



VASSAL LANE VIPERS

Vassal Lane Upper School

197 Vassal Lane, Cambridge, MA 02138 (617) 349-6550 vassallane.cpsd.us

Academic Support

Year-Long Session: January 15 – June 11

Homework Help Centers run year-long and are on a drop-in basis. No sign-up is required.

6th Grade Homework Help Centers: Wednesdays and Thursdays, 8:00-8:40, Ms. Kramer, Rm. 309

7th Grade Homework Help Centers: Wednesdays, 3:00-4:30, Ms. Viaud, Rm. 315

8th Grade Homework Help Centers: T, W, Thu, 3:00-4:30, Alternating 8th Grade Teachers/Rooms

6th-8th Sheltered English Immersion Support: T, W, Thu, 3:00-4:30, Ms. Seoane, Rm. 339

Open Library: M, T, Th, 8:00-8:40, Ms. Riley, Library

Cambridge School Volunteers: Teacher Referral Only

John Walker Scholars: Teachers Referral Only

Clubs

Session 2 of 2: January 16 – May 30

There are two sessions for the year. With the exception of Student Government and Brass Ensemble, students are required to sign up for both sessions individually.

Tuesdays

Brass Ensemble, 3:00-4:30, David Cross, 305

Black Student Union (BSU), 3:00-4:30, David Borden, Rm. 342

Community Service Club, 3:00 - 4:30, David Laurent, Rm. 323

The Maasai Club, 3:00 - 4:30, TBD, **START DATE - 2/28***

Wednesdays

Origami, 8:00-8:40, Terri Bowman, Rm. 313

Photography, 3:00-4:30, Robin Halperin, Rm. 340 (FILLED)

Drawing Club, 3:00-4:30, Rosanna Babbage, Rm. 314

Life Skills Club, 3:00 - 4:30, Terri Bowman, Rm. 313, **START DATE - 1/23****

Thursdays

City Sprouts, 3:00-4:30, Eli Bloch, Rm. 310

Anime Club, 3:00-4:30, David Borden, Rm. 342

Writing Club, 3:00 - 4:30, Anna Marsh, Rm 308, **START DATE - 01/24****

Healthy Girls Save the World, 3:00 - 4:30, Rachel McGirt, Rm. TBD, **START DATE 2/7****

Friday

Student Government, 8:00-8:40, Christine Beltran and AnnMarie Viaud, Rm. 323

Athletics

Session 3 of 4: January 22 – April 2, 2019

There are four athletic programming sessions. Students are required to sign up for each sessions individually. Please visit vassallane.cpsd.us for more information.

Tuesday
Basketball – GIRLS

Wednesdays
Basketball Tournament, April 3, 2019

Thursdays
Basketball – BOYS

LIFE SKILLS

WITH TERRI BOWMAN

Jan. 30 - May 30, 2019
Wednesdays - 3:00 - 4:30
Room 313

WHAT ARE LIFE SKILLS?

A Life Skill is an ability that makes a difference in everyday living.

Many writers have tried to define life skills :

- A Life Skill equips a person *to perceive and respond* to significant life events.
- A Life Skill is *a competency* which enables a person to live in an interdependent society.
- A Life Skill equips a person to be *self directing and productive* ,to lead a satisfying life and to contribute to society.
- A Life Skill enables a person to *function effectively* in a changing world.

LIFE SKILLS

F.I.D.G.A.L.

- CONFIDENCE**
 - Be part of a team
 - Learning new skills
 - Learning more about sport
 - Being the winner of a game
 - Being coach's helper
 - Being happy winner
- SPORTSMANSHIP**
 - Learning to be part of the team
 - Not to be angry or upset if not the winner
- FLEXIBILITY**
 - To change others like
 - Change to accommodate
 - Making you see it to what you want
- PERSISTENCE**
 - practice if don't give up
 - Don't become angry if frustrated
 - get a part right then move on
- CO-OPERATION**
 - work as part of a team
 - co-operate with results
 - to operate / compromise with others
- INDEPENDENCE**
 - Some parents it comes to play
 - don't that parent does't stop and watch
 - practice alone
 - take the group of water break
 - make up ideas for another game to use alone
- RESPONSIBILITY**
 - To attend lessons
 - bring back things
- LEADERSHIP**
 - stand in front of team
 - to be leader / demonstrate
 - attend things
 - be "on" in the game
 - helping others
- GOAL SETTING**
 - when things stop for stop
 - complete a stage to win a certificate
 - goal to be happy winner
- RESPECT**
 - respect for team mates
 - respect for others feelings
 - respect for those that win
 - respect for coach's help and advice
- POSITIVE RELATIONS**
 - Learning to communicate and share
 - respect for others feelings
 - working with others
 - making new friends
 - being generous
 - positive interactions
 - having fun
 - being inclusive
- DECISION MAKING**
 - choosing a team mate
 - choosing a partner
 - sports-related decisions
- COMMUNICATION**
 - communicate with words
 - communicate with those you don't know
 - communicate with others in team
- SELF WORTH**
 - feel good about participating
 - striving to meet a challenge
 - feeling worthwhile
 - feeling proud
- COURAGE**
 - getting involved with something new
 - being nervous if teacher in front of the team
 - confidence trying when don't see it in action
 - not to be sad about not winning

15 LIFE SKILLS

EVERY KID NEEDS TO LEARN

BASIC FIRST-AID	HOW TO COOK SOMETHING THAT DOESN'T COME IN A BOX WITH POWDER LABELED "SAUCE."	HOW TO WRITE AN ESSAY	HOW TO GROCERY SHOP ON A BUDGET
HOW TO USE A CREDIT CARD	HOW TO SAY "NO"	HOW TO DO THEIR LAUNDRY	BASIC HOME AND CAR REPAIR AND MAINTENANCE
HOW TO BUDGET AND PAY BILLS	HOW TO PUT ON A COORIN	HOW TO SEND A PROFESSIONAL EMAIL	HOW TO PROOFREAD
	HOW TO JUMP-START A CAR	HOW TO CHANGE A TIRE	HOW TO STUDY

©2010/2011



The WRITING CLUB with Anna Marsh

And Bodie Morein

Room 308

Jan. 24 – May 30, 2019

3:00 PM – 4:30 PM / Thursdays

Do you like creative writing? Come to this after-school club to have time to work on your own piece or collaborate on one with other students.

Have you ever found something really interesting? This is the story about a time I found something that changed my life.



This student-led club gives you the opportunity to critique others' writing and get feedback on your own if you choose!



Vassal Lane Upper School

197 Vassal Lane, Cambridge, MA 02138, (617) 349-6550, vassallane.cpsd.us



Who's Ready for

Intramural basketball?

When: Mon., Jan. 28, 2019 - Apr. 02, 2019

Tournament: April 3, 2019

LOCATION: GYM

VLUUS COACHES: Colleen Barber

TIME: 3:00 PM - 4:30 PM

MONdays - GIRLS & Thursdays - BOYS



All levels are welcome to join!

Late bus home provided!

Contacts: Cbarber@cpsd.us