



WMHS 21C AFTERSCHOOL SESSION 1 OFFERINGS

Session I: September 22-December 5, 2025 (unless otherwise indicated)

There is no charge to participate in 21C afterschool programs.

While this is not a first come first served program, we need forms to be returned right away as programs fill up quickly. To sign up for an afterschool class:

MS students can email Ms. Suzanne at: sskaflestad@wsdvt.org to sign up or they can drop off their completed registration form to Ms. Suzanne's mailbox at the WMHS office.

HS students can email Ms. Suzanne's at: sskaflestad@wsdvt.org to sign up or they can drop off their completed registration form to Ms. Suzanne's mailbox at the WMHS office.

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

Each student is offered a healthy meal. Please stay home if you are sick.

WMHS students attending 21C classes will exit the school building through the middle/high school doors unless they need to pick up a sibling from afterschool at JFK.

If you have any questions during school day:

email Suzanne at: sskaflestad@wsdvt.org

If you need to contact Suzanne during program hours:

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>.

IMPORTANT ANNOUNCEMENT: Warhammer Club is in the works! MS student James Emery is working hard to bring a Warhammer Club to Winooski Middle School. This club will bring together students who have an interest in the Warhammer tabletop game where members build, paint, and battle with miniatures. More details to come about this exciting club!

MONDAYS 3:00-4:00pm (start dates vary)

Neighborhood Games Club for grades 5-9 with Ms. Deb in the cafeteria 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.

WMHS Creative Writing with Amanda Donovan in A134 begins 9/22 ends 12/1

This group will explore various creative writing exercises such as found poetry, ekphrastic poetry, and line-by-line collaborative writing. Students will have access to paper materials, samples, and opportunities for sharing and engaging in peer feedback in order to create an ongoing portfolio or journal of writing pieces they want to keep.

WMHS Weight Training with Ms. Messier and Mr. Coutts in the weight room begins 9/22 ends 12/1

Middle and high school students are invited to join us in the weight room to experience the satisfaction of improving your body's strength and endurance by weight training. You are free to perform your own work out, or we can help you get started. This class focuses on the Well-Being GX in the area of Physical and Social-Emotional Health.

WMHS Instrumental Support with Mr. Argraves in C160 begins 9/22 ends 12/1

Do you play a band or orchestra instrument but do not have the time to practice at home? Or, do you simply want some extra help with a piece of music? If you answer yes to either question, then stop by on Thursdays to work with Mr. Argraves. This class can help support growth in the Creativity GX, which is vital to developing musical and technical skills.

DREAM2 Mentoring Program with Ms. Emma in A154 (mentors meet mentees 11/4)

HS DREAM2 Mentoring Program is excited to train HS students interested in being mentors to JFK students for this school year. There will be a new group of mentees that will be looking for mentors so now is the time to get trained! The first meeting day for **new mentees and mentors** will be Monday, November 4th in A154. **Training for HS students will take place in September/October.**

The DREAM Program is a volunteer 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 you are interested in being trained to be a HS mentor. Or, you can email Ms. Suzanne at sskaflestad@wsdvt.org. These leadership opportunities help build your resume, confidence and transferable skills.

When considering if you would be a good fit as a HS mentor, please review the information below and be able to answer yes to the following questions:

- Are you interested in being a HS mentor to a student in grades 3-4?
- Will you be excited to try new things and participate in creating the fun activities that you and your mentee will engage in?
- Would you be able to show up most Mondays and Fridays for the school year so you can receive ongoing training and form a strong connection with your mentee?
- Would you be excited to participate in off site field trips?
- Would you consistently model the HEART expectations for your mentee to set a good example and set everyone up for success.

HERO Program (9th-12th) Complete application by Sept 18th

HERO, which stands for Health Exploration Resources and Opportunities, is a no-cost 1-to-1 online mentoring program that pairs high school students with volunteer medical students trained in mentoring and STEM education. HERO is a unique opportunity for interested students to explore health career exploration tools, human anatomy and physiology, disease etiology, and community health topics. These sessions are scheduled by the participant and mentor once per week, from October to December, at a time that works best for their schedules. The program aims to enhance science achievement and postsecondary pathway planning for Vermont teens in 9th through 12th grade living in Caledonia, Essex, Franklin, Grand Isle, Lamoille, Orleans, Orange, Washington, and Chittenden Counties. Participation in the program is limited and selection is based on demonstrated interest in health and medicine and ability to commit to the full duration of the program. There are no academic prerequisites, and no prior knowledge or experience is required. Any questions about HERO email Lanie at lbillings@nvtahec.org
[HERO Mentoring Program Application \(jotform.com\)](https://www.hero-mentoring.org/jotform.com)

Robotics with the City of Winooski (4th-7th) in the MS Science POD A120 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 winooski.vt.gov/recprograms

Field Hockey with City of Winooski in partnership with 21C 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@winooski.vt.gov Register online at winooski.vt.gov/recprograms

HS Student Leader Job Description (11th and 12th graders) Youth-developed and youth-led projects provide opportunities for academic growth, hands-on learning and personal development. HS students provide meaningful service to the school and surrounding community to achieve their learning goals and develop their academic and transferable skills. Students explore their own passions and interests supported by an adult mentor. Email Suzanne Skaflestad at sskaflestad@wsdft.org if you have an idea you would like to bring to afterschool!

TUESDAYS (3-4 or 4:30pm) (begins 9/23)

Rosie's Girls for grades 5-8 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.

Kindness Club for grades 6-9 with Ms. Deb in A134 begins 9/23 ends 12/2

Are you the friend that always checks in on everyone? When someone is having a bad day do you try to turn their day around? Do you try to be supportive to others? We are starting a kindness club where we will help spread messages of acceptance and support while also offering help to any who need it. We will lend a helping hand to staff, make posters to support our sports team, uplifting our community as a whole.

WMHS Volleyball Skills Session with Ms. Thomassen-Tai and HS student Sanjeev Gurung in the main gym begins 9/23 and ends 11/4 Come learn volleyball basics with Ms. Tai and Sanjeev! This session is for students who want some coaching on skills like setting, spiking, serving, and more. We will spend our time doing some drills to help you learn, as well as playing games and scrimmaging. This class focuses on the Well-Being GX in the area of Physical and Social-Emotional Health. This class meets until 4:30.

WMHS Anything Goes with Ms. Maeve in A128 begins 9/23 ends 12/2

Come for homework support, classwork questions and review, or enrichment and challenge! We will focus on math but learning in all subjects is more than welcome....Anything Goes! Feel free to drop in, but make sure you are there to learn :) This class focuses on the Persistence GX in the area of Math Reasoning.

WMHS Music Support with Ms. Kelemen in A149 begins 9/23 ends 12/2

This session is open to anyone who would like to practice piano, singing, making beats, writing your own music, recording music, and more! This class supports growth in the Creativity GX for the Performing Arts.

NAYR Tutoring with Ms. Krol, Max Fontana and Finn Ross in A113 begins 9/16 ends TBD

Students participating in the NAYR program receive tutoring support from college students at UVM studying education.

WEDNESDAYS (3-4pm or 4:30) (start dates vary)

Neighborhood Game Club for grades 5-9 with Ms. Deb in A137 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.

WMHS Reading and Writing Core Support with Ms. Donovan in A134 begins 9/24 ends 12/3

Ms. Donovan is available to help you practice different strategies that can help you build stronger habits and skills. You can figure out which strategies are most helpful to you as you develop your confidence as a reader and writer. The structure of the class will depend on the interests and goals of the group and will include opportunities for individualized feedback on writing pieces.

HS Technology Core Support with Ms. Poquette in Rm A216 begins 9/24 ends 12/3

The primary focus of this support will be to help students with financial questions and assignments, but the space is welcome for any high school student looking for a quiet place to focus on assignments. This class focuses on the Critical Thinking GX in the area of Financial Literacy.

WMHS Weight Training with Ms. Messier and Mr. Coutts in the weight room begins 9/24 ends 12/3

Middle and high school students are invited to join us in the weight room to experience the satisfaction of improving your body's strength and endurance by weight training. You are free to perform your own work out, or we can help you get started. This class focuses on the Well-Being GX in the area of Physical and Social-Emotional Health.

WMHS PeaceJam with Ms. Aftaba, Ms. Mason and Ms. Maeve in B124 begins 9/24 ends 12/3

Come and engage in activism that spreads good and makes change in our local Winooski community and beyond! Peace Jam is a club that hosts winter clothing drives, cooks and shares meals, and supports friends and neighbors. We can use all the creative ideas and big hearts that we can get! Please come and learn more :) This class can help support growth in the Culture and Community GX in the area of Cross-Cultural Engagement.

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

Very Merry Theatre will also be offered October 29 - December 17, for grades 5-9 in the PAC.

Register online at winooskivt.gov/recprograms

THURSDAYS (3-4pm) (start dates vary)

Art with Ms. Deb for grades 6-9 in the MS Art Room A173 begins 9/25 ends 12/4

Do you enjoy reusing old materials to make something new? Or, do you find yourself doodling on your school papers? Well, once a week, we will gather to use our imaginations to create unique art pieces. We will make collages, use watercolors to make sketchbooks as well as other exciting projects. Do you have an idea for an art and craft project? Come share your ideas.

WMHS Anything Goes with Ms. Maeve in Rm A128 begins 9/25 ends 12/4

Come for homework support, classwork questions and review, or enrichment and challenge! We will focus on math but learning in all subjects is more than welcome....Anything Goes! Feel free to drop in, but make sure you are there to learn :) This class focuses on the Persistence GX in the area of Math Reasoning.

Winooski Above the Influence (ATI) for 5th-12th graders (in partnership with The Winooski Partnership for Prevention in A114 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.

FIRST Technical Challenge (FTC) Robotics Program with Ms. Handrik and Mr. McNally in A214 begins 9/25 ends 12/4

As a member of the national FIRST Robotics community, Winooski HS offers a weekly afterschool program focused on the foundational microelectronics and other key STEM knowledge necessary for designing, building, programming a competition-ready robot. Work-based Learning Coordinator Jess Handrik and Science Educator Dave McNally are joined by engineer mentors from GlobalFoundries and from UVM. This program is hands-on, inquiry-based, and a great foundation for any student interested in pursuing Engineering. This class focuses on the Creativity GX in the area of STEM Design..

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 winooski.vt.gov/recprograms

SCHOOL DAY Pride Clubs

Pride Club is our school's Gender and Sexuality Alliance (GSA), and it's open to all students, whether you're LGBTQ+ or an ally who wants to support and learn. We're a safe, inclusive space to build community, raise awareness, and have fun together. Everyone is welcome. Come as you are!

MS PRIDE Club meets Thursdays (11:30-12:00) in the main office conference room as a lunch club

HS PRIDE Club meets Thursdays (11:15-11:55) in A202 during Advisory

FRIDAYS (3-4pm)**HS DREAM2 Mentoring Program Mentor Meetings with Ms. Emma in Rm A154 beginning TBD**

High School mentors meet to discuss and plan for the mentor/mentee meetings on Mondays..

Volunteer Opportunity

Nepali Heritage Language classes for students in grades K-5 with Mr. Padam and Mr. Tul will begin on Friday, October 3rd. If you are a MS or HS student interested in volunteering to help support this program, please email Ms. Suzanne: sskaflestad@wsdvt.org

IMPORTANT ANNOUNCEMENT: Warhammer Club is in the works! MS student James Emery is working hard to bring a Warhammer Club to Winooski Middle School. This club will bring together students who have an interest in the Warhammer tabletop game where members build, paint, and battle with miniatures. More details to come about this exciting club!

WMHS REGISTRATION FORM

MS and HS students can email Ms. Suzanne at: sskaflestad@wsdvt.org to sign up or they can drop off their completed registration form to Ms. Suzanne's mailbox at the MSHS office.

Please share this information with your parent/guardian

First Name: _____ **Last Name:** _____ **Grade:** _____

Any allergies: _____ Does the allergy require an EpiPen: _____

Any additional meal considerations: _____

Other info you would like to share: _____

Please put a check mark next to the class or classes you are interested in:

- ☐ I am interested in the Warhammer Club so please let me know when it will begin.
- ☐ Neighborhood Games Club for grades 5-9 with Ms. Deb on Mondays in the cafeteria begins 9/22 ends 12/1
- ☐ WMHS Creative Writing with Amanda Donovan on Mondays in A134 begins 9/22 ends 12/1
- ☐ WMHS Weight Training with Ms. Messier and Mr. Coutts on Mondays in the weight room begins 9/22 ends 12/1
- ☐ WMHS Instrumental Support with Mr. Argraves on Mondays in Rm C160 begins 9/22 ends 12/1
- ☐ I am a HS student interested in being trained to be a **HS DREAM2 Mentor**. I am available on Mondays to meet with my mentee beginning Mon, Nov 4th and Fridays to plan with the other HS mentors.
- ☐ Rosie's Girls for grades 5-8 with Ms. Ada and Ms. Sarah on Tuesdays in the MS Art Room A173 begins 9/23 ends 11/4
- ☐ Kindness Club for grades 6-9 with Ms. Deb in A134 on Tuesdays begins 9/23 ends 12/2
- ☐ WMHS Volleyball Skills with Ms. Tai and HS student Sanjeev on Tues in the main gym begins 9/23 ends 11/4
- ☐ WMHS Anything Goes with Ms. Maeve on Tuesdays in A128 begins 9/23 ends 12/2
- ☐ WMHS Music Support with Ms. Keleman on Tuesdays in A149 begins 9/23 ends 12/2
- ☐ Neighborhood Games Club for grades 5-9 with Ms. Deb on Wed at the MS in A137 begins 9/24 ends 12/3
- ☐ WMHS Reading and Writing Core Support with Ms. Donovan in A134 begins 9/24 ends 12/3
- ☐ WMHS PeaceJam with Ms. Aftaba, Ms. Melissa and Ms. Maeve on Wed in Rm B124 begins 9/24 ends 12/3
- ☐ WMHS Weight Training with Ms. Messier and Mr. Coutts on Wed in the weight room begins 9/24 ends 12/3
- ☐ WHS Technology Core Support with Ms. Poquette on Wednesdays in A216 begins 9/24 ends 12/3
- ☐ Art for grades 6-9 with Ms. Deb on Thursdays at the MS Art Room A173 begins 9/25 ends 12/4
- ☐ WMHS Anything Goes with Ms. Maeve on Thursdays in A128 begins 9/25 ends 12/4
- ☐ WMHS Above the Influence for grades 5-12 with Mr. Abdullahi on Thursdays in A114 begins 9/25 ends 12/4
- ☐ WHS FIRST Technical Challenge (FTC) Robotics Program with Ms. Handrik, Mr. McNally and GlobalFoundries on Wed in A214 begins 9/25 ends 12/4
- ☐ WHS DREAM2 Mentors meetings in A154 beginning (TBD)
- ☐ I am a MS student interested in volunteering to help support the Nepali Heritage Language program.
- ☐ I am a HS student interested in volunteering to help support the Nepali Heritage language program.
- ☐ School day PRIDE Club for MS meets Thursdays 11:30-12:00 as a lunch club in the main office conference room and HS meets Thursdays 11:15-11:55 during Advisory in A202

If interested in Robotics, field hockey or Very Merry Theatre sign up at winooski.vt.gov/recprograms

Are you participating in fall soccer? Please circle: Yes or No

I will walk home after my afterschool class ends: Yes or No

I will be picked up after my afterschool class ends: Yes or No

Are there other classes you would like us to offer? _____