



Henderson After-School Program



Coordinated by  HIGHER
ACHIEVEMENT

Thomas H. Henderson Middle School – Richmond, VA

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

Program partners include: Anoshi Kids Dance, Blue Sky Fund, Co-Lab Productions, EnRichmond Foundation, Greater Richmond Fit4Kids, Higher Achievement, JumpStarz Jump Rope, Kidz R Cookin', Kids' Kitchen RVA, Mary and Frances Youth Center, M.H. West & Co., Quill Theatre, Relationship Foundation of Virginia, Richmond Performing Arts Alliance, Richmond Public Schools Education Foundation, Sports Backers, Trinity Village Center, VCU Department of Forensic Science, Virginia FIRST, and YMCA Greater Richmond



Welcome to NextUp at Henderson Middle 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 Henderson 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. Homework and academic support time is provided Monday through Thursday.
- **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 supports 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:

Jamia Garrett

Henderson Middle School NextUp Site Coordinator

804.921.8211

jgarrett@higherachievement.org



Program Descriptions

SESSION ONE

Oct 2 – Dec 14, 2017

BLOCK 1, 3:30–4:30 PM

MONDAY THROUGH THURSDAY

A.C.T. (Acting, Creating, Thinking) provided by Richmond Performing Arts Alliance Henderson Middle School
Use your creative energy to learn the fundamentals of acting. Learn to use your voice as an actor, in speaking to an issue important to you.
Offered: Monday, Wednesday (participants must attend both days)

Basketball provided by Greater Richmond YMCA Northside YMCA
Come develop your basketball skills while learning about teamwork and respect. Whether you have mad skills or just want to learn better techniques and ball handling, this program will help develop these skills through drills, practices and full court scrimmages. **This is an off-site activity. Participants will be transported to the Northside YMCA location and back to Henderson Middle School at the conclusion of the activity.**
Offered: Tuesday or Thursday (one-day class)

Creativity U provided by Co-Lab Productions Henderson Middle School
Creativity U ignites the burning desire within young people to be heard and understood using spoken word poetry, theater and music to creatively tell their story. Students will build self-confidence, develop leadership skills and positive peer relationships, and cultivate writing and performing arts techniques.
Offered: Tuesday, Thursday (participants must attend both days)

Game on, Girl! provided by Greater Richmond Fit4Kids Henderson 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: Monday, Wednesday (participants must attend both days)

Healthy Teens, Happy Teens provided by Kidz R’ Cookin’ Henderson Middle School
Can healthy cooking really be tasty and delicious? Yes it can! Participants will learn how to use healthy, wholesome ingredients to create amazing entrees and snacks --- all from scratch!
Offered: Tuesday or Thursday (one-day class)



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

Henderson on the Run provided by Sports Backers Henderson 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 Henderson on the Run today!
Offered: Monday, Wednesday (participants must attend both days)

Outdoor Adventure Club provided by Blue Sky Fund Offsite
Join the sport of rock climbing and learn other outdoor survival skills like how to navigate using maps and compass, how to make campfires and set up tents, and go on nature hikes. Enhance your leadership and teamwork. **This is an off-site activity. Participants will walk to the Pine Camp location and back to Henderson Middle School at the conclusion of the activity.**
Offered: Thursday, Blocks 1 & 2 (3:30 – 6:00 pm)

RVArt Adventures provided by EnRichmond Foundation Henderson Middle School
RVArt Adventures introduces middle school students to an interactive fine arts program where they will learn about hand-building with clay, drawing, painting, jewelry-making and the basics on how to install an art show.
Offered: Tuesday, Thursday (participants must attend both days)

TechConnect provided by Richmond Public Schools Education Foundation Henderson 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 the training will receive a free laptop.
Offered: Monday, Wednesday (participants must attend both days)

Y-Athletics provided by Greater Richmond YMCA Northside Family YMCA
Enhance and improve your athletic ability through a fitness program that encourages a healthy spirit, mind and body for a balanced lifestyle. Whether you're a beginner or a seasoned player, come join us for a sports experience that builds character through basketball, soccer, flag football, volleyball, ultimate Frisbee and many other activities.
Offered: Monday, Wednesday (participants must attend both days)

Math and Reading Academic Enrichment Henderson 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, 5:00–6:05 PM

MONDAY THROUGH THURSDAY

Boyhood to Manhood Rites of Passage provided by Trinity Village Center Henderson Middle School
Be a leader of tomorrow, today! This male mentoring program will help you develop leadership skills and a plan for success.

Offered: Wednesday (one-day class)

Building Skills 4 Life provided by M.H. West & Co. Henderson Middle School
Become career ready, develop great work habits and discover the skills it takes to be successful! Learn how to write a resume, interview for a job and dress for success.

Offered: Tuesday or Thursday (one-day class)

CSI: Forensic Science provided by VCU Dept. of Forensic Science Henderson Middle School
Forensic Science students from VCU will lead hands-on activities to solve a final mock crime scene. Activities include analysis of fingerprints, hair, blood splatter, white powder and more.

Offered: Wednesday (one-day class)

Dance it Up provided by Sports Backers Henderson 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)

Empowered to Jump provided by JumpStarz Jump Rope Henderson Middle School
Jump to new heights by learning cool tricks, playing fun games and expressing yourself while learning to jump double-dutch.

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

First Tech Robotics provided by Virginia FIRST Henderson 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: Tuesday, Thursday (participants must attend both days)

Hamlet Remix provided by Quill Theatre Henderson Middle School
Do you like action packed movies and think being an actor might be cool? Come work with Quill Theatre on writing and performing your own version of Shakespeare's Hamlet, the original action-packed tragedy!

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 Henderson Middle School at the conclusion of the activity.**
Offered: Wednesday, Blocks 1 & 2 (4:30 – 6:00 pm)

Outdoor Adventure Club provided by Blue Sky Fund Offsite
Join the sport of rock climbing and learn other outdoor survival skills like how to navigate using maps and compass, how to make campfires and set up tents, and go on nature hikes. Enhance your leadership and teamwork. **This is an off-site activity. Participants will walk to the Pine Camp location and back to Henderson Middle School at the conclusion of the activity.**
Offered: Thursday, Blocks 1 & 2 (3:30 – 6:00 pm)

Smart Relationships provided by Relationship Foundation of Virginia Henderson Middle School
How do you know he's the one? Is she bae? Ask questions you are afraid to ask your parents about dating and relationships.
Offered: Wednesday (one-day class)

Spapreneur provided by Kidz R' Cookin' Henderson 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: Tuesday or Thursday (one-day class)

Teen Scene provided by The Podium Foundation Henderson Middle School
Do you have something BIG to say? From music to movies, from poetry to short stories, and from debate to spitting bars, Teen Scene will be exploring all forms of expression.
Offered: Monday

Teen Swim provided by Greater Richmond YMCA Henderson Middle School
Learn to swim and improve your stroke. Develop your confidence in the water while working on floating, backstroke, front and back crawl. **This is an off-site activity. Participants will be transported to the Northside YMCA location and back to Henderson Middle School at the conclusion of the activity.**
Offered: Tuesday, Thursday (participants must attend both days)

Teen Top Chef provided by Kids' Kitchen RVA Henderson 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: Wednesday (one-day class)

Math and Reading Academic Enrichment Henderson Middle School
Need help with math or reading? Join today and see how much fun learning can be!
Offered: Monday, Tuesday, Wednesday, Thursday



Ready to sign up?

Return completed registration forms to:

Jamia Garrett, NextUp Site Coordinator
Henderson Middle School, Main Office
4319 Old Brook Road
Richmond, VA 23227
804.921.8211

jgarrett@higherachievement.org

Programming provided at no cost thanks to the support of:



NextUp is a collaborative effort by 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.