

## 21<sup>st</sup> Century “Yes we can together” Summer Camp 2011



### Description of Activities

#### Let's Get Messy!

This session for the elementary grades will provide students with an opportunity to express their artistic creativeness and participate in some simple, traditional art and science activities. The participants will be able to create projects that reflect their imagination, artistic skills, critical and creative thinking skills. Projects will run from creating memory boxes, mosaic patterns, tissue paper pictures, paper plate farm critters, dream catchers, foam magnets, bookmarks, prints, bead projects and more. Students will sculpt volcanoes, learn to make them explode, make their own bubble solution and create bubbles. This block is for the child who loves to get messy and to unleash the budding artist inside of them! Recommended for grades 2-4

#### Outdoor Adventures and Games

This course is designed to use the outdoors surrounding Fitchburg High School as a setting for activities that will promote students to work together, problem solve and be creative. The students will have mini themes in Fitness, Nutrition, Math and Science. The students will participate in team building and cooperative games such as Nature Hikes, Treasure Island, Circuit training, Jurassic Park, Hoopin Together -100 point challenge, and finally the Adventure Obstacle Course Challenge using the skills that have been tried in previous weeks. Map and compass, GPS, pedometers and heart rate monitors will be used in some of the activities. Grades 2-8

#### Pieces of Art

Students will use the ancient of art of creating mosaics using a variety of materials, forms and products using paper, broken pieces of china, tiles, stone, shells, and found items. Projects can range from creating a portrait to decorative frames, boxes, and large-scale sculpture. Students will research how mosaics were used during pre-Roman times up to the present. Grades 2-8

#### Media Creations

Students will use the internet, web sites digital cameras and video equipment to create projects connecting with the “Yes we can together” summer theme. Students will engage in mini projects to first learn the equipment. Then they will choose what type of project they would like to create and in what form: video production or power-point presentation. Projects will focus on making healthy choices and could include but not limited to: “say no to drugs”, how to overcome bullying, anti-smoking campaign, fitness routines and foods that help you “fuel up to play”! Grades 2-8

#### Voices of the Future – a play about hopes and dreams

This program allows student to express themselves by using effective writing and presenting skills. The key question for students will be: If you were able to do whatever you wanted to do, how would make the world a better place? Students will be grouped into teams and collaboratively produce a short, three-act play by having each team be

responsible for one act of the play. Students will be able to research their topic or theme using the internet or library resources. The play will be presented at the Summer Showcase. Grades 2 – 5

### **Tennis the Menace! Tennis for Beginners**

It's a tough game that demands athletic skill, concentration, toughness, strategy and thinking ahead to outwit your partner. As a beginner, you will learn about the court, how to serve, the forehand and backhand, and how to score. Students will have fun playing doubles and practice their skills on the tennis courts located on the Fitchburg High School grounds. Each student will have a racket and low-impact tennis balls will be used. Grades 5-8

### **Eat this, NOT THAT!**

Students will engage in hands on activities that help them learn about the different nutrients in foods, how to read labels for calories, sodium and fat. Students will prepare/cook a simple meal or snack for themselves and others to share. A focus will be to introduce more grains and vegetables into each child's eating habits. Family members are invited to share their favorite recipe. This program is partially supported by *Fuel Up to Play 60* grant that supports national standards for health, nutrition and physical education/physical activity. The program also helps schools meet their wellness goals — complementing existing wellness efforts and a Coordinated School Health approach. Grades 2-8

### **The Green Machine**

How can you contribute to a healthy ecology? "Yes we can" go green! Students will be introduced to the earth's major spheres and water cycle. With an understanding of our dependency/interdependence on earth's systems, students will collaborate to make a greener environment. Students will participate in hands-on activities that illustrate the terms: rethink, reduce, reuse, and recycle. A diorama of our water cycle will be constructed. Teams will "fish" in a pond and catch a recycled item, being prompted to reuse the item in another way. A final project will include an environmental display. Grades 5-8

### **Claymation Animation**

Claymation uses artist's clay, a digital camera, microphones, a computer and video software to engage students in active learning. Students create clay figures and make them come to life by posing them in multiple frames and creating a mini-movie. Students will have structured practice trying out different characters, interactions and scenarios for a project of their choice. Students will receive technical support they take the lead in creating their own stop-action animation films. Grades 2-8

### **Rise Up and Sing!**

Students will discover the singing voice inside them. They will learn how to vocalize to stretch the range of their vocal cords using proper technique. Students will learn and perform several songs to perform alone or in a group. The songs are age appropriate and selected to bring out the best in each voice. Best of all, students will sing with confidence and pride. This happens in a supportive environment where students learn to help others, appreciate the beauty in each voice and create a bond of friendship through singing! Grades 5-8

### **Cooking + Play = Healthy Kids!**

This program is unique because each day or every other day, students will cook and then enjoy outdoor activities that incorporate aerobics, games and FitMath activities. Students will learn how to read a recipe and comprehend step by step instructions. They will read recipes for understanding and then practice making the recipes. The recipes from the Family Cookbook of healthy choices are meant to encourage better eating habits by using more vegetables and grains. Both cooking and fitness activities contain everyday math content and students will be able to make the connection between healthy eating and exercise. Motivate students to pledge to eat healthfully and be physically active; and offer opportunities for students to lead and interact with their school community. Grades 2-8

### **Dance-a-rama!**

Do you love music videos? Are you addicted to "So you think you can Dance"? If so, you will love learning the latest moves to the latest tunes – call it hip-hop, break, jazz, contemporary – it's all about dance. You will learn moves that

will be the envy of your friends. Join and be a member of the Stacy Seretto fan club – our dance choreographer extraordinaire! Grades 2-8

## SPECIAL PROGRAMS THROUGH OUR COMMUNITY PARTNERS

### Reading Rockets

Sponsored through *the United way Community Builders of North Central MA*, this special program encourages reading aloud, reading for pleasure, vocabulary development, story comprehension and gives a boost to struggling readers. Trained community volunteers will read aloud to small groups of children (10), two times per week for the duration of the summer program. The reading together is followed by a hands-on arts and crafts activity that brings more meaning to the story. Grades 2-4

### Creatures of Flight: Weird & amazing insects, birds & bats

This wonderful program is brought to you by Laurie Nehring, Education Coordinator for the *Nashua Watershed Association*. Are you fascinated by animals that can fly? During each lesson, students will investigate an animal that flies, starting with dragonflies and ending with mammals. Students will select one topic to study more in-depth. Students will use observation skills, reference books, children's books and field guides as well as internet sources to learn about animals that fly. Each student will choose how they want to present their project. Grades 2-4