

## Students

All students entering grades  
6th – 8th are invited.

**\*\*Please return enrollment forms  
to your teacher or Miss Campo by  
Wednesday, May 31st.**

**\*\*DUE TO LIMITED SPACE, STUDENTS  
WILL BE ENROLLED IN THE SUMMER  
ENRICHMENT PROGRAM ON A FIRST  
COME, FIRST SERVED BASIS.**

## Program Days and Times

Program dates are Monday  
through Thursday, July 10th–  
August 3rd.

Breakfast is served from 8:00 AM  
to 8:30 AM.

Summer Enrichment classes  
begin at 8:30 AM and end at  
11:30 AM.

Lunch is served from 11:30 AM  
until 12:00 noon.



## Transportation

Transportation will be  
provided if needed. Please  
be sure to fill out your needs  
on the attached enrollment  
form.



## Information

For further information please  
☎ call (607) 467-2198 ext. 3206  
or email Melissa Truman at  
✉ [mtruman@deposit.stier.org](mailto:mtruman@deposit.stier.org)



## DCS 2023 Middle School Summer Enrichment

Join us in learning fun ways  
to keep you happy and  
healthy.

## Summer Yard Games and Outdoor Fun!

Learn the importance of staying active while having fun! In these classes, you will learn the rules of a variety of popular summertime games while using strategic thinking, skill, and teamwork. In addition, enjoy other life-long healthy outdoor activities to keep you fit.

Some activities include:

- Cornhole
- Badminton
- Volleyball
- Bocce
- Biking
- Golf
- Fishing
- Kayaking



## Cooked Up Fun

Have fun using locally grown fresh foods! Learn about growing and caring for plants, harvesting them, and using them for meals. We will also learn about making smart shopping decisions. Finally, make nutritious meal plans and prepare healthy delicious snacks while following recipes and learning about meal preparation.



## Eagles Run4Fun



Have fun learning all the benefits of running along with tips to keep you healthy, safe, and strong. Sharpen your math, ELA, and social studies skills as you incorporate them into this class. You will participate in a variety of other fun activities that help you to exercise for enjoyment too.

In this class, you will participate in:

- Local running trips
- Visiting local historical sites
- Games that incorporate running and fitness
- Setting goals and collecting data on distances completed

## Classes

Students will rotate through all class offerings.

## Meals

During Summer Enrichment, nutritious meals are planned, prepared, and served by our school's Rock on Café.



## Escape Room Extravaganza



Learn how to work as a team on a variety of growth mindset and team-building challenges that help you to solve escape room puzzles. You will cooperate, communicate, and work respectfully as a team while focusing on understanding others' thoughts, feelings, intentions, lives, and ideas. You will also strengthen your skills in time management, problem-solving, concentration, and attention to detail.

## Weight Room Basics/ Aerobic Conditioning/ Stretching

Part of healthy living is being physically fit. Learn weight training exercises using the correct form and safety. Practice warm-up and stretching activities. Use a variety of machines in our fitness room and other outdoor activities for aerobic exercise. You will have a chance to keep track of all your progress this summer.

