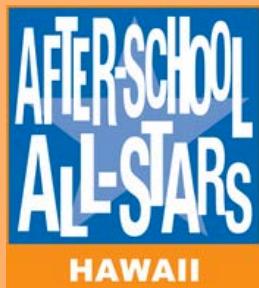


# WASHINGTON MIDDLE AFTER-SCHOOL ALL-STARS JANUARY 2025

## HANDS-ONLY CPR

Students practice Hands-Only CPR through guided demonstrations and hands-on learning. This training builds confidence, responsibility, and the ability to take action in emergencies when it matters most.



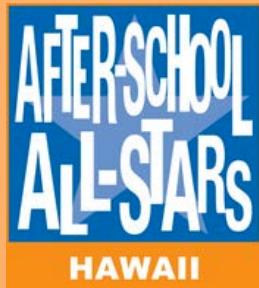


# WASHINGTON MIDDLE AFTER-SCHOOL ALL-STARS JANUARY 2025

## TRIAL WEEK

All-Stars explore new classes during Trial Week, including sports, art history, and DIY activities. Trying different experiences helps students discover new interests, build confidence, and feel excited about learning.



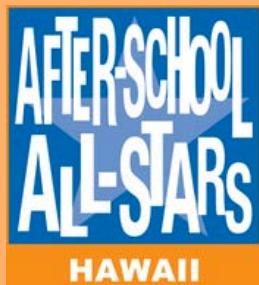


# WASHINGTON MIDDLE AFTER-SCHOOL ALL-STARS JANUARY 2025

## CAREER EXPLORATION OPPORTUNITIES

Students begin the Career Exploration Opportunities curriculum by learning about financial literacy and future career paths. Activities like creating a Wants vs. Needs chart help students develop real-world decision-making skills.



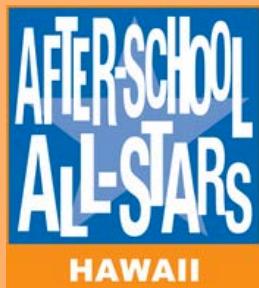


# WASHINGTON MIDDLE AFTER-SCHOOL ALL-STARS JANUARY 2025

## CAREER EXPLORATION OPPORTUNITIES

Students share their Wants vs. Needs posters, identifying essentials like rent and utilities alongside personal wants. These discussions build financial awareness and encourage thoughtful choices that support future independence.



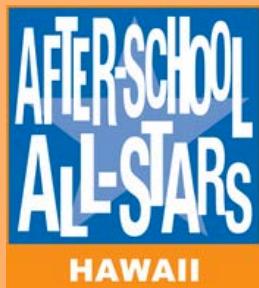


# WASHINGTON MIDDLE AFTER-SCHOOL ALL-STARS JANUARY 2025

## MULTISPORT - FLAG FOOTBALL

Students take turns in the quarterback role, learning how to quickly communicate plays to their teammates. This experience strengthens leadership, teamwork, and clear communication under pressure.



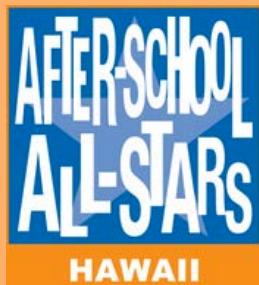


# WASHINGTON MIDDLE AFTER-SCHOOL ALL-STARS JANUARY 2025

## MULTI-SPORT - BASKETBALL

All-Stars prepare for Sports Showdown by stretching, completing drills, and playing friendly games together. Warming up builds healthy habits, teamwork, and readiness for active competition.



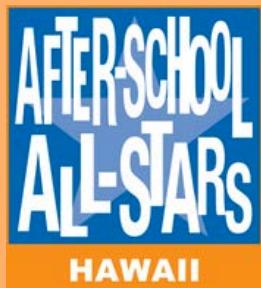


# WASHINGTON MIDDLE AFTER-SCHOOL ALL-STARS JANUARY 2025

## MULTI-SPORT - BASKETBALL

Students complete full-body workouts with push-ups, crunches, and planks before jumping into high-energy games. These exercises build strength, endurance, and perseverance that support both athletic and personal growth.



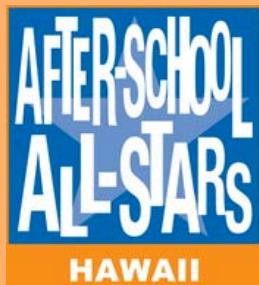


# WASHINGTON MIDDLE AFTER-SCHOOL ALL-STARS JANUARY 2025

## DIY

Students personalize canvas bags by ironing on patches that reflect their interests and identities. This creative process builds self-expression, confidence, and pride in who they are.



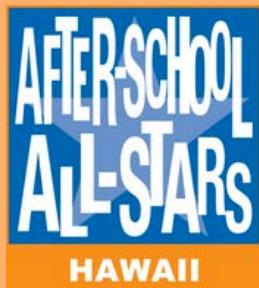


# WASHINGTON MIDDLE AFTER-SCHOOL ALL-STARS JANUARY 2025

## SOCCER

Soccer students build agility and teamwork as they practice skills and play together in soccer class. Working as a team encourages cooperation, camaraderie, and positive peer connections.



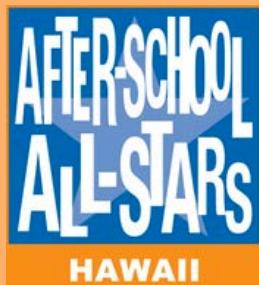


# WASHINGTON MIDDLE AFTER-SCHOOL ALL-STARS JANUARY 2025

## PAINTING

Students in Painting class create custom keychains by designing artwork on shrink paper and watching it transform in the microwave into finished pieces. This fun, hands-on project sparks creativity and excitement about artistic exploration.



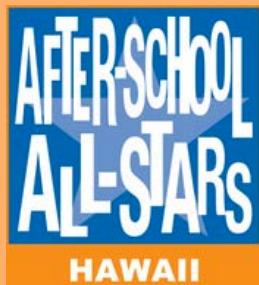


# WASHINGTON MIDDLE AFTER-SCHOOL ALL-STARS JANUARY 2025

## LIFE SERVICE ACTION PROJECT: BAG OF CHIPS

All-Stars students create “Bag of Chips” greeting cards to thank school counselors during Counselor Appreciation Week. This service project fosters gratitude, empathy, and a strong sense of community.



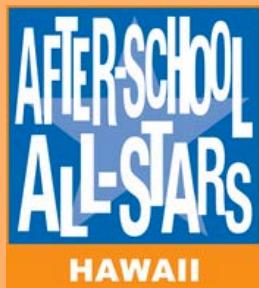


# WASHINGTON MIDDLE AFTER-SCHOOL ALL-STARS JANUARY 2025

## COOKING

Students work together to prepare spaghetti by dividing cooking tasks and sharing responsibilities. Collaborating in the kitchen builds teamwork, communication, and confidence with everyday life skills.





# WASHINGTON MIDDLE AFTER-SCHOOL ALL-STARS JANUARY 2025

## COOKING

All-Stars learn to make a simple breakfast by preparing pancakes from scratch, making scrambled or over easy eggs, and Portuguese sausage. These skills empower students with independence and confidence to prepare meals at home.

