



S.T.E.P.S.



River Valley High School

Site Coordinator: Amy Stanley

September 2019

Afterschool S.T.E.P.S.

October 7, 2019 -

First night of S.T.E.P.S. 2:30 pm — 5:30 pm Monday—Thursday. Transportation will be provided home .



Homework Help:

Take NO homework home and start each day off on the right foot with homework completed. Help / guidance is provided when needed.



Special Trips: Bowling, Movies, Board Room 46, Library Exhibits, OU Ballgame, Wicked, etc. Trips are connected to the amount of days attended in the afterschool program. Set a goal to get your 30 days of attendance early to take advantage of all special events.



Activities: Some activities offered last year were Krav Maga, Cooking, Walking, Bowling, Weight Lifting, Reading Circle, Pinterest, Yoga/Zumba, Arts & Crafts, Sign Language, Indoor/Outdoor Games. Send suggestions for new activities that you're interested in to the site coordinators.

Something for **EVERYONE!**

Think about....

- If you don't have time to do it right, when will you have time to do it over? *John Wooden*
- It always seems impossible until it's done. *Nelson Mandela*
- You can make it a Great Day or not, the choice is yours. *John Heard*
- The expert has failed more times than the beginner has even tried. *Stephen McCanie*
- What you do today can improve all your tomorrows. *Ralph Marston*
- A little progress each day adds up to big results. *Satya Nani*

Back to School Bucket List:

- | | |
|--------------------------------|-----------------------------------|
| ⇒ Treat others kindly | ⇒ Always do your best |
| ⇒ Be a good friend | ⇒ READ |
| ⇒ Practice makes perfect | ⇒ Get Organized |
| ⇒ Attend school events | ⇒ Befriend upper / lower classmen |
| ⇒ Get involved in school clubs | ⇒ Start volunteering |
| ⇒ Get a good sleep schedule | ⇒ Set personal goals for the year |



Fuel Up in the Mornings

- ◆ Fruit Smoothie
- ◆ Instant Oatmeal with milk
- ◆ Peanut Butter Toast with milk
- ◆ Yogurt and nuts / fruits
- ◆ Granola Bar
- ◆ Muffins



Afterschool starts on October 7, 2019. Monday—Thursday 2:30 pm—5:30 pm each the week. Transportation will be provided home. Take advantage of this great opportunity. Registration forms and calendars will be available in the office soon.