

Helms ¡Juntos! After School

Enrichment Program Descriptions

Homework Lab

Students in grades 1 - 5 move to a regular classroom with a classroom teacher beginning at 3:15 to do their homework. The teacher is available to answer questions and guide students, but the expectation is that students work independently to complete their assignments, as they would do in class. The teacher will check the work for completeness and release the student to either Playground or scheduled Enrichment Activities, depending on time. Parents may request students attend.

Art Club

Students in grades 3 - 5 work with Mrs. George-Rios to complete a campus beautification project from 3:30 - 5:00 on Tuesdays and Thursdays. The expectation is that students will commit to participating for at least a 9-week period.

Coding

Students in grades 1-2 and 3-5 (depending on day) work through online coding courses designed by CodeSpark and Scratch to learn the basics of computer coding. Students should commit to attending for at least 9 weeks.

HipHop

Students in grades 1-5 will join instructors from Healthy Houston Hip Hop to learn various hip-hop dance styles, techniques, and choreography to express themselves creatively. A fun way to improve physical fitness, coordination, teamwork, and self-esteem through dance. Students must commit to attend each week for the fall semester. Students will celebrate in December with a party and performance for parents.

PE Stations

Students have the chance to have an extra PE class - everyone's favorite time of day! Exercise stations and activities are set up indoors to allow for year-round use.

Culinary

Students will make yummy treats while learning about nutrition. They will then have the chance to eat their handiwork. All PK/K students will get to participate on scheduled days. Space is limited in the 1st - 5th grade classes due to more involved projects, so students rotate through. Please help your student be patient!

Soccer Skills

Students in grades 2 - 5 will work with soccer coaches on skills training. Plenty of water breaks and cooling opportunities will be provided.

Soccer Skills (Girls)

Girls in grades 2 - 5 will work with soccer coaches on skills training. Plenty of water breaks and cooling opportunities will be provided.

STEM

This program is coming back from last year after great success! Students in grades PK - 5th will work with instructors from H-YES on various STEM topics. Hands-on lessons such as interactive sandbox, making volcanoes, traveling through space, and many more! No commitment required. Please note the *PK/K session will be from 4:30 - 5:00pm.*

Imagine Learning

Students in the grades listed will work with online resources with their grade-level teacher. Experience has shown that this 1-hour/week really helps students' academics and language skills. Students will be asked to attend with their grade-level peers, parents may opt out but we encourage everyone to participate.

Mindfulness

Students in PK - 5th will have the opportunity to learn calming and relaxation through breathing and yoga movements.

Game Club

Students have the chance to play games, draw, and socialize with their friends.

Pavilion Sports

A variety of sports and games played under the shade of the Pavilion. Plenty of water breaks and opportunities to cool down will be provided.

Nuestra Historia

Students will explore local history and create educational TikToks highlighting their research. Students work collaboratively to research, plan, direct and narrate the content for their TikToks. Students are asked to commit to attending every week. Program will start on September 15.

Girls on the Run (GOTR)

An outside organization that works with 3rd-5th grade girls to build self-confidence through targeted lessons and running. Students may register directly on their website: <https://www.gotrgreaterhouston.org/> Students will not be charged to attend After School but will be supervised by After School staff until GOTR coaches arrive.

Boys on the Right Track (BORT)

Tentative: An outside organization that works with 3rd-5th grade boys to build self-confidence through targeted lessons and running. Students will not be charged to attend After School but will be supervised by After School staff until GOTR coaches arrive. If not offered in the fall, we will definitely offer this in the Spring Semester.