

STUDENT GOVERNMENT CLUB, Grades 4-8
PROCTORS: MS. YODIS, MS. LARRISEY & MS. DISABATO

CAP's Student Government is lead by 7th & 8th grade student officers who are elected by the student body. In addition, each classroom chooses a class representative. The officers and representatives attend student government meetings, host school spirit days, and help organize fundraisers for charities and student body events. Grades 1st - 8th. Meetings are as needed.

FRIENDSHIP BRACELET CLUB, Grades 4-6
PROCTOR: MS. POGORZELSKI

The students will learn how to make friendship bracelets using embroidery floss and other materials. They will have the opportunity to work together with other friends and make lasting friendships.

Club will meet on Tuesdays

INTRO TO LATIN DANCE, Grades 5-8
PROCTOR: MS. CURET

This year is the first year CAP will be having a Jr. Latin dance group. We will be dancing for the Puerto Rican Parade as well as both the winter and spring concert. Students will be able to learn about Spanish heritage while engaging in culturally engaging activities. This club is meant for grades 5-8. The goal is to have the students become more socially aware of each other in a safe space while learning dance techniques.

STRING ORCHESTRA, Grades 5-8
PROCTOR: MS. GOSWEILER

This year CAP will be offering string orchestra to the Middle School as an elective! Students participating in Orchestra can choose to learn either the Violin, Viola, or Cello. We will learn a variety of songs and perform in both the winter and spring concert, as well as in the community. Students will be expected to purchase or rent their own instrument in order to participate in Orchestra, and interested students will be provided information regarding this process. While there will be a few instrument sponsorships available through CAP, students that wish to receive a sponsorship must apply. This activity will be a rostered and graded class within powerschool. Club meets on Tuesdays & Fridays from 7:15-7:45 am

RUNNING/CROSS COUNTRY CLUB, Grades 7&8
PROCTOR: MS. KAIN

Students will build physical and mental endurance as they work alongside the high school cross country team. Club will meet in September and October on Tuesdays. Students will learn to enjoy running and fitness to promote lifelong health.

YEARBOOK CLUB, Grades 7&8

PROCTOR: MR. WATSON

We design, promote, and sell the CAP Yearbook. Assisted by teachers, students use an online computer program to create pages, and are also primarily responsible for taking the pictures that will end up in the yearbook. Our main goals are to capture the atmosphere of CAP and include every student's picture in the book. Yearbook club will help reinforce writing and social skills. It requires a great deal of writing and time, but it is a positive experience. Club meets Mondays as needed

SPORTS CLUB, Grades 7&8

PROCTOR: MR. ELGERT & MS. KAIN

This club will help students prepare for high school sports teams through practice and play. Preparation for the high school teams will include rules for each sport, stretching and fitness, as well as skill building.

Sports include: Basketball, Soccer, Track, and Baseball/Softball

Club meets Mondays, March through May.

PEN PAL CLUB, Grades 4&5

PROCTOR: MS. LEBRON & MS. LORA

Write letters & send friendly messages to friends in far away countries. Club will meet on Thursdays

CROCHET CLUB, Grades 5-8

PROCTOR: MS. DISABATO & MS. WEAVER

This club will offer students the opportunity to learn several skills on how to crochet. My hope is that crochet will be able to offer a lifelong gift of creativity for each participant.

Club will meet on Fridays

BRUIN CHORALE, Grades 5-8

PROCTOR: MR. MEYER

If students are interested in learning how to sing or making friends who are interested in music, Bruin Chorale is a great place for them. The Bruin Chorale is the vocal and musical ambassador for CAP's lower school, and is open to students in grades 5-8. We perform a varied repertoire many times throughout the year in school and in the community.

The Bruin Chorale will meet every Thursday, as well as sectional rehearsals on either Monday or Tuesday. Rehearsals will end at 3:50. Students are required to do a short audition with Mr. Meyer so that he can place the student in the appropriate section of the ensemble based on vocal range, technique, and musicianship.

COMMUNITY ACADEMY OF PHILADELPHIA, C.S.



Extracurricular Activities 5-8



Please note that all clubs end at 3:45. Students must be picked up promptly. Unfortunately, any student picked up late more than twice will no longer be able to participate in after school clubs and activities.

READING OLYMPICS, Grades 4-6**PROCTORS: MS. PROIETTA, MS.****VANPATTEN, MS. RANGLES**

Intermediate Reading Olympics is a wonderful and engaging activity for students in grades 4-6 who have a love of reading both inside and outside of school.

There is one team that consists of 12-15 students. This club promotes reading for enjoyment. Students collaborate with their teammates to read 20 books that have been selected by a committee of reading specialists, librarians, and classroom teachers. Teams from all over Philadelphia will meet in May 2020 to take part in the Reading Olympics Competition. Interest letters will be distributed to students in January 2020. Club will meet on Thursdays

PUZZLE CLUB, Grades 5&6**PROCTORS: MR. MOSTAK, MS. BUTLER & MS. WEAVER**

Students in the 5th and 6th Grade Puzzle Club will strengthen their problem solving and social skills as they work cooperatively to build jigsaw puzzles. Puzzles will be displayed around the school as they are completed. Club will meet on Mondays

TABLE TENNIS, Grades 7&8**PROCTORS: MR. DICKSON & MR. BURNS**

Learn the rules and fundamentals of table tennis, fun relaxing games. There will be a tournament at end of the season. Club will meet on Mondays

GARDENING CLUB, Grades 5-8**PROCTOR: MS. VANPATTEN**

This club will work on planting a vegetable garden, planting flowers on the school campus and adding some indoor plants to classrooms. Club will meet on Fridays

DECORATING CLUB, Grades 6-8**PROCTOR: MS. LEBRON & MS. LORA**

Assist with decorating for the winter & spring concerts, along with bulletin boards throughout the school. Club will meet on an as needed basis

FITNESS CLUB, Grades 5&6**PROCTOR: MS. WISE & MS. KEIL**

Students will learn workouts they can use at home. Club will meet Thursdays during spring

ART CLUB, Grades 5&6**PROCTOR: MS. WISE & MS. KEIL**

Students will explore their creativity with art projects. Club will meet Thursdays during the fall

MINDFULNESS CLUB, Grades 5&6**PROCTOR: MS. WISE & MS. KEIL**

Students will practice meditation and mindfulness in a comfortable and safe space. They'll learn to promote healthy ways of thinking, living, and being. Club will meet Thursdays during the winter

NATIONAL JR. HONOR SOCIETY, Grades 7&8**PROCTOR: MS. GIBSON**

A select few students from grades 7 and 8 that exemplify service, leadership, character, citizenship, and character are invited to apply for membership. Students will need to maintain a GPA of 3.6 or higher throughout the year. Invitations will be distributed in December. Members will provide math tutoring to younger students every Tuesday

CONCERT BAND, Grades 5-8**PROCTOR: MS. GOSWEILER**

This year CAP will be offering Band to the Middle School as an elective! Students participating in Band can choose to learn either the flute, clarinet, alto saxophone, trumpet, or snare drum/ percussion. We will learn a variety of songs and perform in both the winter and spring concert, as well as in the community. Students will be expected to purchase or rent their own instrument in order to participate in band, and interested students will be provided information regarding this process. While there will be a few instrument sponsorships available through CAP, students that wish to receive a sponsorship must apply. This activity will be a rostered and graded class within powerschool. Club meets Monday and Thursday from 7:15-7:45am

READING CLUB, Grades 7&8**PROCTOR: MS. KIESEL, MS. COCCIA**

This club is based upon the belief that good reading habits form the foundation for a productive and successful life. Students are encouraged to share the challenge of reading a selection of books within a team format. Each team consists of 12 students who agree to read from groups of books appropriate for their age and reading level. Students will meet every Thursday from 3:00-3:45 starting in September. As a culminating activity, the students will participate in The Reading Olympics competition where students will compete against other schools at a local college or university in May 2020.

TRACK CLUB, Grades 5&6**PROCTOR: MS. SANTOS**

I will help students add more action to their day with an after-school children's running club. They will have the opportunity to participate in running and strolling, so your wellness levels get a lift as well. Running comes effectively to kids. On the off chance that your child wants to run, it makes sense to explore the sport of running. It's an incredible way to remain fit. Club will meet on Thursdays

HELPING HANDS CLUB, Grades 5-8**PROCTORS: MS. DITCHKOFKY & MS. TAUSENDFREUNT**

Aspiring teachers, help teacher complete task after school. Examples cutting lamination, updating bulletin boards, sorting papers, grading. Club will meet on Mondays during the fall & winter

GIRLS FITNESS CLUB, Grades 5-8**PROCTOR: MS. SUSKO**

This club will focus on getting fit and learning new exercises and workout techniques. This is not a sports club. We will focus on cardio, strength training and endurance! Club meets Mondays through the Fall & Winter

GIRLS BASKETBALL, Grades 4&5**PROCTOR: MS. SUSKO**

The club will focus on learning the fundamentals of basketball. We will also have intramural games. Club will meet Tuesdays during the spring