



C.H.O.I.C.E.S.



South Gallia Middle School

Site Coordinator: Carey Roberts / Karen Waugh

September 2019

Afterschool C.H.O.I.C.E.S.

♦ **October 7, 2019 -**

First night of C.H.O.I.C.E.S.
7:00 am— 7:45 am Monday—Friday.
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 Drones, Cooking, Archery, Walking, Bowling, Ping Pong, Wii, Sewing, Sculpture/Drawing, Pinball, Weight Room. Send suggestions for new activities that you're interested in to the site coordinators.



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*

Fuel Up in the Mornings

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



Back to School Bucket List:

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| ⇒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 |



Afterschool starts on October 7, 2019. Monday—Friday 7:00 am- 7:45 am and Monday—Thursday 2:30 pm—5:30 pm each week. Take advantage of this great opportunity. Registration forms and calendars will be available in the office soon.