

# Before & After School Programs

## Extended Day • Clubs & Enrichment



### **The Honor Roll School**

4111 Sweetwater Blvd. | Sugar Land, Tx 77478  
281-265-7888 | [thehonorrollschool.com](http://thehonorrollschool.com)

# Fall 2024

# A Place to Grow:

## *Where learning continues beyond the school day*

Our Before & After School Programs offer students enriching opportunities for discovery and exploration before and after the normal school day hours. These programs provide numerous options for fun while also reinforcing the essential lessons and values taught throughout the school day.



### Extended Day

Our Extended Day program allows busy working families the flexibility to drop-off before the school day starts and pick-up after the normal dismissal time. Our program is organized into five subject areas that are designed to provide your child with opportunities to learn valuable life skills, and to reinforce the skills they're learning during the school day, while providing plenty of time for fun with friends.

#### Program Details:

- Hours: 7 am – 6:00 pm
- Nutritious meals and snacks to help children form healthy eating habits
- Dedicated and specially trained staff members with experience in working with older children.
- Facilities

### Clubs & Enrichment

Our Clubs and Enrichment Programs are great ways for your child to expand on their interests or pursue new passions. These can be added in conjunction with our Extended Day Program or independently. This program offers families an opportunity to enroll their student in one or more days of after school activities without leaving the convenience of our campus.

#### Program Details:

- Hours: Varies by Club & Enrichment
- Nutritious meals and snacks to help children form healthy eating habits
- Dedicated and specially trained staff members in specialty area.
- Facilities
- Special Program



**Extended Day**

# Extended Day

*Our program is organized into five subject areas that are designed to provide your child with opportunities to learn valuable life skills and to reinforce the skills they're learning during the school day.*



Students explore the exciting world of science, technology, engineering, art and math (STEAM) through building projects, experiments, and design challenges. Sharing ideas, asking questions, and making predictions are encouraged!



Robust outdoor free play and structured games help students learn sportsmanship and develop their physical strength and endurance. Students learn critical thinking and problem solving by participating in board games and team challenges with their peers.



Students express themselves by participating in hands-on visual arts, including photography, videography, drawing, and painting. Students develop planning skills by working on long-term projects with their peers and can participate in group performances or discussions.



Social and emotional growth is nurtured through student and teacher led activities that promote a feeling of community and belonging. Students learn through open-ended activities that give them a chance to apply problem-solving skills and collaborate with friends.



Some students appreciate the chance for independent activities or study after a long day at school. We provide a quiet place to work on homework, read, journal, or seek academic support from peers and teachers. Students can also work on various projects in this small group setting.



# Clubs & Enrichment



## CG Arts

Welcome to Art Classes with Cecilia and Guillermo! We offer our students a complete and challenging ART program that includes acrylic on canvas, oil pastels, watercolors, mixed media, crafts in 3D, and high relief artwork.

### TK & Kindergarten

**When: Thursdays**

**Time: 3:00 - 4:00 for children registered in the school's regular care.**

**4:15 - 5:15 for children registered in the school's extended care**

### 1st Grade and Up

**When: Tuesdays**

**Time: 1st group: 3:00 - 4:15**

**2nd group: 4:15 - 5:30**

### Classes Start:

**Instructors: Cecilia and Guillermo**

**Contact: [cg\\_arts@hotmail.com](mailto:cg_arts@hotmail.com) or 832-451-8011**



## H.O.T. Chess

**(Highly Original Thinkers)**

In H.O.T. Chess, each child's uniqueness is celebrated, honored, and respected. Students are allowed to explore, express and discover the enjoyment of chess. They are exposed to a variety of openings, positions, strategies and competition opportunities that encourage out-of-the-box thinking skills, literacy, listening, problem solving, social skills, and self esteem. Chess sets and boards are provided.

### Kindergarten – 4<sup>th</sup> Grade Beginners ONLY

**When: Monday**

**Time: 3:00 - 4:00**

**Classes Start: Monday, August 26<sup>th</sup>**

### Novice/Intermediate/Advanced

**Kindergarten – 4<sup>th</sup> Grade**

**When: Wednesday**

**Time: 3:00 – 4:00**

### 5<sup>th</sup> Grade – 8<sup>th</sup> Grade

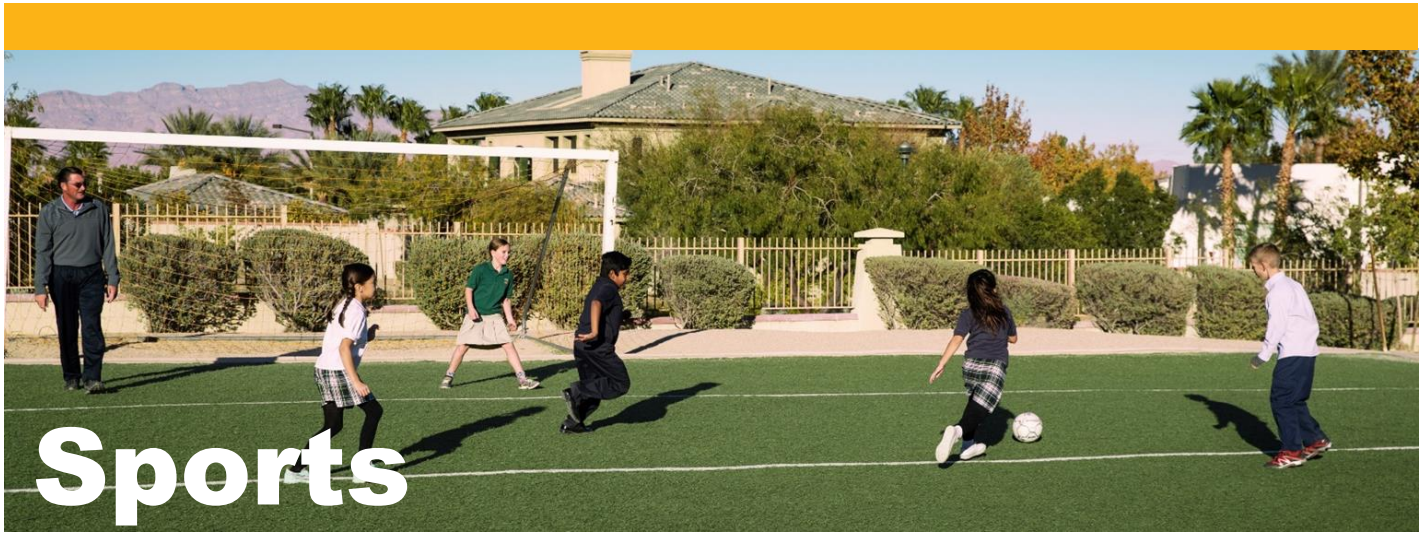
**When: Wednesday**

**Time: 3:30 – 4:30**

**Classes Start: Wednesday, August 24<sup>th</sup>**

**Instructors: Coach Justin and Coach Kasey**

**Contact: <https://hot-chess.com/honor-roll-school/>**



## Soccer Stars

Soccer Stars is a fun program designed to introduce students to basic skills they need to become a junior athlete. Upbeat music, fun games, sports equipment and an introduction to team strategies are all part of this program.

**Kindergarten – 2<sup>nd</sup> Grade**

**Tuesday 3:00 – 3:30**

**Classes Start: September 3<sup>rd</sup>**

**Instructor: Coach Jessica Turner**

**Contact:**

[jessica@futureallstarsoftexas.com](mailto:jessica@futureallstarsoftexas.com) or  
713-858-1861

## Future Allstars

Future Allstars is a sports immersion program that introduces students to a variety of sports and activities. The goals are to build fine and gross motor skills, as well as establish confidence and self-esteem through personalized training.

**Kindergarten – 2<sup>nd</sup> Grade**

**Thursday 3:00 – 3:30**

**Classes Start: September 5<sup>th</sup>**

**Instructor: Coach Jessica Turner**

**Contact:**

[jessica@futureallstarsoftexas.com](mailto:jessica@futureallstarsoftexas.com) or  
713-858-1861

## Fit and Kick Taekwon-Do

The only certified International Taekwon-Do Federation School in Fort Bend County. We focus on discipline and character development, and stress practical self-defense skills and correct technique. Taekwon-Do is for function, not for show. Long term, dedicated students have the opportunity to compete Nationally and Internationally.

**Ages 3 and Up**

**Wednesday and Fridays**

**Kindergarten – 8<sup>th</sup> Grade**

**Wednesday 3:30 – 4:10 and 4:20 – 5:00**

**Classes Start: August 21<sup>st</sup>**

**Instructor: Ms. Alyssa**

**Contact: [fitandkick@gmail.com](mailto:fitandkick@gmail.com)**

## Meaningful Mindfulness

Mindfulness practices are fun for children and teach them to manage their emotions, thoughts, and actions through a playful approach. We will play games, learn friendly breathing exercises and practice animal themed yoga poses. These types of exercises are not taught in a textbook but are critical for overall well-being and mental health.

**TK and Kindergarten**

**Thursday 3:00 – 3:45**

**1<sup>st</sup> – 3<sup>rd</sup>**

**Thursday 3:45 – 4:30**

**4<sup>th</sup> – 8<sup>th</sup> Grade**

**Thursday 3:45 – 4:30**

**Classes Start: August 29<sup>th</sup>**

**Instructor: Ms Kara**

**Contact: [helloalignmind@gmail.com](mailto:helloalignmind@gmail.com)**

Before & After School Programs

## **Rhythm Dance Academy**

Rhythm Dance provides an energetic, educational and FUN approach to learning the fundamentals of dance. Our curriculum focuses on combining gross and fine motor activities with skill development. Students will be introduced to Ballet, Jazz, Modern, Hip Hop, and Tap skills.

### **Kindergarten and Up**

**When: Thursdays**

**Time: 3:30 – 4:30**

**Classes Start: August 15<sup>th</sup>**

**Instructor: Ms Abigail**

**Contact:**

[owner@rhythmdanceandgymnastics.com](mailto:owner@rhythmdanceandgymnastics.com)

## **Meaningful Mindfulness**

Mindfulness practices are fun for children and teach them to manage their emotions, thoughts, and actions through a playful approach. We will play games, learn friendly breathing exercises and practice animal themed yoga poses. These types of exercises are not taught in a textbook but are critical for overall well-being and mental health.

### **TK and Kindergarten**

**When: Thursday**

**Time: 2:30 – 3:00**

**1<sup>st</sup> – 3<sup>rd</sup>**

**When: Thursday**

**Time: 3:00 – 3:45**

**4<sup>th</sup> – 8<sup>th</sup> Grade**

**When: Thursday**

**Time: 3:45 – 4:45**

**Classes Start: August 29<sup>th</sup>**

**Instructor: Ms Kara**

**Contact: [helloalignmind@gmail.com](mailto:helloalignmind@gmail.com)**





## Code Ninjas

Students will participate in coding and technology workshops with new activities each Monday. Some examples are: Roblox, Robotics, Minecraft, 3D Printing, Stop Motion, Animation, Digital Arts, Video Game Design, Composing Music with Code, Wearable Technology, Video Game Arcade Design, and so much more.

### Kindergarten and Up

**When: Monday**

**Time: 3:30 – 4:30**

**Classes Start: Monday, Sept 9th**

**Contact:**