



Boushall After-School Program



Coordinated by  HIGHER
ACHIEVEMENT

Boushall Middle School – Richmond, VA

In partnership with Richmond Public Schools, Higher Achievement and Communities In Schools of Richmond

Program partners include: Anoshi Kids Dance, Greater Richmond Aquatics Partnership, Greater Richmond Fit4Kids, Heart of Virginia Boy Scouts of America, Higher Achievement, JumpStarz Jump Rope, Kids' Kitchen RVA, Kidz R Cookin', Life's Interpretation, Mary and Frances Youth Center, M.H. West & Co., Project Yoga Richmond, Richmond Chess Initiative, Richmond Public Schools Education Foundation, Sports Backers, Technology Emersion Studios, Trinity Village Center, VCU Department of Forensic Science, Virginia FIRST, YMCA Greater Richmond



Welcome to NextUp at Boushall School!

NextUp provides free, high-quality, safe opportunities for students to explore interests, express themselves, make friends and have fun. It isn't one single program or in one specific building. Rather, NextUp is a coordinated network of providers who have a common commitment to ensuring middle school students have access to quality after-school activities. Programs are offered both at your child's school and at nearby locations.

NextUp provides:

- **This single registration packet** to sign up for multiple programs.
- **Transportation to all of the programs** as noted in the program descriptions. For programs that take place outside of the Boushall building, transportation will be provided back to the school. **Bus transportation home is provided for all youth participating in NextUp if parents provide approval.** Parents are always welcome to pick up students at the end of their program day.
- **Healthy snacks and dinner** provided by Richmond Public Schools.
- **Quality programs from experienced providers** with background checks. There are lots of hands-on activities that build on what students learn in school, give them opportunities to explore their interests and promote self-expression.
- **Skills for setting short- and long-term goals** while supporting youth developmentally.
- **Communication among program providers** to ensure safety and coordinate transportation for your child.
- **Communication with you, your child's teachers, NextUp staff leadership and the academic support partner.**

SESSION DATES

Session 1	Oct 2 – Dec 14, 2017
Session 2	Jan 16 – Mar 22, 2018
Session 3	Apr 9 – June 7, 2018

NextUp is powered by a collaborative effort of educators, city and school officials, and business and community leaders to provide high-quality, coordinated after-school programs for Richmond Public Schools middle school students.

For more information or to register, please contact:

Karanja Cook

Boushall Middle School NextUp Site Coordinator

804.306.6807

kcook@higherachievement.org



Program Descriptions

SESSION ONE

Oct 2 – Dec 14, 2017

BLOCK 1, 3:30–4:30 PM

MONDAY THROUGH THURSDAY

Anoshi Kids Dance Program provided by Anoshi Kids Dance Boushall Middle School
Our fun-filled, energetic program provides a positive and constructive outlet for young dancers, specializing in all styles of dance.
Offered: Monday, Wednesday (participants must attend both days)

Boushall on the Run provided by Sports Backers Boushall Middle School
Want to push yourself and be able to go further than all of your friends? See how far your body can take you by joining the running club. As you build your endurance and push yourself past your limits, you will be training to participate in a local race. Never been a fan of running? Not sure you can do it? No worries – no experience necessary and all abilities are welcome. Take the first step and sign up with Boushall on the Run today!
Offered: Tuesday, Thursday (participants must attend both days)

Boushall's Edible Schoolyard provided by Greater Richmond Fit4Kids Boushall Middle School
Transform your school's outdoor space into a tasty garden while growing, harvesting, preparing and eating fresh, delicious, healthy food! Build the necessary structures to get your garden growing!
Offered: Tuesday, Thursday (participants must attend both days)

Building Skills 4 Life provided by M.H. West & Co., Inc. Boushall Middle School
Become career ready, develop great work habits and discover the skills it takes to be successful! Learn how to write a résumé, interview for a job and dress for success.
Offered: Tuesday, Thursday (participants must attend both days)

Empowered to Jump provided by JumpStarz Jump Rope Boushall Middle School
Jump to new heights by learning cool tricks, playing fun games and expressing yourself while learning to jump double-dutch.
Offered: Monday (one-day class)



Game on, Girl! provided by Greater Richmond Fit4Kids Boushall Middle School
Have you ever wanted to learn about different sports and activities but though “I don’t know if that’s for me” or “I’m not an athlete”? We’re here to tell you that you can do anything you put your mind to! Join us in learning a variety of sports and activities from empowered women from all over Richmond.
Offered: Tuesday, Thursday (participants must attend both days)

Girls’ Book Group provided by Barbara Haas (Higher Achievement) Boushall Middle School
8th grade girls will read, discuss and journal about a book by a local author that addresses issues that girls face in high school
Offered: Monday (one-day class)

Healthy Teens, Happy Teens provided by Kidz R’ Cookin’ Boushall Middle School
This cooking class will show you how delicious healthy can be! You will take your culinary skills to the next level and learn what and how to eat for a lifetime of wellness. If you really want to learn culinary skills that will keep you and your family healthy for years to come, then this class is for you!
Offered: Monday, Wednesday (participants must attend both days)

Richmond Middle School Chess League provided by Richmond Chess Initiative Boushall Middle School
Chess and good grades are the fastest, easiest, cheapest and most surefire ways to get the attention of people that can help you in school, life and your career! RCI will teach you how to play winning chess, how to talk about your accomplishments and how to use your accomplishments to make adults want to say yes to your requests for life!
Offered: Monday (one-day class)

Swim RVA provided by Greater Richmond Aquatics Partnership Bellmeade Recreation Center
SwimRVA is excited to provide a learn to swim and swimming improvement program open to all students! Each student will progress through SwimRVA’s unique station based learning platform for 45 minutes and compete against classmates during the last 15 minutes by playing water polo. **This is an off-site activity. Participants will be transported to the Bellmeade Recreation Center location and then back to Boushall Middle School at the conclusion of the activity.**
Offered: Wednesday, Blocks 1 & 2 (3:30-6:00 pm)

TechConnect provided by Richmond Public Schools Education Foundation Boushall Middle School
Want to enhance your computer skills? Join the TechConnect program to experience new software and computer technologies to learn how they are applied in the workplace. Students who successfully complete this training will receive a free laptop.
Offered: Monday, Wednesday (participants must attend both days)

Teen Top Chef provided by Kids’ Kitchen RVA Boushall Middle School
Increase or start your passion for cooking with basic skills, tips and tricks from one of the city’s best. Work with your peers to prepare tantalizing meals and compete to see who will be crowned Teen Top Chef!
Offered: Tuesday, Thursday (participants must attend both days)



Math and Reading Academic Enrichment

Boushall Middle School

Need help with math or reading? Join today and see how much fun learning can be!

Offered: Monday, Tuesday, Wednesday, Thursday

BLOCK 2, 5:00–6:00 PM

MONDAY THROUGH THURSDAY

Boyhood to Manhood, Rites of Passage I provided by Trinity Village Center

Boushall Middle School

Be a leader of tomorrow, today! This male mentoring program will help you to develop leadership skills and a plan for success!

Offered: Tuesday, Thursday (participants must attend both days)

CSI: Forensic Science provided by VCU Dept. of Forensic Science

Boushall Middle School

Forensic Science students from VCU will lead hands-on activities to help solve a final mock crime scene. Activities include analysis of fingerprints, hair, blood splatter, white powder and more.

Offered: Monday (one-day class)

Dance it Up provided by Sports Backers

Boushall Middle School

Want to wow your friends with sick new dance moves? Looking for a good way to live that sweat life? Feel the beat of the music and move your body to our choreographed steps in a fitness party atmosphere. This dance based fitness program is for both gents and gems so come one, come all – just be ready to have a ball!

Offered: Tuesday, Thursday (participants must attend both days)

First Tech Robotics provided by Virginia FIRST

Boushall Middle School

Join your friends and build a robot that you will control to compete against other robot teams! Work with your team to design, build and drive a robot that solves a new mission each season!

Offered: Monday, Wednesday (participants must attend both days)

Game Design provided by Technology Emersion Studios

Boushall Middle School

Come build the game you've always wanted to play! Students will learn design thinking, character creation, animation, and gaming principles. Introductory logic skills necessary for computer programming are developed as you code your own custom computer game that you can share with your friends.

Offered: Monday (one-day class)

Life's Dream Academy Art Academy provided by Life's Interpretation

Boushall Middle School

Students will have the opportunity to create music and songs. During this time, students learn the basics in studio production and the software used to produce audio tracks. They will also have the opportunity to expand their creative writing into song writing and record those written works.

Offered: Tuesday, Thursday (participants must attend both days)



Lobs and Lessons provided by Mary and Frances Youth Center VCU Mary and Frances Youth Center

Grab a racquet and a friend and hit the courts with us to learn how to play tennis, for fun or competition. Each week you will learn skills and play games, with a tournament at the end of the session. **This is an offsite activity. Participants will be transported to the VCU Mary and Frances Youth Center location and back to Boushall Middle School at the conclusion of the activity.**

Offered: Wednesday, Block 2 (4:30 – 6:00 pm)

Middle School Explorers' Club provided by Heart of VA Boy Scouts of America Boushall Middle School

Youth will engage in fun outdoor and leadership activities to complete personal skills and objectives. This program is co-ed.

Offered: Tuesday, Thursday (participants must attend both days)

Mindfulness on the Mat provided by Project Yoga Richmond Boushall Middle School

Join us on the mat for a fun, dynamic yoga class that will energize and relax your body and mind. Build strength and confidence and develop flexibility, all while learning skills to focus the mind and cultivate ways to reduce stress and anxiety to ROCK your best self!

Offered: Monday, Wednesday (participants must attend both days)

Spapreneur provided by Kidz R' Cookin' Boushall Middle School

Learn how to make your own luxurious body butters, lip balms, shampoo and even deodorant. All toiletries will be sent home in a decorated basket at the conclusion of the session. Girls and guys are welcome!

Offered: Monday, Wednesday (participants must attend both days)

Speak Life provided by Boy Scouts of America Boushall Middle School

Speak Life will assist in peeling off the layers of experiences to help youth discover their true-selves. Regardless of your current or past situations, circumstances and experiences, this program will show you how to be strong and how to pick up the pen to write the next chapter of your story.

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Ready to sign up?

Return completed registration forms to:

Karanja Cook, NextUp Site Coordinator

Boushall Middle School, Main Office

3400 Hopkins Road

Richmond, VA 23234

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Programming provided at no cost thanks to the support of:



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