



WONDERFUL WEDNESDAYS WITH 21C REMOTE PROGRAMMING

Welcome to Wednesdays with 21C.

Through the Nita M. Lowey 21st Century Community Learning Center grants students have the opportunity to become involved in:

- after-school academic assistance (homework help/study skills/etc.)
- fitness and wellness activities (gym activities/dance/yoga/running games, etc.)
- a variety of enrichment opportunities and experiences (cooking, art, etc.)

As Wednesdays are remote days for us, too, we are bringing each grade level a few activities. If you need homework help, a bit of exercise, some relaxation time or help with your job hunt – 21C has you covered.

Please register at: <https://forms.gle/Jm2nCgaGgiuNoao19>

Time	Class	Staff
3:00 - 4:00	Dares with Dave (elementary) Minute to Win It games, and other challenges	Mr. Parker ADS Site Coordinator
3:00 - 4:00	Stress Less (middle/high) Time to talk it out and learn to relax	Mrs. Tucker Student Assistance Counselor
3:00 - 4:00	Assistance with assignments (elementary)	Ms. Harwood RMS Staff
3:00 - 4:00	So, you want a JOB? high, middle) Help with job applications/resumes, interviews	Mr. Harwood CRTC Staff
4:00 - 5:00	Assistance with assignments (middle)	Mrs. Ferry RMS Teacher
4:00 - 5:00	Crafty Kids (elementary) Fun creations, painting, etc.	Ms. Rossi ADS 21C Staff
3:00 - 4:00	Sketchbook Club Learn to sketch for fun and relaxation	Mrs. Chambers MBS Art Teacher

Time	Class	Staff
3:00 - 4:00	Readers' Theatre (elementary) Reading scripts and playing roles	Ms. Rossi ADS Staff
4:00 - 5:00	Run Across America How far can you go? Let's map it.	Mr. Parker ADS 21C Site Coordinator
4:00 - 5:00	Peace with Penniman (middle/high) Talk it out, relax and enjoy	Mr. Penniman RMS Counselor and 21C Site Coordinator
4:00 - 5:00	Sky Brown's Words of Wisdom Book Club Join us to read and learn about this famous and amazing athlete. Sky Brown is an Anglo-Japanese skateboarder, who competes for Great Britain. She is the youngest professional skateboarder in the world and has also won the American TV program Dancing with the Stars.	Ms. Barrett RMS Staff and 21C site Coordinator
4:00 - 5:00	Edible Art Create art with food	Mrs. Martel BMS 21C Site Coordinator
3:30 - 4:30	Assistance with assignments (high)	Ms. Ochterski CHS Latin Teacher and CHS 21C Site Coordinator
3:00 - 4:00	Sign Language (elementary/middle) Learn some basics	Mrs. Martel BMS 21C Site Coordinator

In addition, we have offerings from our partner Cooking Matters: Thursdays in October from 5:00 – 6:00.

Join the Cooking Matters NH team for our new online workshops "Cook and Learn @ Home with Cooking Matters". Each week we will discuss ways to encourage yourself and your family to eat healthy on a budget, as well as walk you through a live cooking demo for even more healthy eating inspiration! [CLICK HERE](#) for more info and to sign up!

All attendees will receive a \$10 Hannaford Gift Card (in the mail)! If they attend all four sessions they will be entered to win a \$100 grocery gift card and more!

October 8th - [MyPlate Meals](#)

October 15th - [Kids Say Yes to Fruits and Veggies](#)

October 22nd - [Hack Your Snack](#)

October 29th - [Cook Dinner with Us!](#)