



ARE YOU READY TO TRY SOMETHING NEW **SPRING SEMESTER AT BCHS?(JAN-MAY 2010)**

All grade levels, faculty, and parents are welcome 21st Century Grant

NOTE: All Activities require an enrollment form. Enrollment form attached.

Most Activities start the week of Jan. 11, 2010

Note: Times reflect regular schedule. Activities meet at 2:50 on Club Day.

Activities will not meet when there is an early dismissal.

Build-It, Fix-It, Paint-It Handyperson Class

Offered by Bob Hagerman

This is a basic tool and application activity based on an open shop format. Come with your own project idea or Mr. Hagerman will help you create a project. Ideas—making games, shelves, chairs, welding, refinishing, painting, electrical, creating gifts, etc. Students will receive personal training on safety and equipment. Meets Tuesdays and Thursdays starting Jan. 12 from 2:55 to 4:55.

Book Club

Offered by Erin Steinsultz (librarian at Benton Public Library)

Talk about books you've read or want to read, and have a snack! Fun, easy conversation about great books. All are welcome! Meets Mondays starting Jan. 11 from 3:00 to 4:00 pm. (First meeting in BCHS library)

Newsletters and News

Students will create a monthly newsletter (either published or on line) about the events occurring in the before/after school classes and activities at BCHS! This activity will involve digital photography and computer publishing programs. A meeting time to fit student's schedules will be set after enrollment.

Wrapping, Bows, and Decorations

Offered by Vickee Cockrum (of Vickee's Flowers and Gifts)

A very popular activity the past two years. Guy or gal -everyone needs to be able to wrap a gift with a special flourish! Come learn what the professionals know about making bows, creating decorations, and working with paper products. You will make a project to take home each week. Vickee will make this class a lot of fun—come meet her. Meets 4 Mondays starting March 8 from 2:55 to 3:50. (First session will meet in library)

Landscaping

Offered by Town & Country Gardeners of Benton

Get dirty, have fun, and make a difference. Come and learn the basics of landscaping, including design, implementation, and maintenance. Service learning credit available. Plus help your school courtyard look great! You will be contacted for starting date and time. (Probably in late March)

Walking For Healthy Living

Offered by Judy Lampley

Bring your walking shoes for a couple of miles of fast-paced walking. Come join the fun! Offered Tuesdays and Thursdays starting Jan. 12 from 3:00-4:00. (Meet in library)

Self-Defense and Principles of Okinawan Karate

Offered by Allen Mezo, Sichidan Kyoshi (7th Degree black belt) and Kevin Webster, Shodan(1st Degree Black Belt)

This course is designed to present basic skills to increase awareness of dangerous situations and provide the tools to avoid dangerous situations. Students will be taught effective self-defense techniques for protection if it becomes necessary to preserve personal safety. Students participating in this program will not only learn practical techniques for self-defense, but (upon instructor's approval) be given the additional opportunity to earn rank in Hakutsuru Ryu Karate, a martial arts system of Hakutsuru Kai, a registered Okinawan martial arts school/organization. Meets Tuesdays starting Jan. 12 from 3:00-5:00 (meet in chorus room for first session).

Speed and Agility(for guys!)

Offered by Jeremy Clodfelder

This class is open to students who are interested in improving their overall speed and agility. Activities will include exercises that promote flexibility, strength, endurance, and athleticism. Weight training will include developed programs, keeping each student's goal in mind. Meets Mondays and Wednesdays starting Jan. 11 from 3:45-4:45. (Meet in commons)

Winter Workouts(for gals!)

Offered by Andy Sloan

Keep fit during the winter months! Improve your flexibility, strength, endurance, and agility. Set your goal and be amazed at your progress! Meets Tuesdays and Thursday starting Jan. 12 from 3:10-4:30. (Meet in upstairs of West Gym)

Patchwork Quilt

Offered by Alice Hunt and Cindy Bauman(U of I Extension)

Make your own patchwork quilt! Have lots of fun while creating your quilt with your choice of fabrics and patterns. Meets Wednesdays starting Jan. 20 for six weeks only from 3:00-4:00. (Meet in library for first session)

Homework Help, Library, and Computers

Offered by Mary Ellen Aiken

The library is open at 7:00 every morning and after school (M-Th) from 2:55-4:45 for studying, computer work(on assignments), and homework help. An adult is always available to answer any questions you may have. Mrs. Aiken will be available to provide assistance. Just drop by!

Tutoring

Offered by Kathy Shurtz and Barb Phelps

If you are looking for regular tutoring on a scheduled basis, see Mrs. Shurtz. She will help you organize a tutoring program focused on your needs.

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