

FALL 2023

AFTER SCHOOL ACTIVITIES

High Plains is pleased to provide our students a mix of school offered programs and privately offered programs to enhance your student's educational experience for the Fall of 2023.

*** CLUB REGISTRATION ***

All programs will open registration on
Tuesday, September 5 at 8:00pm.

Any registrations that occur prior to this date and time will not be accepted.

To register you can use the links included in this packet.

Once you register for any of the programs, please be sure to mark the class dates on your calendar and make sure your child is aware of the days they have these classes each week. **Parents are responsible for letting the after school programs know if their child will be absent from class.**

If you have any questions regarding any particular program, please reach out to them using the contact information provided.

Most activities are offered after school hours, however anyone offering programs before school hours will be see those times highlighted in **red**.



SCHOOL OFFERED PROGRAMS

ART CLUB

Location: Art Room (RM 167)

Grades: 3-5

Tuesdays
2:45 - 3:45

FEE:
\$15

In Art Club, each student will be exploring various art mediums and projects that will be based on student interest. Projects may include: painting, drawing, paper mâché, sculpture, jewelry making, and other experimental techniques. Students will bring home art as they finish it unless they would like it displayed in our hallways. Space is limited to 25 students. \$15 materials fee due by September 26 (2nd Club Meeting)

Tuesday Dates: Sept. 19 & 26; Oct. 3, 10, 24 & 31 (no class Oct. 17); Nov. 7, 14, 21 & 28; Dec. 5, 12 & 19

To register: [HP Art Club Registration](#)

For questions or to sign up contact:
Ms. Cruz-Thompson - sthompson4@cherrycreekschools.org

BATTLE OF THE BOOKS

Location: Library

Grades: 4-5

Tuesdays
2:45 - 3:30

Fee:
Free

In this club students collaboratively compete against each other answering trivia questions about the 15 books on the CCSD book list. In the Spring, there will be a school competition and the winning team will represent High Plains at the district finals. Students are encouraged to read at least 7 books so that as a team they have knowledge of all the books on the list. Books may be read independently, with an adult and/or audiobook.

**Tuesday Dates: Sept. 12 & 26; October 10 & 24; November 14 & 28; December 12; January 19 & 23
February 6**

To register, please scan this QR Code with your cell phone's camera:



For questions contact:
Ms. Heiserman - pheiserman@cherrycreekschools.org



CHOIR

Grades: 4-5

Tuesdays
2:45 - 3:45

FEE:
Free

Location: Music Room (RM 188)

In Choir, students will learn vocal techniques, breathing, posture, and performance skills. There will be a live culminating concert this Fall.

Tuesday dates: October 24 & 31; November 7, 14, 21 & 28; December 5, 12 & 19

To register: <https://tinyurl.com/HPChoir>

For questions contact:

Mrs. Pearlman - mpearlman@cherrycreekschools.org or

Mrs. Merrihew - dmerrihew@cherrycreekschools.org

FITNESS CLUB

Grades: 3-5

Fridays
7:15 - 7:45 AM

FEE:
Free

Location: Gym (RM 184)

This is a club designed to help get students exercise before school. Think workout Wednesday but on Tuesday morning. I will teach students how to perform different exercises and help them increase their muscular endurance, agility, and coordination. This is a workout club that will incorporate a few games here and there. If your child loves working out, this is the club for them!

This club will offer a 6-week session multiple times during the winter. Dates provided at sign up.

To register: [HP Fitness Club Registration](#)

For questions contact:

Mr. Herrera - jherrera9@cherrycreekschools.org

INTRAMURALS

Grades: 3-5

Thursdays
2:45 - 3:30

FEE:
Free

Location: Gym (RM 184)

Intramurals is all about getting your student more activity time during the week. Students will help decide the activity each week. We meet in the gym after school.

This club will offer a 6-week session this Fall. Dates provided at sign up.

To register: [HP Intramurals Registration](#)

For questions contact:

Mr. Herrera - jherrera9@cherrycreekschools.org



JUMP ROPE CLUB

Location: Gym (RM 184)

Grades: 3-5

Tuesdays
2:45 - 3:30

FEE:
Free

Jump Rope Club is an introduction to jumping rope. Students will learn how to jump rope to a beat, learn jump rope routines, do some fun tricks, and get a great workout doing it. If your child wants to be part of our performance jump rope team (the "Super Skippers") this is where they start! More details at sign up.

This club will offer an 8-week session during the winter. Dates provided at sign up.

To register: [HP Jump Rope Club Registration](#)

For questions contact:

Mr. Herrera - jherrera9@cherrycreekschools.org

MUSICAL THEATER CLUB

Location: Mrs. Pearlman's/Stage

Grades: 2-3

Mondays
2:45 - 3:30

FEE:
Free

This Fall is a great time for Musical Theater! Students will take to the stage and learn the arts of acting, singing, and dancing!

In order to make registration fair and equitable, we will have a lottery for Music Theater Club sign-ups. Using a lottery system will eliminate the first-come, first-serve urgency of past registrations.

All interested families can enter the lottery for an equal chance of having their child's name selected. The total number of families able to enter the lottery is unlimited, however, the Fall performance will have a total of 30 spots.

Monday Dates: October 23 & 30; November 6, 13, 20 & 27; December 4, 11 & 18

To register: <https://tinyurl.com/Fall2023MusicalTheater>

For questions contact:

Mrs. Merrihew - dmerrihew@cherrycreekschools.org or

Mrs. Pearlman - mpearlman@cherrycreekschools.org



RUNNING CLUB

Location: Gym (RM 184)

Grades: 2-5

Fridays

7:15 - 7:45 AM

FEE:

Free

If your child loves to run this is the club for them! Running club meets before school to encourage students to run/walk as many laps around the track as possible in the time given. We meet in the gym and make our way up to run around the track. We cap this club at 40 students. Dates provided at sign up.

Offering a 5-week session during the Fall. First meeting is September 8 – must be signed up!

To register: [HP Running Club Registration](#)

For questions contact:

Mr. Herrera - jherrera9@cherrycreekschools.org

STUDENT COUNCIL

Location: Ms. Lozano's (RM 146)

Grades: 3-5

Tuesdays

(1st & 3rd of
each month)

2:45 - 3:45

FEE:

Free

Fall: Students will begin leadership roles by participating in a school wide election. Student Council Representatives will begin to foster ideas to better our school community.

Winter: Students will take action and participate in neighborhood service projects that address community problems.

Spring: Students will look at outward fundraising programs and opportunities to better our community, city, state, etc.

There is not a registration process for this club. Classroom teachers will formulate a list of interested students and begin their nomination processes. Classroom nominations and elections take place in September. This club requires help from parent volunteers.

Monthly Dates: Sept. 19; October 3 (no meeting Oct. 17); **November 7 & 21; December 5 & 19;**
January 9 & 23; February 6 (no meeting Feb. 20); **March 5** (no meeting Mar. 19);
April 2 & 16; May 7

For questions contact:

Ms. Baker - kbaker31@cherrycreekschools.org

Ms. Lozano Martin - klozanomartin@cherrycreekschools.org



PRIVATELY OFFERED PROGRAMS

BEGINNING BAND

Location: Music Room (RM 188)

Grades: 4-5

Mondays
2:45 - 3:45
& Wednesdays
1:45 - 2:45

FEE:
\$299 (plus
instrument
cost)*

Colorado Music Institute provides music education for students of all ages and experience levels on nearly every instrument. Beginning band students can start on flute, clarinet, alto saxophone, trumpet, trombone, or euphonium. Students will learn how to play their instrument, read music, understand music theory, and perform in concerts. This class will be focused on having fun and building confidence while students are learning their new instruments! Students are encouraged to participate in both fall and spring semesters. **If you need scholarship assistance, please call the Institute at 303-347-9447.** This class is geared towards beginners with less than one year of experience or as a continuation for students who participated last year. Students will need an instrument and all necessary supplies. Sibling discount available.

*The \$299 fee can be paid up front or with a payment plan. To rent an instrument, go to www.rentfromhome.com and use the code **COMUSIC**.

Monday & Wednesday Dates: September 18, 20, 25 & 27; October 2, 4, 9, 11, 23, 25 & 30
(no class Oct. 16 & 18); **November 1, 6, 8, 13, 15, 20, 27 & 29**
(no class Nov. 22); **December 4, 6, 11 & 18**

Register at: <https://www.hisawyer.com/colorado-music-institute/schedules/activity-set/531773>

For questions contact:
Emily Wangler - emily@coloradomusicinstitute.com



CHESS CLUB

Location: RM 161

Grades: K-5

Tuesdays
2:45 - 3:45

Fee:
\$216

Calling all budding Kings and Queens to Colorado's premier chess program! Our creative curriculum brings humor, stories, and "chessercizes" to help students apply lessons on and off the board. Chess education has been shown to help kids improve logic, math, and reading comprehension skills. Students calculate options and evaluate consequences, learning to overcome obstacles and practice visualization techniques to think ahead. Whether playing in our scholastic tourneys or with family and friends, kids love learning with PALS because we make chess FUN!

**Tuesday Dates: September 19 & 26; October 3, 10, 24 & 31; November 7, 14, & 28;
December 5, 12 & 19**

Register at: www.palschess.com/register

For questions contact:

info@palschess.com or call 720-504-8765

COOKING CLUB

Location: Mobile

Grades: K-3

Mondays
2:45 - 3:45

FEE:
See below

Sticky Fingers Cooking offers young chefs the chance to explore exciting tastes (all seasonal and as local as possible), master culinary skills (that they can put to use in family kitchens) and nourish their bodies and minds. We provide all of the tools, ingredients and instruction needed to cook up a fun, delicious and healthy after-school snack each week. Sticky Fingers Cooking is 100% nut free and CAN and WILL accommodate ANY and ALL food allergies. **Scholarships available.**

Fall Session #1 (FEE – \$144)

Monday Dates: September 18 & 25; October 2, 9, 23 & 30 (no class Oct. 16)

Fall Session #2 (FEE – \$168)

Monday Dates: November 6, 13, 20 & 27; December 4, 11 & 18

Register at: stickyfingerscooking.com (click on School Programs in the top menu)

For questions or more information contact:

stickyfingerscooking.com or hello@stickyfingerscooking.com



DANCE

Grades: K-5

Wednesdays

FEE: \$80

Location: Mobile & Stage

1:45 - 2:45

per month

This high energy dance class will go in depth with hip-hop training, including the latest dance trends and break-dancing moves. This class is great for the student who just wants to come and get funky as well as the serious dancer looking to improve their hip hop skills. We will also learn some jazz techniques! A special performance will conclude the Fall session. Performance date will be provided to parents at a later date.

Wednesday Dates: September 13, 20 & 27; October 4, 11 & 25 (no class Oct. 18); November 1, 8, 15 & 29 (no class Nov. 22); December 6, 13 & 20

Register at: www.glamdanceacademy.com

Scroll down the main page and click the link to register. Fill out the registration form and select High Plains from the "Enroll in Classes" button within the form. If High Plains is not listed then the class is full.

For questions or more information contact:

Kim Michels - glamdance@gmail.com or 303-908-5145

FRIENDSHIP CLUB

Grades: K-5

Thursdays

FEE:

Location: Stage/Outside

2:45 - 4:30

\$185

Connect Us is a nonprofit whose mission is to develop self-confidence, resiliency and social competence in young children through collaborative activities in a guided, learning environment. Connect Us offers what kids love most -- fun, physical and creative group activities -- as we guide their interactions for the purpose of strengthening friendship and leadership skills. All kids want to fit in, but sometimes a lack of skills or confidence make that difficult. **Scholarships are available – for details go to www.connectusnow.org.**

Thursday Dates: September 21 & 28; October 5, 12 & 26 (no class Oct. 19); November 2, 9, 16 & 30 (no class Nov. 23); December 7, 14 & 21

Register at: <https://connectusnow.org/after-school-groups/>

Select Programs from the top menu and then choose After School Groups.

For questions or more information contact:

Chris at programs@connectusnow.org or 303-773-3960



GIRLS ON THE RUN

Location: Ms. Baker's (RM 147)

Grades: 3-5

**Mondays &
Thursdays
2:45 - 4:00**

**FEE:
\$195**

Girls on the Run is a transformational physical activity based positive youth development program for girls in 3rd-5th grade. GOTR teaches life skills through dynamic, interactive lessons and running games. The program culminates with the girls being physically and emotionally prepared to complete a celebratory 5k running event. The goal of the program is to unleash confidence through accomplishment while establishing a lifetime appreciation of health and fitness.

Scholarships are available. Scholarship codes can be obtained by completing the [Scholarship Application](#) (downloadable Word doc) and sending to scholarships@girlsontherunrockies.org.

**Monday & Thursday Dates: September 11, 14, 18, 21, 25 & 28; October 2, 5, 9, 12, 23, 26 & 30;
November 2, 6 & 9**

To register: www.girlsontherunrockies.org, then click the Register button at the top right corner.

For questions contact:

Maureen Simon - msimon4@cherrycreekschools.org, Katie Baker - kbaker31@cherrycreekschools.org,
Anna Sanchez - asanchez36@cherrycreekschools.org, Kaitlyn Kust - kkust@cherrycreekschools.org

ROBOTICS

Location: RM 133

Grades: K-2

**Mondays
2:50-3:45**

**FEE:
\$259**

Looking for a hands-on STEM course your Little Coder will love? In this course, students will have a blast while learning about robots and how they work. Through visual programming, students will learn computational thinking and basic programming concepts such as: pseudo-coding, code structure, variables, and loops. Students will participate in fun and engaging activities to practice problem-solving and creative thinking. They will complete interactive projects and code their robots to perform tasks like turning the robot's lights on and off, playing music, moving, and detecting sound.

**Monday Dates: September 25; October 2, 9, 23 & 30 (no class Oct. 16); November 6, 13, 20 & 27;
December 4**

Grades K-2 register at: www.CodingWithKids.com/session/57399

For questions or more information contact:
info@codingwithkids.com



ROBOTICS

Location: RM 133

Grades: 3-5

Thursdays
2:50 - 3:45

FEE:
\$259

Learn to code robots! Through a block-based, visual programming platform, coders will learn introductory programming concepts, such as code structure, variables, and loops. They will apply these concepts to program their robot to complete mission challenges, such as avoiding obstacles, light sensing and following a path.

Thursday Dates: September 28; October 5, 12 & 25 (no class Oct. 19); **November 2, 9, 16 & 30**
(no class Nov. 23); **December 7, 14**

Grades 3-5 register at: www.CodingWithKids.com/session/57400

For questions or more information contact:
info@codingwithkids.com

BEGINNING ORCHESTRA

Location: Tuesdays - Stage
Thursdays - Music Room

Grades: 4-5

Tuesdays &
Thursdays
2:45 - 3:45

FEE:
\$299 (plus
instrument
cost)*

Colorado Music Institute provides music education for students of all ages and experience levels on nearly every instrument. Beginning orchestra students can start on violin, viola, or cello. Students will learn how to play their instrument, read music, understand music theory, and perform in concerts. This class will be focused on having fun and building confidence while students are learning their new instruments! Students are encouraged to participate in both fall and spring semesters. **If you need scholarship assistance, please call the Institute at 303-347-9447.** This class is geared towards beginners with less than one year of experience or as a continuation for students who participated last year. Students will need an instrument and all necessary supplies. Sibling discount available.

*The \$299 fee can be paid up front or with a payment plan. To rent an instrument, go to www.rentfromhome.com and use the code **COMUSIC**.

Tuesday & Thursday Dates: September 19, 21, 26 & 28; October 3, 5, 10, 12, 24, 26 & 31
(no classes Oct. 17 & 19); **November 2, 7, 9, 14, 16, 21, 28 & 30**
(no classes Nov. 23); **December 5, 7, 12, 14 & 19**

Register at: <https://www.hisawyer.com/colorado-music-institute/schedules/activity-set/531776>

For questions or more information contact:
Emily Wangler - emily@coloradomusicinstitute.com



SCIENCE CLUB

Location: RM 133

Grades: K-5

Tuesdays
2:45 - 3:45

FEE:
\$109.50 per
session

Where science and fun are one!! Science Matters helps children learn all about the exciting world of science with classes that are stimulating and fun, getting each student personally involved in real science projects. Start your child on a wondrous journey that lasts a lifetime.

Unsolved Science:

Use forensic science skills to solve the Mystery and become a Chemical Detective! Create your own Chemical Detective Kit, Lift and identify crime scene fingerprints, reveal secret messages, extract DNA, and discover more forensic science techniques used in crime scene investigations! In this club, you can become a Science Super Sleuth.

Tuesday Dates: September 26; October 3, 10, 24 & 31 (no class Oct. 17)

Extreme Electricity:

Electrify your interest as we build a working telegraph, experiment with conductors and insulators, build an electromagnet, and much more.

Tuesday Dates: November 7, 14, 21 & 28; December 5

Register at: <http://www.sciencematters.tv> (click the After School Enrichment image under the main menu)

For questions or more information contact:
registrar@sciencematters.tv or www.sciencematters.tv



SPANISH

Grades: K-5

Wednesdays

FEE: \$57

Location: RM 133

1:55 - 2:40

per month*

Spanish Enrichment is designed to allow children to explore Spanish through three learning styles: audio, visual and kinesthetic. We promote positive participation including interactive exercises with games, songs, sentences to practice & writing. Classes are taught by professional Spanish teachers. *Note: A one time registration fee of \$40 also applies.

This year's Session Topics Include:

September: Sounds, vowels, alphabet & vocabulary

January: The 5 senses, parts of the body, songs

October: Traveling around the world, greetings

February: The seasons, months and days of the week

November: Numbers, colors, times of the day

March: School and friends, places around my town

December: The clock, family members and songs

April: Food, kitchen, my house, clothes, songs

May: Toys, animals, shapes, bring your favorite toy

Wednesday Dates: September 20 & 27; October 4, 11 & 25 (no class Oct. 18); November 1, 8, 15 & 29 (no class Nov. 22); December 6, 13 & 20; January 10, 17, 24 & 31; February 7, 14, 21 & 28; March 6, 13 & 27 (no class Mar. 20); April 3, 10, 17, 24; May 1, 8, 15

Register at: www.spanishenrichment.com (click the Registration Form link)

For questions or more information contact:

Norma McKnight at 303-805-1472 or norma@spanishinrichment.com

SPEED AND AGILITY

Grades: 1-5

Wednesdays

FEE:

Location: Field

1:50 - 2:50

\$115

Philosophy: You can't move faster if you don't know how to move. You can't run faster if you don't know how to run. Your kids will develop and master functional control of their bodies and learn how to move and improve their strength and speed. 10% Sibling discount available.

Wednesday Dates: September 27; October 4, 11 & 25 (no class on Oct. 18); November 1
Make up date (if needed) is Nov. 8

Register at: www.thefastlab.com

For questions or more information contact:

Kenzie Carman at kenzie@painsolutionsinc.com



SCOUTING CLUBS

CUB SCOUTS

Location: Cafeteria

Grades: K-5

Wednesdays

6:30 - 7:30

FEE: \$200

Character – Citizenship – Personal Fitness - Leadership

Cub Scouts is available for girls and boys at High Plains! The Scouting program is about life skills and character development. In the past year we have done a variety of activities such as canoeing, bouldering/rappelling, family camping, capture the flag (in the dark!), candle-making, shooting sports, performing skits, campfires, naturalist talks, scavenger hunts, racing pinewood derby cars, launching rockets, and more....

Scouting is never intended to supplant other youth activities. We welcome you to attend when you can, and know your son or daughter has opportunities to expand their choices of unique activities available.

Annual dues include the entire program (council and national dues, handbooks, neckerchiefs, supplies and kits, awards, etc.). A small contribution might be requested for one-off activities like a campout, and families purchase their scout's basic uniform parts. Scholarships are available.

Note: A schedule of meeting days and club activities provided upon joining.

For questions or to sign up contact:

Kyle Wheeler - Pack 354

kyle.wheeler@gmail.com or 303-588-1804