



NextUp Henderson Middle School

2024 Spring session – Student Scheduler

Rank your top three choices in the grey boxes, 1 being most desired, 3 being least desired; You must attend classes that meet more than once a week.

List your top three career goals \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Check-in, Announcements, and Super-Snack (3:15 – 3:45)</b>				
<b>Block 1</b> 3:45 - 4:45	Edible Schoolyard	The Nail Room	Edible Schoolyard	KICDRUM
	Culinary Arts	Jewelry and Accessory Making	PhotoPad	Youth Braid and Business Academy
	Henderson On the Run	Where Law Meets Order	Henderson On the Run	Serving Up Fitness
	Outdoor Adventure Club (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	Flag Football: Leadership Development (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	Outdoor Adventure Club (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	Art 180 Studio (1 <sup>st</sup> and 2 <sup>nd</sup> Block)
<b>Snack (4:45 -5:00)</b>				
<b>5:00 Dismissal (Put a check mark if you will be leaving at this time, do not select Block 2 classes)</b>				
Rank your top three choices in the grey boxes, 1 being most desired, 3 being least desired; You must attend classes that meet more than once a week.				
<b>Block 2</b> 5:00 – 6:30	Outdoor Adventure Club (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	STEAMulate Sport and Game Design	Cory Alexander Basketball	Airbrush
	MasterChef	Drone Piloting	Braid It Up!	Extreme Engineering
	Cory Alexander Basketball	Flag Football: Leadership Development (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	Outdoor Adventure Club (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	Art 180 Studio (1 <sup>st</sup> and 2 <sup>nd</sup> Block)
<b>6:30 Dismissal (Put a check mark if you will be leaving at this time)</b>				

<b>Program</b>	<b>Career Cluster</b>	<b>Description</b>
<b>Airbrush</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Teaching the skill and artistic development of airbrushing. Teaching the entrepreneurial mindset.
<b>Art 180 Studio</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Join professional artists as we explore creativity and joy through the practice of making, drawing, sculpting, painting, digital art, performance and much more. This will be your studio time to create art that best represents you and your community.
<b>Braid It Up</b>	<b>Human Services</b>	Are you ready to Braid It Up? Learn basic to intermediate hair braiding, to include cornrows and latest trends.
<b>Broken Men Foundation Youth Academy</b>	<b>Education and Training</b>	We will provide tutoring to enhance academic performance, trauma, gun prevention, life skill building, mentoring, college tours and more. Give them emotional support our young men desperately need to overcome some of their past obstacles, empower them to be more productive citizens and leaders with a family support system.
<b>Chess</b>	<b>Education and Training</b>	Learn how to play chess or become a better player
<b>Cory Alexander Basketball</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Cory Alexander Basketball School's program is designed to provide a safe, effective, challenging, and fun environment to help students improve skill level, build confidence and self-esteem, develop focus and a love for sports. Our program will target middle school students, who often struggle to find meaningful and structured activities outside of the classroom.
<b>Culinary Arts</b>	<b>Agriculture, Food and Natural Resources</b>	We help students embark on culinary journey through from scratch cooking.
<b>Drone Piloting</b>	<b>Transportation, Distribution and Logistics</b>	Teaching Drone Piloting, videography and photography.
<b>Edible Schoolyard</b>	<b>Agriculture, Food and Natural Resources</b>	Join us as we transform the school's outdoor space into a tasty garden where you will learn to dig it, grow it, and eat it! Learn all the steps to creating and maintaining a bountiful garden, then learn how to turn plants into tasty dishes. Lots of tasting and eating in this program!

<b>Extreme Engineering</b>	<b>Science, Technology, Engineering and Mathematics</b>	The Virginia University Preparatory offers comprehensive online career pathways that integrate business, engineering, and sports into practical projects. Students oversee athletic competitions, promote athletic events, create podcasts and broadcasts for those events, assess athletic programs, and help athletes create academic progression plans.
<b>Flag Football: Leadership Development</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Moving up the developmental ladder, we have our 7 v 7 format with rule modifications and increased play complexity making it a program for all ages. Played within a 30 x 70 yd field with enhanced safety features like no-run zones, players will experience incremental skill development both focused on the individual and team dynamics, a deeper understanding of positions and roles, and teamwork
<b>Henderson On the Run</b>	<b>Arts, Audio/Visual Technology and Communications</b>	See how far your body can take you by joining the run club! As you build your endurance and push yourself past your limits, you will be training to participate in a local race. All abilities and experience levels are welcome!
<b>Jewelry and Accessory Making</b>	<b>Architecture and Construction</b>	You can explore your creativity by making jewelry and accessories from conventional and unconventional materials. You will explore different techniques for making items like pouches, earrings, wallets, and more!
<b>KICDRUM</b>	<b>Arts, Audio/Visual Technology and Communications</b>	KICDRUM is a fun and interactive musical experience. You will learn to create rhythms and music using individual drums, computers, and games.
<b>Outdoor Adventure Club</b>	<b>Science, Technology, Engineering and Mathematics</b>	Join the Blue-Sky Fund Outdoor Adventure Club for exciting activities including canoeing, rock climbing, hiking, and more! Every meeting, we'll venture out into parks and explore the natural environment in and around Richmond, while practicing our outdoor skills, ending the session with an overnight weekend camping trip!
<b>Photopad</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Take digital photos and learn to turn them into digital art too. PhotoPad will teach you how everyday items and the beauty in the community can be digitized.
<b>Serving Up Fitness</b>	<b>Arts, Audio/Visual Technology and Communications</b>	This program will use the sport of tennis to focus on cardiovascular health, combating common illnesses that our students over time can face i.e. diabetes, high blood pressure, etc. The lessons will provide students with the knowledge and skills to be beginners to the sport of tennis. So come on out and serve up some fitness. The lead staff has worked for Mary and Frances Youth Center, and plays for United States Tennis Association.
<b>STEAMulate Sport and Game Design</b>	<b>Science, Technology,</b>	This innovative STEAM-based program joins together STEAM, and design thinking to provide student-driven opportunities to engage in STEAM-related content in authentic and interactive ways. The curriculum is designed to walk youth through five weeks of discussing core

	<b>Engineering and Mathematics</b>	STEAM-related competencies and five weeks of game design based on design thinking principles.
<b>The Nail Room</b>	<b>Human Services</b>	Join the Nail Room where a nail tech will help you develop the skills to design and make nails.
<b>Youth Braid and Business Academy</b>	<b>Human Services</b>	Youth Braid and Business Academy is an enrichment program that provides hair braiding and entrepreneurship training to youth ages 11-17.