

GREAT FUTURES START **HERE.**



## March 13<sup>th</sup>-April 2020

### Juniors

The After-school program was forced to close down at close of business, March 13<sup>th</sup> 2020. The Club remains dedicated to providing programming and interaction with our members. The club shifted to a virtual programming platform that has provided a daily schedule of online programs and activities for members to view.

In addition to offering Virtual Programming, Juniors Staff has participated as completed the following Boys & Girls Club National Trainings: Re-Framing Conflicts, The Academic Success training, Orientation to the Boys & Girls Club Movement, Orientation to the Outcome Driven Experience, Child Safety, Developmental Characteristics of Youth, Providing Informal Guidance and Discipline Techniques, OJJDP 2019, Astro Camp Training, Teens Take the Lead, Staff to Youth Interactions, intro to “Wanna Play” 6 Steps to De-Escalate Concerning Behavior, Supporting Youth with ADHD, Boys & Girls Club Basics, My.Future Computer Science, Intro to the Formula for Impact, Cyber Security Awareness, Intro to the Active Participatory Approach, The Youth Voice, Smart Girls, Cooperative Learning, Intro to Smart Moves.

### Program Schedule

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>10:00AM</b>	DEAR Time (Drop Everything and Read)	Robotics	Live DEAR Time (Drop Everything and Read)	Robotics	DEAR Time (Drop Everything and Read)
<b>11:00AM</b>	Power Hour	Power Hour	Power Hour	Power Hour	Power Hour
<b>12:00PM</b>	BRAIN SURGE	BRAIN SURGE	BRAIN SURGE	BRAIN SURGE	BRAIN SURGE
<b>1:00PM</b>	Mindful Minute	Career Spotlight	Mindful Minute	Coding with Katerina	Mindful Minute
<b>2:00PM</b>	STEAM Hour	Craft Hour	STEAM Hour	Craft Hour	STEAM Hour
	Power Hour	Power Hour	Power Hour	Power Hour	Power Hour
<b>3:00PM</b>	Survival Skills	Virtual Field Trip	Survival Skills	Virtual Field Trip	Survival Skills
<b>4:00PM</b>	Cooking Hour	Fitness at Home	Cooking Hour	Fitness at Home	Cooking Hour

## PROGRAM DESCRIPTIONS

DEAR Time – **D**rop **E**verything **A**nd **R**ead--Follow along as we read fun stories

Power Hour – Receive homework help via Google Hangouts

BRAIN SURGE – Daily spotlight of fun online games and activities

Mindful Minute – Receive information about what you can do to lower your stress and anxiety

STEAM Hour – Learn how to do exciting experiments and activities related to Science, Technology, Engineering, Art and Math

Survival Skills – Learn what you need to stay safe in your everyday life

Cooking Hour – Learn how to make delicious recipes for every level of chef

Robotics – Learn about the engineering, technology and theories that define modern robotics

Career Spotlight – Explore career options by listening to people in the industry

Craft Hour - Learn how to make beautiful or practical crafts using common household items

Virtual Field Trip – Take a tour of an exciting place you may have never visited before

Fitness at Home – Low impact, cardiovascular exercises to get you moving and your heart pumping for 30-45 minutes

Coding with Katerina – Katerina, a Leominster Clubhouse member, shows the different techniques she's learned and worked on in Girls Who Code

## **Program Highlights**

**STEAM Hour-** Virtual activities have included: Making Ice Cream and Clay, Reindeer Toothpaste, Bridge Building Challenge, Fizzy Rocks, Sensory Play, Checking in on the Brook Trout, Density of Liquids, Baking is Chemistry-Baking a Cake, Simulating Germ Spread, The Moving Cardboard, and Experimenting with Copper

**D.E.A.R Time-** Reading projects have included: Lorax by Dr. Suess, Tipy-Toe by George Shannon, Make Way for Duckling, Hello Wally, Coraline by Neil Gaiman, Madeline by Ludwig, Puff the Magic Dragon, Alexander and the Terrible, Horrible, No Good, Very Bad Day

**Craft Corner-** Art activities have included: Making Animals Out of Household Items, Bird Houses from 2 Liter Bottles, Making a Spring Chick, DIY Game Making, Marble Mazes, Newton's Cradle, Knitting Bracelets

**Robotics-** Activities have included: Making Face Shields, Working with 3D Printing, Web Based CAD, 3D Software Blender, Programming Language, Visual Studio Code, M.I.T Aerospace Control Labs, Self Driving Cars, Lego Robotics

**Cooking-** Activities have included: Banana Bread, Homemade Potato Chips, Making Pies Without an Oven, Turkey Dinner, Pasta Sauces, Salt Dough, Making Soft Pretzels, Chicken Pot Pie, Strawberry Lemonade and Sorbet, Coffee Cake Muffins

Virtual Field trip to Plimoth Plantation

### **“We Miss You” Cards**

**During the Week of April 13<sup>th</sup>, Juniors Staff sent out “ We Miss You” cards to Juniors/Families. Over 225 Cards were sent out which included a message to members, copies of our virtual scheduling, and a consent form to gather permission for virtual interaction**