



## **21C AFTERSCHOOL SESSION I OFFERINGS for JFK students**

**beginning September 22-December 5, 2025 (unless otherwise indicated)**

There is no charge to participate in the 21C afterschool program.

**While this is not a first come first served program, we need forms to be returned right away as programs fill up quickly.** Please identify your first and second choices, etc. if applicable. Your student will receive confirmation of what programs they are enrolled in by Wednesday, September 17th, 2025.

Please check each class for start and end dates and times as it varies from class to class.

Each student is offered a healthy meal. Please remember to stay home if sick.

**JFK students attending 21C programs will exit the school building through the JFK entrance.**

**If you have any questions during school day email Mag and Suzanne and one of us will respond:**

email Mag at: [mthomas@wsdvt.org](mailto:mthomas@wsdvt.org) or call 802-383-6069

email Suzanne at: [sskaflestad@wsdvt.org](mailto:sskaflestad@wsdvt.org) or call 802-383-6119

**If you need to contact us during program hours:**

Call Mag Thomas at 802-338-1456 or Suzanne at 802-777-9856

**This institution is an equal opportunity provider. How to File a Complaint:**

<https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>.

## **MONDAY AFTERSCHOOL (3-4pm or 4:30) (start dates vary)**

**Natural Arts (K-2) with Ms. Cassandra begins 9/22 ends 12/1**

Where nature and art collide, this program will focus on how we can use the materials nature provides to explore creativity and expression through art. There will be opportunities for open ended art, collaboration, friendly competition, and of course fun. While the weather provides access, sessions will have time spent outside, gathering and making art with the leaves, stems, pebbles, grasses, and other tangibles and textures that the JFK grounds provide. As the weather transitions, the sessions will be inside with nature coming in to continue the fun. This class focuses on the Creativity GX in the area of Visual Arts.

**The Best Me- a Fun, Social-Emotional Learning Group (K-2) with Ms. Sam begins 9/22 ends 12/1**

The Best Me is a playful, engaging class that focuses on building social-emotional skills like self-awareness, empathy, emotional regulation, and problem-solving. It blends creative activities, movement, storytelling, role-play, and more with research-based strategies to help children thrive socially, emotionally, and academically in a safe, supportive and fun environment. Come join us and shine from the inside out! **New this year**, I will be using my graduate-level counseling training to build upon my existing skills to optimize the learning experience for students. Part of my training includes taking non-identifying notes (after class). There will be a consent form for each family to sign if your child is enrolled in this class. This class focuses on the Wellbeing GX in the area of Social-Emotional Health.

**The Recess Club (Respecting Every Culture, Expression, Self & Story) (3rd-5th) with Ms. Nia begins 9/22 ends 12/1**

**This program/offering was designed to benefit the BIPOC population (Black, Brown, Asian, and Indigenous). All are welcome.** It's a safe space to explore culture, build confidence, and grow as leaders. Students will celebrate their cultures through food, music, stories, and art, develop leadership skills with team activities and public speaking, express themselves creatively through art, journaling, and music, and build friendships and support each other through service projects. This class focuses on the Cultural and Community GX in the area of Cross-Cultural Engagement.

**DREAM2 Mentoring Program at JFK for students in 3rd-4th grade begins 11/3 ends in May 2026**

DREAM2 will be offering this mentoring program **to students that have not participated in this program before.** The commitment is for the entire school year. Dream 2 will be training mentors in Sept/Oct to work with their mentees afterschool beginning November 3rd.

The first meeting day for **mentees and mentors** will be **Monday, November 3rd.** The DREAM Program is a mentoring program that pairs high school students with elementary school students to form a strong mentoring relationship. Most of our meetings happen at the school with occasional field trips. Please let us know on the registration form on the next page if your child is interested in a HS mentor. **When considering if your student would be a good fit for this mentoring program please review the information below and be able to answer yes to the following questions:**

- Would your student benefit from having a high school mentor?
- Will your student be excited to try new things and participate in the activities? The activities we do are created and led by high school students and vary a lot.
- Would your student be able to show up most Mondays for the entire school year so they can form a strong connection with their mentor?
- The program is mostly led by the high school students with support and guidance from the DREAM2 staff. Will your student be able to consistently follow the HEART expectations with their mentor including during the occasional off site field trips?

**Neighborhood Games Club for 5th graders with Ms. Shumski begins 9/22 ends 12/1**

Join us afterschool for an hour of good old fashioned board and card games. We will venture into nature for some fresh air time, on occasion, weather permitting. Grab your friends, make new ones and let's have some fun! This class focuses on the Critical Thinking GX in the area of Scientific Reasoning.

**Robotics with the City of Winooski (4th-7th) begins 9/8 ends 12/15 meets until 4:30**

Interested in learning about robotics? Join this robotics program to take a step further and learn the fundamentals of STEM while working with a team to solve fun challenges, build advanced models and design robots using LEGO Education SPIKE Essential Sets. This program will compete in state wide competitions on some Saturdays. Register online at [winooskivt.gov/recprograms](http://winooskivt.gov/recprograms)

**Field Hockey with City of Winooski in partnership with 21C (K-5) begins 9/8 ends 10/27 at 3:30**

Beginner field hockey for youth ages 5 to 11 at Richards Park- Walk with or be transported to Richards Park by the City of Winooski. Please **pick up at 4:30 PM at Richards Park.** Learn basic field hockey skills and tactical play during our fun and engaging games. Athletes will be coached by experienced field hockey coach, Robin Merritt, a former UVM Field Hockey Associate Head Coach and owner of Champ Hockey. Sticks provided. Athletes should wear cleats, shin guards, and a mouthguard. Need help obtaining equipment? Call or email Robin Merritt, Recreation and Parks Manager: 802-777-1621 [rmerritt@winooskivt.gov](mailto:rmerritt@winooskivt.gov) Register online at [winooskivt.gov/recprograms](http://winooskivt.gov/recprograms)

## **TUESDAY AFTERSCHOOL (3-4pm or 4:30) (start dates vary)**

**Games Galore (K-3) with Ms. Lapointe begins 9/23 ends 12/2**

Come join Ms. Lapointe for an hour of board games and card games! Be ready to play some of your favorite games or come and learn something new that you can teach your friends! This class focuses on the Critical Thinking GX in the area of Scientific Reasoning.

**Music Inspires Beginners Group Violin Class IS BACK!! (3rd-4th) with Ms. Adams begins 9/23 ends 12/2**

If you have expressed curiosity in learning to play the violin, this class is perfect for you! This small, engaging class allows students to discover the excitement of violin playing in a fun and supportive group setting. Students will learn the basics of violin playing and music literacy, while learning great music! The class is presented in partnership with the Vermont Youth Orchestra Association. **Violins and materials are provided free of charge.** This class focuses on the Creativity GX, in the area of Performing Arts.

**YAP Afterschool: A Space to Be Heard, Seen, and Understood (3rd-5th) with Ms. Sam** begins 9/23 ends 12/2  
“YAP After School” is a fun and welcoming afterschool group for 3rd–5th graders to talk about what really matters to them. Students can express themselves and connect with others in a safe, supportive space. “YAP” (Young and Powerful) uses open dialogue, interactive games, art, and creative exercises to help students build emotional awareness, self-confidence, and positive social skills. Students will gain tools to navigate life’s ups and downs, and have fun doing it! Ms. Sam, a graduate counseling intern, will use her graduate-level counseling training to build upon her existing skills to optimize the learning experience for students. Part of her training includes taking non-identifying notes (after class). There will be a consent form for each family to sign if your child is enrolled in this class. This class focuses on the Wellbeing GX in the area of Social-Emotional Health.

**Choose Health: Food, Fun and Fitness (CHFFF) (3rd-5th) with Ms. Pinard and Ms. Bev** begins 9/30 ends 11/4  
Join Ms. Pinard and Ms. Bev for a six session health and fitness program. The healthy eating and active living curriculum provides fun, hands-on, interactive nutrition activities, food preparation or taste testing, active games, goal setting challenges and a family newsletter. This class focuses on the Wellbeing GX in the area of Physical Health.

**Rosie’s Girls for 5th graders and non conforming youth in partnership with Vermont Works for Women at the MS Art Room A173** begins 9/23 ends 11/4

Rosie’s Girls® is a trades and career exploration program for 5th graders and middle school girls\*. Through hands-on learning and a research-based social/emotional curriculum called Power Skills, Rosie’s Girls helps youth break down gender stereotypes, develop self-confidence and build connections. Last year Winooski RG participants created a cornhole set and giant dice for the MS school! New projects could include storage benches, cubbies or folding beach chairs. This class focuses on the Persistence GX in the area of Math Reasoning. **\*Rosie's Girls welcomes anyone who identifies as a girl regardless of assignment at birth, as well as youth who are non-binary or gender expansive who are comfortable in a girl-centered space.** This class supports growth in the Persistence GX in the GP of Math Reasoning. Class meets until 4:30.

**Youth Climbing offered by City of Winooski in partnership with 21C (3:00-5:00pm)** Join the City of Winooski for youth rock climbing! Youth will work with coaches to learn the basics of climbing techniques, get comfortable with safe belaying, and build their confidence. All gear is provided.

**September/October** Ages 5-8 / Tuesdays / September 9 - October 14 / 3:00 - 5:00 PM @ MetroRock  
Register online at [winooskivt.gov/recprograms](http://winooskivt.gov/recprograms)

## **WEDNESDAY AFTERSCHOOL (3-4pm or 4:30)(start dates vary)**

**The Recess Club (Respecting Every Culture, Expression, Self & Story) (Grades K-2) with Ms. Nia** begins 9/24 ends 12/3

**This program/offering was designed to benefit the BIPOC population (Black, Brown, Asian, and Indigenous). All are welcome.** It’s a safe space to explore culture, build confidence, and grow as leaders. Students will celebrate their cultures through food, music, stories, and art, develop leadership skills with team activities and public speaking, express themselves creatively through art, journaling, and music, and build friendships and support each other through service projects. This class focuses on the Cultural and Community GX in the area of Cross-Cultural Engagement.

**Book-in-Bag (K-2) with Ms. Pinard and Ms. Bev** begins 10/1 ends 11/5

UVM

Extension Nutrition Educators use food related story books and hands-on activities to teach young children about nutrition. Each week students will read a food related story and discuss what they learned. This will be followed by nutrition-related activities to reinforce the objective of that week’s lesson. This class supports growth in the Communication GX in the GP of Speaking and Listening.

**YAP After School: A Space to Be Heard, Seen, and Understood (3rd-5th) with Ms. Sam** begins 9/24 ends 12/3

“YAP After School” is a fun and welcoming afterschool group for 3rd–5th graders to talk about what really matters to them. Students can express themselves and connect with others in a safe, supportive space. “YAP” (Young and Powerful) uses open dialogue, interactive games, art, and creative exercises to help students build emotional awareness, self-confidence, and positive social skills. Students will gain tools to navigate life’s ups and downs, and have fun doing it! Ms. Sam, a graduate counseling intern, will use her graduate-level counseling training to build upon her existing skills to optimize the learning experience for students. Part of her training includes taking non-identifying notes (after class). There will be a consent form for each family to sign if your child is enrolled in this class. This class focuses on the Wellbeing GX in the area of Social-Emotional Health.

**Writers Workshop (3rd-6th) with Mr. Pete** begins 9/24 ends 12/3

This session will help students improve and share their writing. The students will experiment with different styles of writing, and learn about the workshop process: sharing work, giving feedback, and revising. Build your storytelling muscles and have some fun along the way! This class focuses on the Communication GX in the area of Writing.

**Neighborhood Games Club for 5th graders with Ms. Shumski** begins 9/24 ends 12/3

Join us afterschool for an hour of good old fashioned board and card games. We will venture into nature for some fresh air time, on occasion, weather permitting. Grab your friends, make new ones and let's have some fun! This class focuses on the Critical Thinking GX in the area of Scientific Reasoning.

**Very Merry Theatre for grades 1-6 in the PAC** begins 9/3 ends 10/22 This class meets until 4:30

Interested in exploring your talents and learning more about theatre arts and stage performance? Join Winooski Rec & Parks in collaboration with Very Merry Theatre and 21C for this 8-week performing arts program! Final performance on 10/22 at the WSD Performing Arts Center

Register online at [winooskivt.gov/recprograms](http://winooskivt.gov/recprograms)

## **THURSDAY AFTERSCHOOL (3-4pm) start dates vary**

**Spark your Imagination through Reading (K-2) with Ms. Schroth** begins 9/25 ends 12/4

Our club will focus on bringing books to life through art and science projects. This class is a great way to get young learners excited about reading in a way that sparks their imagination and creativity! Each week, students will explore children’s books through read alouds that share similar themes and be invited to create projects inspired by those themes. This is perfect for the young learners who love hands-on activities. This class focuses on the Communication GX in the area of Writing.

**The Best Me- a Fun, Social-Emotional Learning Group (K-2) with Ms. Sam** begins 9/25 ends 12/4

The Best Me is a playful, engaging class that focuses on building social-emotional skills like self-awareness, empathy, emotional regulation, and problem-solving. It blends creative activities, movement, storytelling, role-play, and more with research-based strategies to help children thrive socially, emotionally, and academically in a safe, supportive and fun environment. Come join us and shine from the inside out! **New this year**, I will be using my graduate-level counseling training to build upon my existing skills to optimize the learning experience for students. Part of my training includes taking non-identifying notes (after class). There will be a consent form for each family to sign if your child is enrolled in this class. This class focuses on the Wellbeing GX in the area of Social-Emotional Health.

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**Trading Card Games Club (3rd-5th) with Mr. Taylor begins 9/25 ends 12/4**

Join other elementary and middle school students to learn and play collectible Trading Card Games. Whether you're a seasoned Magic: The Gathering or Yu-Gi-Oh player or just starting out, this club is the place to play, trade, build decks, and connect with fellow card game enthusiasts. Along the way, you'll sharpen your reading comprehension, practice math skills, and develop strategic thinking - all while having fun! Bring your favorite deck or come learn the basics - **all skill levels welcome!** This class focuses on the Persistence GX in the area of Math Reasoning.

**Instrumental Group for 5th graders with Mr. Argraves in the WMHS Band room begins 9/25 ends 12/4**

Are you currently working with Mr. Argraves during the school day to learn how to play the violin, viola or cello? Are you looking for more time afterschool to continue your learning? Please join our 5th grade afterschool group where we will play a variety of music and build our string skills together with Mr. Argraves and his violin and cello assistants.

**Winooski Above the Influence (ATI) for 5th graders with Mr. Abdullahi (in partnership with The Winooski Partnership for Prevention) at the MS begins 9/25 ends 12/4**

In this class students will join MS students to develop their leadership skills and participate in making community changes. They will learn about the health impacts of substances and how substances are marketed. The following activities will be offered, but not required, based on students' interests: weekly meetings, walking field trips, participation in city government, including the process of policy change, and creation of media. This class focuses on the WellBeing GX in the area of Social-Emotional Health.

**Youth Climbing offered by City of Winooski in partnership with 21C (3:00-5:00pm)**

Join the City of Winooski for youth rock climbing! Youth will work with coaches to learn the basics of climbing techniques, get comfortable with safe belaying, and build their confidence. All gear is provided.

**September/October**

Ages 9-13 /Thursdays / September 4 - October 16 / 3:00 - 5:00 PM @ MetroRock

Please note: Class on 10/16 we will meet 11-1 due to the early dismissal.

Registration is online at [winooskivt.gov/recprograms](http://winooskivt.gov/recprograms)

**FRIDAY AFTERSCHOOL (3-4pm) begins 10/3**

**Nepali Heritage Language for grades K-5 with Mr. Padam and Mr. Tul begins 10/3 ends 12/5**

Do you or some of your family members speak Nepali? Come challenge yourself to learn more or begin learning how to speak, listen, read and write in Nepali. You will also get to learn about and share your own cultural experiences. While this class is open to grades K-5, there may be opportunities for older students to attend and/or volunteer to support this program.





## JFK REGISTRATION FORM (front and back)- SESSION I Sept 22-Dec 5, 2025

Please select the classes your student is interested in

Student's name \_\_\_\_\_ Grade \_\_\_\_\_ Teacher's Name \_\_\_\_\_

- ☐ Natural Arts for grades K-2 with Ms. Cassandra on Mondays begins 9/22 ends 12/1
- ☐ The Best Me for grades K-2 with Ms. Sam on Mondays begins 9/22 ends 12/1
- ☐ The Recess Club (RESPECT) (designed to benefit the BIPOC population) (all are welcome) for grades 3-5 with Ms. Nia on Mondays begins 9/22 ends 12/1
- ☐ DREAM2 mentoring program **for students in grades 3-4 that have not participated before.** I understand that the DREAM2 mentor program will meet on Mondays for the school year **beginning November 3rd.**
- ☐ Neighborhood Games Club for 5th graders with Ms. Shumski on Mondays begins 9/22 ends 12/1
- ☐ Games Galore for grades K-3 with Ms. Lapointe on Tuesdays begins 9/23 ends 12/2
- ☐ Music Inspires Beginners Group Violin for grades 3-4 with Ms. Adams on Tuesdays in the JFK Art room begins 9/23 ends 12/2
- ☐ YAP Afterschool: A Space to Be Heard, Seen and Understood for grades 3-5 with Ms. Sam on Tuesdays begins 9/23 ends 12/2
- ☐ Choose Health: Food, Fun and Fitness (CHFFF) for grades 3-5 with Ms. Pinard and Ms. Bev in on Tuesdays begins 9/30 ends 11/4.
- ☐ Rosie's Girls for 5th grade girls and non-binary youth with Ms. Ada and Ms. Sarah on Tuesdays at the MS Art Room A173 begins 9/23 ends 11/4. Meets until 4:30.
- ☐ The Recess Club (RESPECT) (designed to benefit the BIPOC population) (all are welcome) for grades K-2 with Ms. Nia on Wednesdays begins 9/24 ends 12/3
- ☐ Book-in-Bag for grades K-2 with Ms. Pinard and Ms. Bev on Wednesdays begins 10/1 ends 11/5
- ☐ YAP Afterschool: A Space to Be Heard, Seen and Understood for grades 3-5 with Ms. Sam on Wednesdays begins 9/24 ends 12/3
- ☐ Writers Workshop for grades 3-6 with Mr. Pete on Wednesdays begins 9/24 ends 12/3
- ☐ Neighborhood Games Club for 5th graders with Ms. Shumski on Wednesdays begins 9/24 ends 12/3
- ☐ Spark your Imagination through Reading for grades K-2 with Ms. Schroth on Thursdays begins 9/25 ends 12/4
- ☐ The Best Me for grades K-2 with Ms. Sam on Thursdays begins 9/25 ends 12/4
- ☐ Music Inspires Beginners Group Violin for grades 3-4 with Ms. Adams on Thursdays begins 9/25 ends 12/4
- ☐ Trading Card Games Club for grades 3-5 with Mr. Taylor on Thursdays begins 9/25 ends 12/4
- ☐ Instrumental Group for 5th graders with Mr. Argraves on Thursdays begins 9/25 ends 12/4
- ☐ Above the Influence for 5th graders with Mr. Abdullahi at the MS on Thursdays begins 9/25 ends 12/4
- ☐ Nepali Language Classes for grades K-5 with Mr. Tul and Mr. Padam on Fridays begins 10/3 ends 12/5

**If you are interested in Robotics, Field Hockey, Youth Climbing or Very Merry Theatre (shared gathering space and Black Box Theater) go to [winooski.vt.gov/recprogram](http://winooski.vt.gov/recprogram)**

Student's Name \_\_\_\_\_ Grade\_\_\_\_ Teacher's Name \_\_\_\_\_

Any allergies \_\_\_\_\_ Does the allergy require an EpiPen \_\_\_\_\_

Any additional meal considerations \_\_\_\_\_

Does your child receive any behavior support needed during the day to be successful? \_\_\_\_\_

**I give my child permission to participate in afterschool activities. I accept the responsibility of getting my child home after his/her afterschool program.**

Parent/Guardian Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Best telephone number to reach you between 3-4pm \_\_\_\_\_

**My child/guardian will:** \_\_\_\_\_ walk home after his/her afterschool program ends. \_\_\_\_\_ be picked up

Parent/Guardian #1

Name \_\_\_\_\_ Home: \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

Parent/Guardian #2

Name \_\_\_\_\_ Home: \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

Emergency Contact #1

Name \_\_\_\_\_ Home: \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

Emergency Contact #2

Name \_\_\_\_\_ Home: \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

**Question: What other classes would you child like us to offer?** \_\_\_\_\_