove.gov/sites/letsmove.gov/files/Let%27s\\_Move\\_Fact\\_Sheet\\_for\\_American%20Indian\\_Alaska%20Native.pdf](http://www.letsmove.gov/sites/letsmove.gov/files/Let%27s_Move_Fact_Sheet_for_American%20Indian_Alaska%20Native.pdf)

[http://www.letsmove.gov/sites/letsmove.gov/files/Let\\_s\\_Move\\_Child\\_Care\\_Fact\\_Sheet.pdf](http://www.letsmove.gov/sites/letsmove.gov/files/Let_s_Move_Child_Care_Fact_Sheet.pdf)

[http://www.letsmove.gov/sites/letsmove.gov/files/Let%27s\\_Move\\_Get\\_Involved\\_Fact\\_Sheet.pdf](http://www.letsmove.gov/sites/letsmove.gov/files/Let%27s_Move_Get_Involved_Fact_Sheet.pdf)

<http://healthierkidsbrighterfutures.org/about/>

[http://www.letsmove.gov/sites/letsmove.gov/files/HHS\\_Obesity\\_Factsheet\\_Programs\\_Updated.pdf](http://www.letsmove.gov/sites/letsmove.gov/files/HHS_Obesity_Factsheet_Programs_Updated.pdf)

We will announce Lets Move activities throughout the school year. Stay tuned!!!!

