



The *COMPASS Program* Summer 2018

Attention all grade 8 students entering **LOWELL HIGH SCHOOL** in the **Fall 2018**: Are you looking for exciting and fun activities to do this summer? Join us at the **Compass Program** to meet new friends, get engaged in your community, learn about Lowell High School, and uncover your hidden talents.

WHERE:

Stoklosa Middle School
560 Broadway Street
Lowell, MA 01854

WHEN:

Monday July 9th – Friday July 27th

WHAT:

- Participate in exciting programs Monday through Thursday
- Attend Friday field trips to the movies, bowling, Mirror Lake
- Get ready for high school by meeting new friends and faces

DAILY SCHEDULE:

8:00 – 8:45: Health and Wellness; Breakfast is included

8:45 – 11:30: Activity Time

11:30 – 12:00: Dismissal or Lunch

COST: FREE!

WHO:

YOU! An incoming 9th grader at Lowell High School

QUESTIONS:

Kate Keefe kkeefe@lowell.k12.ma.us

Our exciting *COMPASS* activities include:

ADVENTURES IN ART



Turn what some people call trash into beautiful art! In this activity you will get the chance to use all sorts of materials to make beautiful creations. Transform plastic parts, newspaper, cardboard, scrap fabrics, and recycled ceramics into art. Students will have the opportunity to work in the mediums of Drawing & Painting, 2D and 3D Mixed Media, and Ceramics.

ENVIRONMENTAL ADVENTURES

Are you a leader who cares about the environment? Working with staff from the Lowell Parks and Conservation Trust and the Audubon Society, you will visit some of Lowell's beauty of our city. As you understand more about to identify and solve environmental problems in own community service project.



will get a chance to become a leader in hidden parks and experience the natural these spaces, you will then get a chance our community by developing your very

Generation Citizen

Do you have ideas about how to improve your community? Are you ready to become an engaged citizen? GC is a program that gives students knowledge and skills necessary to participate in our democracy as active citizens. Students at Lowell High School will experience the GC education at least once during their four years. Compass students will work on a Generation Citizen Project this summer to gain a greater understanding and knowledge of what is expected of them when they reach LHS.



THE GREEN DRAGONS



Join Dr. Mike Cermak, a trained martial artist and educator who combines martial arts, healthy nutrition, and mindfulness skills to help you learn to decrease stress, eat well, and become a successful member of the community. You'll get the chance to grow your own food, learn about how what you eat impacts your performance, and self-discipline all while getting physically fit and learning martial arts techniques.

W.I.L.D - WILDERNESS INSTRUCTION AND LEADERSHIP DEVELOPMENT



This activity is great for students of all ages and ability. W.I.L.D focuses on teaching you the skills necessary for becoming a leader within your community. You will be exposed to everything from planning light day hikes to weeklong overnight camping and hiking treks. No experience is necessary! Develop your knowledge of the outdoors and learn how to become a leader by learning team building techniques and community service projects. With these new skills even the biggest city kid in all of us will be able to safely and effectively travel in the backcountry on their own and experience all that nature has to offer.

The COMPASS Program Registration Form – Summer 2018

Student Name: _____ **ID#:** _____

Current School: _____

Contact email: _____ **Cell phone #:** _____

Emergency Contact Information:

(Please provide information where someone can be reached from 8:00 – 12:00)

Name and relationship to student: _____

Phone Number(s): _____

Does your student have any medical conditions or take any medications?

Please explain: _____

How will your student get home from the Compass Program?:

(Transportation is not provided, but daily one-ride bus tickets will be provided at no cost):

Please indicate the activity or activities you wish to sign up for the Summer 2018 session in order of preference 1 – 5.

- ___ ADVENTURES IN ART
- ___ ENVIRONMENTAL ADVENTURES
- ___ GENERATION CITIZEN
- ___ THE GREEN DRAGONS
- ___ W.I.L.D. WILDERNESS INSTRUCTION AND LEADERSHIP DEVELOPMENT

I give my student _____, permission to participate in The Compass Program offered through the Lowell Public Schools Extended Time Program. Permission is also granted for my child to travel on any field trips for special activities offered through this program. The LPS Extended Time Program is not responsible for any injury or accident that may occur during the above listed program. I give permission for medical treatment to be administered to my child by qualified medical personnel in the event of accident or injury. I understand the LPS Extended Time Program is not liable for my student in the event they do not attend the program, or if they choose to leave early.

I give permission to my child to be videotaped, photographed and/or audiotaped during participation in the above listed course conducted by the LPS Extended Time Program. I understand the footage (pictures, video, sound) may be incorporated into materials that promote the LPS Extended Time Program.

Signature: _____

This form can be returned in any of the following ways:

Scanned and emailed: Kkeefe@lowell.k12.ma.us

Interoffice mail: Kathleen Keefe, Lowell High School

Fax: (978) 441-3742