



The **6TH GRADE ROCKS** program is a collaborative umbrella of after school programs for 6th grade students attending the Bennet Academy. The programs are developed in partnership with the Manchester Recreation Department and the Manchester Board of Education.

#### **WHAT IS LIVING WELL AFTER SCHOOL?**

Living Well after school is very different from traditional after school programs. The program will operate with a regular staff of wellness leaders in addition to contracting with exercise, fitness, nutrition and wellness specialists exposing participants to such programs as yoga, tai chi, dance, aerobics, water exercise, swimming, hiking, kayaking, canoeing, rock climbing, sports and games, healthy cooking, eating etc. Also, children will attend wellness trips to local parks, trails, and leisure centers for exercise and activity for the benefits of health and exposure to local places to be active.

#### **WHERE IS THE LIVING WELL AFTER SCHOOL OPERATE?**

The Living Well After School program will operate on the Bennet Academy Campus utilizing both the Recreation and Cone buildings.

#### **WHEN DOES THE LIVING WELL AFTER SCHOOL OPERATE?**

Living Well After School will offer one session beginning in February 10th, 2010 through May 2010. The program will accommodate up to 30 students. Students accepted into this program will be required to attend on Tuesdays and Thursdays from 2:45 to 5:30 p.m. This is not a late bus program. Parents are required to sign child out.

#### **HOW DO I ENROLL MY CHILD INTO THE LIVING WELL AFTER SCHOOL?**

Parents or students can pick up an application packet at the Bennet Academy Office beginning Monday, November 30th or online at [recreation.townofmanchester.org](http://recreation.townofmanchester.org). Completed applications must be submitted to the Bennet Academy Office. Incomplete or late applications will not be considered for admission into the The Living Well After School program. Please note below the dates when application packets are available and when they need to be submitted by.

Application packets will be available: Monday, November 30, 2009

Application must be submitted by: Monday, December 21st, 2009

#### **WHAT IS THE CRITERIA FOR SELECTION?**

Parents and children who are interested in being considered for admission into Living Well After School will be required to fill out an application and participate in a short interview in January. Further consideration for selection maybe based on recommendation from Bennet Academy staff. Please note that parents of children selected will be required to attend program related orientations and or educational sessions.

#### **IS THERE A FEE FOR THIS PROGRAM?**

This program is free and is funded in part by a grant from the Connecticut Department of Public Health, Manchester Health Department and Recreation Department.

#### **WHO CAN I CALL IF I HAVE QUESTIONS OR NEED MORE INFORMATION?**

For questions or more information, contact Kathy McGuire, Recreation Supervisor at 647-3087 or email her at: [kathy50@ci.manchester.ct.us](mailto:kathy50@ci.manchester.ct.us) or contact Shannon Blenis, Program Director at 930-8498 or email her at: [sblenis@ci.manchester.ct.us](mailto:sblenis@ci.manchester.ct.us)

#### **DEAR PARENT AND STUDENT**

The Town of Manchester Parks and Recreation Department and the Manchester Public Schools (Bennet 6th Grade Academy) is excited to bring to you and your child an after school program call ROCKS (Recreation on Campus for Kids).

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The programs are designed to begin immediately after school extending the learning day with opportunities for leadership, health, wellness, and community service. This years ROCKS will offer the Center for Service Learning, Intramurals (Sports, Games and Dance), and Living Well After School. The following pages will provide detailed information on each program and how to get involved. A late bus will be available for programs that end by 4:15 p.m. Programs that operate longer will require a parent to sign their child out of the program or grant permission for walking or biking home.

You may see some of the additional programs offered in the ROCKS program during the Winter of 2010. ROCKS hopes to offer a Recreation Leadership Training Program, providing basic leadership skills leading to job shadowing opportunities within the Recreation Centers. In addition, ROCKS staff is working to develop a computer-based creative lab to provide creative 6th graders the opportunities to learn graphic design and layout, digital photography, imaging, music and movie making. Also ROCKS hopes to introduce Adventure Challenge, a program which will focus on adventure based trips, outdoor education, and team building. ROCKS will also offer a program called Living Well After School, a health, nutrition and wellness program encouraging healthy lifestyle choices. Plans are also in the works to provide a learn to swim program in which children will be bused to the Manchester High School swimming pool immediately after school.

Remember, 6th grade ROCKS!

Don't forget to visit the ROCKS website at [rocks.townofmanchester.org](http://rocks.townofmanchester.org) for program information and program applications.