

MASCO EXCELS SESSION II OFFERINGS

ALL EXCELS ARE REMOTE FOR THE WINTER SESSION*

Mindfulness If you are looking to strengthen neural pathways in your brain, then this class is for you! (Walsh) We'll have fun exploring ways to relax with mindfulness activities ranging from meditation to Mon & Wed coloring mandalas, to calming music, and gratitude journals. Neuroplasticity is a very cool frontier, and learning about it as a young teen may have far-reaching positive outcomes for you!

This hour is intended to be joyful, calming, and beneficial to you. (Max 9 members)
Runs for 3 weeks 2 times a week.

Creative

Writers' Club If you are looking for a place to share and improve your writing, then come to (Kelsen) the Writers' Club! If you 're a budding novelist, a lover of short stories, a poet, or have always thought about writing but never tried, this is the club for you. Each Tuesday 3:00-4:00 week we'll do writing exercises, look at advice and tips great writers have for writing, work on our own pieces, receive constructive feedback, and work towards creating an amazing final product. We'll also look into ways we can publish our own work and learn about the submission process. If you've got a creative spark, come let it grow and burn brightly.

Among Us Attention all crew members... there is an imposter AMONG US! (Malio) Do you want to join our crew in this fun online game? If you are not aware... it's a simple and addictive "who done it" game where there are 10 astronauts on a ship, everyone has simple tasks to complete... but there is one, two, or three killers "among us". It's kind of like a live game of Clue. Once a crew member finds a body, all of the crew members go into a text chat with each other to figure out who did it. We will play in private games, so we can make games that only members of the excel can play in. Students can join this excel remotely from home or play in my classroom/ outside while being socially distanced. I can also allow us to talk during the game on Blackboard Collaborate. YOU NEED A PERSONAL DEVICE.

Cooking with Cobb (Cobb)

4:00-5:00

Want to learn how to cook a few meals that are dishes you can prepare for the rest of your life? Come Cook with Cobb! That's right, each week Wednesday we will prepare dinner for your family, preparing it together on Blackboard.

So that you know what you are getting into, here is the 5-week menu.

1. Homemade french fries and fried chicken strips
2. Chili mac bake
3. Chicken stir fry with rice
4. Lasagna from a jar
5. Tapas for Dinner - black bean taquitos, quesadillas, and meatballs
- 6. We will take a vote on week 4 to decide what to cook on week 6 together**
7. You will need some kind of supervision in the kitchen - adult/older sibling etc.
8. You are welcome to substitute/skip any of my ingredients as you need/want to.
9. There will be two YouTube clips to watch before we start week one. They are about proper kitchen etiquette and kitchen knife safety. These are important tools to enjoy the kitchen and the cooking experience in general.

Indoor

Gardening

(Wrobel)

Wednesdays

3:30-4:30

Intro to Indoor Gardening/Hydroponics. Is the gray winter landscape getting you down? Why not bring a little spring into your life using indoor gardening/hydroponics? Hydroponics is a way of growing plants indoors using a nutrient solution rather than soil to maximize yield and shorten grow time. This excel will help you get started growing produce that you'll likely be harvesting for your salads by the end of the program! You will need to purchase the basic supplies for this excel before it starts.
Contact Mrs. Wrobel for the list if you plan on signing up. cwrobel@masconomet.org

Photography

(Gatti/Morris)

Thursdays

3:00-4:00

Do you love snapping pics? Do you have active IG feeds and VSCO galleries? Are you curious about how to make your images look exactly the way you want them to? Are you interested in what makes some photos pop and others sink? Whether you are photographing with your iPhone's camera or a fancy DSLR, or maybe not even taking any pics just yet . . . this is the Excel for you!
Mr. Morris and Mrs. Gatti invite you to join them as they talk about all things photography related: from gear, to editing, to apps, and sharing. We will discuss the finer points of camera settings and lighting, as well as share stories of where and how we caught the photos we have taken! And we invite you to come share with us, too! We will all share photos, discuss inspiration, and give each other support as we look at the world through our lenses. All levels of photography experience welcome! Library BlackBoard Classroom

80's Excels

(Goldberg)

Thursdays

3:00-4:00

Do you love the 80's? Here is your chance to go back in time. A different 80's theme each week: trivia, name that tune, movies, games, bake a treat, and a scavenger hunt.

Sign

Language

(Collins)

Thursday

3:00-4:00

Would you like to learn sign language? Take this introductory course with Mrs. Collins to learn the basics and add a very handy way to communicate with others who sign.

Bake Club

(Yeung)

Thursdays

3:30-4:30

Do you want to learn how to bake cookies, brownies, muffins, and bread from scratch? Join Bake Club and let's make every buttery, sugary concoction you can imagine! Bonus: Since you'll be baking everything in your own kitchen, you don't even have to share (unless you want to).

Anime

(Kostas)

Thursdays

3:45-4:45

Are you interested in Anime/Cosplay? Do you have some great stories to share and discuss with other fans of Anime? If so, meet your friends in this club and enjoy some time talking about all things Anime.

MASCONOMET REGIONAL MIDDLE SCHOOL
2020/2021 CO-CURRICULAR ACTIVITY PROGRAM REGISTRATION FORM
(Due October 23, 2020)

Name of Pupil _____ Year of Grad. _____
 Age _____ Student I.D.# _____ Phone _____
 Address _____ Town _____

Students participating in the Co-Curricular Program are required to pay a fee. The following co-curricular activities with accompanying fee are available to Middle School students.

CO-CURRICULAR ACTIVITIES (payment for the entire 2020-2021 school year)		
ACTIVITY	FEE	MINIMUM NUMBER
Drama/Musical	\$100	25
Masco Excels	\$ 65	110
Math Team	\$ 65	40
Newspaper	\$ 65	
STEM (Prev. Future Prob. Solvers)	\$100	10
Yearbook	\$ 65	15

Write in the option(s) you are selecting:

If there is more than one child in a family, a separate Registration Form should be filled out for each child.

Forms are located at www.masconomet.org

ACTIVITY	FEE

Please enclose a separate check for each activity. The check (for a specific activity) will be returned to you if there is not sufficient enrollment for an activity to run. Because of the above, checks may be held for six to eight weeks before processing. The Registration Fee is non-refundable.

CHECKS ARE TO BE MADE PAYABLE TO MASCONOMET REGIONAL SCHOOL DISTRICT AND SENT TO THE MASCONOMET REGIONAL MIDDLE SCHOOL OFFICE, 20 ENDICOTT ROAD, BOXFORD, MA 01921 PRIOR TO 10/23/2020.

POLICY ON REFUNDS: The full amount of the specific activity fee will be refunded if (a) the student tries out and is 'cut' from an activity, or (b) the student paid but never participated in the activity. Prorated refunds are available to a student who is unable to participate in an activity because of illness or injury. (A physician's statement is required for this refund.) No refund is available to a student who (a) becomes ineligible for academic or discipline reasons, or (b) moves out of the District, or (c) 'drops-out' of an activity.

SCHOLARSHIP INFORMATION: Located at www.masconomet.org "Extracurricular Activities". **Scholarship Application Form is Due October 23, 2020.**

I hereby give my consent for my child to participate in co-curricular activities. I understand the school does not provide medical payments insurance coverage for students involved in co-curricular activities and it is my responsibility to pay all hospital and physician bills for school-related injuries. I assume responsibility for the transportation of my children to and from co-curricular activities if a bus is not provided.

Signature - Student _____ Signature - Parent/Guardian _____

Date: _____ Date: _____