

**TRURO CENTRAL SCHOOL  
AFTER SCHOOL ACTIVITIES  
FALL 2020**

Attached is a list of available virtual classes for After School Activities Fall 2020. The Fall Session will begin the week of November 2, 2020 for 6 weeks and all classes run from 4-4:45PM.

All classes for this session will be free to all students and be on a week to week enrollment basis, however students are also welcome to sign up for the full six weeks. If any is student interested in participating in any grade appropriate class on a given week(or for the full six weeks), the student's parent should email me at [harperh@truromass.org](mailto:harperh@truromass.org) An invite to the class will then be sent to the student email. Classes will run the full six weeks as long as each has weekly participation. Any of the classes that do not have students participating for two week in a row will be cancelled for the remainder of the session.

If a home or school device(for remote students)is not available to participate please call me at 508-487-1558 x 203

All students must have the attached permission slip signed and returned to school prior to participation

Please feel free to contact me with any questions,

Heather Harper  
school: 508-487-1558x203  
email: harperh@truromass.org

## **AFTER SCHOOL ACTIVITIES CLASS SCHEDULE**

**Fall 2020**

**Classes will begin the week of November 2, 2020**

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### **MONDAYS**

**LEARNING TO LOOK – DRAWING FOR GRADES K-2**

**INSTRUCTOR: KIM POSSEE**

Learn to look and observe the world with an artist's eye and to draw familiar objects. Children will use various materials to learn to draw common objects and build on their natural mark making skills.

**Paper and Pencil or colored pencils required. Please call Heather Harper at 508-487-1558 x 203 or [harperh@truomass.org](mailto:harperh@truomass.org) if you need materials to participate**

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### **TUESDAYS**

**OBSERVATIONAL DRAWING FOR GRADES 3-5**

**INSTRUCTOR: KIM POSSEE**

Learn how to draw what you see and spend time practicing training the eye to follow the edges and record objects using pencil and paper. Learn tricks for training the hand/eye to draw familiar and ordinary objects. Practice observing and putting down information on paper, to enhance drawing skills.

**Paper and Pencil or colored pencils required. Please call Heather Harper at 508-487-1558 x 203 or [harperh@truomass.org](mailto:harperh@truomass.org) if you need materials to participate**

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### **WEDNESDAYS**

**CHOP(COME HANG OUT PUMAS)**

**INSTRUCTOR: ARLENE ESTEY**

**GRADES: K-5**

Join for an hour of exercise, games, socializing and activities. We'll start with some fitness exercises then play a group game(maybe charades or a guessing game or other fun group games!!) We'll try some activities we know how to do..jump rope, dance, balance contest and try some things we are still learning..juggling, 360 spins, cartwheels!!! A fun way to end your day!!

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## **THURSDAYS**

### **GRADE SCHOOL FITNESS CLASS**

**INSTRUCTOR: ERICA NUNES**

**GRADES: K-6**

A six-week program designed to build confidence and light a fire and desire to be fit and well. We will focus on mobility, balance, strength, and overall wellness. Each week we will have theme. Every class will include a brief interactive chat, a warmup, the workout, mobility and stretching, followed by a closeout chat. The only requirement is an open mind and a desire to have fun!

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## **THURSDAYS**

### **VIRTUAL KIDS CAPOEIRA**

**INSTRUCTOR: PROFESSOR ANDRE LIMA**

**GRADES K-5**

Capoeira is a fantastic opportunity for kids to be exposed to a unique blend of martial arts, music, and culture. Capoeira involves movements utilizing the entire body developing strength, coordination and flexibility. Kids will also get a chance to see traditional Capoeira instruments and learn traditional Capoeira songs in Portuguese.

André Lima has been practicing CAPOEIRA for eighteen years under the supervision of Master Kinha from Capoeira Besouro Hawaii. André is also the founder of Capoeira Besouro Cape Cod teaching after school programs for four years.

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I give my child \_\_\_\_\_, in \_\_\_\_\_ Grade permission Participate in virtual afterschool activities

Sign: \_\_\_\_\_ Date: \_\_\_\_\_

**VOLUNTARY**  
**Afterschool Activity Consent and Release Form**

I, the undersigned parent/guardian of \_\_\_\_\_, a minor, do hereby consent to my child=s participation in Afterschool activity programs of the Town of Truro.

I also agreed to forever release the Town of Truro, the School Committee, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in Afterschool Activity programs of the Truro Public Schools (the Releasees) from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to my child or property damage resulting from my child=s participation in Truro Public School=s Afterschool Activity program.

I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to my child or property damage resulting from my child=s participation in the Truro Public School@s Afterschool Activity programs.

I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my child=s participation in these programs is voluntary and that my child and I are free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to allow my child to participate in the Truro Public School=s Afterschool Activity programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage my child or I may suffer in Truro Public School=s Afterschool Activity programs.

Signed: \_\_\_\_\_

Parent/Guardian of: \_\_\_\_\_