

COMMUNITY SCHOOLS INITIATIVE PROGRAMS

The Community Schools Initiative Programs would like to invite all Sleepy Hollow Middle School students to explore different career options and fields of study in our Career Exploration workshops. This year students will gain hands-on experience that will turn into life long skills that they will need for the 21st Century. The activities planned will reinforce academic lessons, while allowing time for self-expression and becoming effective leaders.

The workshops will begin October 24th through May 28th, 2008.

Enrollment is on a First Come First Served Basis

Students can choose one of the following exciting Workshops:

Many other Career Workshops Available!



Architecture: Architecture Art is the science of designing buildings and structures. Students will explore exterior styles and related building forms and floor plans that reflect a particular place, time, and population. Student's will also work toward building their own unique structure.

Wednesdays 3:00PM-4:30PM (07S)

Be Creative!

★ **RAP 101:** Students will express their emotions by using the "rap" style of writing. They will learn how to convey positive messages and develop creative writing skills.

Wednesdays (Oct 24th until Dec 12th) 3:00PM-4:30PM

Show Your Talent!



Fashion Design: The Westchester Fashion Academy in White Plains will offer 8 week workshops in Fashion Design. Students will design model figures & clothing styles through sketching. They will also create trend boards and a portfolio of their work. Start Dates: Nov 7th, Jan 30th and April 9th

Wednesdays 3:15PM-5:00PM

★ Roundtrip transportation will be provided from Sleepy Hollow Middle School.



Fit Kids: In collaboration with the YMCA in Tarrytown, students will be encouraged to develop a healthy lifestyle by participating in a nutrition and fitness program. Students will learn how to prepare healthy snacks and participate in workout classes at the YMCA. Starts October 30th, 2007

Tuesdays 4:00PM-6:00PM Fitness/Hip Hop and Fridays Fitness/Basketball 4:00 to 5:30PM at the YMCA

Thursdays (SHMS) Nutrition/Cooking 4:00PM-5:00PM

Roundtrip transportation will ONLY be provided on Tuesday and Fridays from Sleepy Hollow Middle School.

This Program is made possible by The Wallace Westchester Fund in The Westchester Community Foundation.

For additional information please call: 914-333-0063

Sandy Ocasio, CSI Director
Sleepy Hollow Middle School 09S

United Way



Programas De La Escuela Inciativa Comunal

Los estudiantes exploraran distintas opciones de profesiones en el Centro de Careras este ano. Los estudiantes obtendran experiencia propias que se podran utilizar durantes sus vidas que utilizaran en este siglo 21. Las actividades planificadas re-enforzaran sus lecciones academicas y al mismo tiempo les dara la oportunidad de expresarse personalmente y crecer como lideres efectivos.

**Los estudiantes podran participar en uno de estos fabulosos programas:
Llame y interese de todas los talleres que ofreceremos este ano escolar.**



Arquitectura: Arquitectura es el arte de construir y hacer edificios. Los estudiantes exploraran disenos exteriores y aprenderan de la variedades de estilos de los edificio. Cada estudiante tendra la oportunidad de tambien construir su propio edificio con su estilo especial.

Los Miercoles 3:00PM-4:30PM (Salon 075)

★ **RAPERO 101:** Los estudiantes prodran espresarse con el estilo rap y tendran la oportunidad de escribir sus propios versos poeticos.

Los Miercoles (Comensando el 24 de Octubre hasta el 12 de Diciembre) 3:00PM-4:30PM



TALLER DISENADORES: La Academia De Modas en White Plains le dara oportunidad a todos esos estudiantes que desean una carrera como disenadores. Los estudiantes participaran en un curso de 8 semanas y aprenderan como disenar ropa y crearan un portafolio de todos sus modelos. Los talleres comenzaran el **7 de Noviembre, 30 Enero y 9 de April del 2008**

Miercoles 3:15PM-5:30PM

★ **Los estudiantes seran transportados y saldran de Sleepy Hollow Middle School.**



Fit Kids (NINOS EN FORMA): En colaboraci3n con las facilidades del YMCA de Tarrytown, los estudiantes seran animados a desarrollar habitos que contribuiran a una vida saludable. Los estudiantes participaran en las clases de ejercicios que cambiara el imagen de los ejercicios cardio vascular.

**Martes 4:00PM-6:00PM Ejercicios/Baile Hip Hop y Viernes 3:30PM-5:30PM Ejercicios/Basketball YMCA
Jueves (Escuela/SHMS) 4:00PM-5:00PM Nutricion Y Cocina**

★ **Los estudiantes seran transportados SOLAMENTE los Martes Y Viernes y saldran de La Escuela Sleepy Hollow Middle School.**

Para mas Informaci3n llame a: 914-333-0063

Sandy Ocasio, Directora

La Escuela Iniciativa Comunal De

Sleepy Hollow Middle School

Salon 095



United Way

