





# “BRUINS STAY AFTER”



**MIDDLE SCHOOL AFTER-SCHOOL PROGRAM**  
**SCHOOLGY ACCESS CODE: FMTZ-499M-44H2D**  
 PLEASE NOTE – This schedule is TENTATIVE and subject to change  
**NEW CLUBS CAN BE ADDED AT ANY TIME.**

Monday	Tuesday	Wednesday	Thursday	Friday
Afterschool Time 2:50p – 4:45p	Afterschool Time 2:50p – 4:45p	Afterschool Time 2:50p – 4:45p	Afterschool Time 2:50p – 4:45p	Afterschool Time 2:50p – 4:45p
Academic Support & Enrichment from Teachers (Various classrooms) <b>NOTE – STUDENTS MUST SETUP “STAY AFTER” APPOINTMENTS WITH TEACHERS PRIOR TO STAYING AFTER</b>	Academic Support & Enrichment from Teachers (Various classrooms) <b>NOTE – STUDENTS MUST SETUP “STAY AFTER” APPOINTMENTS WITH TEACHERS PRIOR TO STAYING AFTER</b>	Academic Support & Enrichment from Teachers (Various classrooms) <b>NOTE – STUDENTS MUST SETUP “STAY AFTER” APPOINTMENTS WITH TEACHERS PRIOR TO STAYING AFTER</b>	Academic Support & Enrichment from Teachers (Various classrooms) <b>NOTE – STUDENTS MUST SETUP “STAY AFTER” APPOINTMENTS WITH TEACHERS PRIOR TO STAYING AFTER</b>	<b>Purple Days = Late Buses Available (M-Thur)</b>  <b>Gold Days = No Late Buses Parent Pick-Up Required (Fri)</b>
CATCH ALL SPACES: THE CHILL ZONE (cafeteria) LIBRARY TIME (library)	CATCH ALL SPACES: THE CHILL ZONE (cafeteria) LIBRARY TIME (library)	CATCH ALL SPACES: THE CHILL ZONE (cafeteria)	CATCH ALL SPACES: THE CHILL ZONE (cafeteria) LIBRARY TIME (library)	
ACTIVITIES INCLUDE: ↓↓	ACTIVITIES INCLUDE: ↓↓	ACTIVITIES INCLUDE: ↓↓	ACTIVITIES INCLUDE: ↓↓	ACTIVITIES INCLUDE: ↓↓
Digital Art  Chess Club  URSA Major Lit Magazine  MS Cross Country  SCA (MS Student Council Association)  Video Game Club	<b>MS Jazz Band</b>  <b>PEEPS</b>  <b>Analog RPG club</b>  <b>Speech</b>  <b>Hispanic Student Association</b>  <b>FCCLA</b>  <b>Video Game Club</b>	MS Cross Country  MS LAX Club  MS Drama / Theatre Arts  Latin Club  Real Food 4 Change  Rubik’s cube enthusiasts (CZ)  Lego Builders Unite (CZ)	Science Olympiad  STEM Club  Yarn and Yummies  Bruin Zumba  Video game Club  Magic The Gathering Club  Military Ambassadors Club	Academic Support & Enrichment from Teachers (Various classrooms) NOTE – STUDENTS MUST SETUP “STAY AFTER” APPOINTMENTS WITH TEACHERS PRIOR TO STAYING AFTER  <b>Young Feminists of Lake Braddock</b>  <b>Scheduled MS After-School Club &amp; Program Meetings; NO CATCH ALLS</b>
<b>CONTACT INFORMATION:</b> Jerald Minnis MS After-School Specialist <a href="mailto:jiminnis1@fcps.edu">jiminnis1@fcps.edu</a> 703-426-1085		To register for “Bruins Stay After” use this QR code (must use student @fcpschools.net account): →→→→		
				



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Club/Activity Name	Meeting Day/Time	Sponsor	Description	Schoolgy Access Codes
NOTE - ALL MS STUDENTS MUST SIGN-IN DAILY IN THE CAFETERIA AFTER-SCHOOL BEFORE PARTICIPATING IN CLUBS / ACTIVITIES				SCHOOLGY JOIN LINK: FMTZ-499M-44H2D
THE CHILL ZONE	Mon., Tues., and Thurs. 3:00p – 4:30p in the cafe	Jerald Minnis, Joshua Britton & Jessica Giffin <a href="mailto:Jminnis1@fcps.edu">Jminnis1@fcps.edu</a> <a href="mailto:jjbritton@fcps.edu">jjbritton@fcps.edu</a> <a href="mailto:jlgiffin@fcps.edu">jlgiffin@fcps.edu</a>	A safe, supervised place to hang out after-school with friends, play games, study, and enjoy some extracurricular recreation.	BP45-FRKM-4JPV5
Library Time	Mon., Tues., and Thurs. 3:00p – 4:30p in the library	Sarah Pevner & Antonella Doherty <a href="mailto:spevner@fcps.edu">spevner@fcps.edu</a> <a href="mailto:alucianodohe@fcps.edu">alucianodohe@fcps.edu</a>	A safe, quiet and supervised space for students to relax after-school, dive into some great pieces of literature, study for an upcoming test or work on their homework.	N/A
Video Game Club	Mon., Tues. and Thurs. 3:00p – 4:30p in the Café/FDR	Student-Led; Sponsored by LBSS Staff	Come hang out with student-led group of gamers and try your luck at Smash Bros, Mario Kart, Madden and other consoles games. We have Xbox, PlayStation and Nintendo Switches.	WQP5-9Q6J-X5KBS
MS Cross Country *Interest meeting on Sept. 18 <sup>th</sup>	Practice days will be scheduled soon	Jerald Minnis <a href="mailto:Jminnis1@fcps.edu">Jminnis1@fcps.edu</a>	First introductory sport for MS sports for FCPS. Come out, run your fastest and have fun *Must have physical to compete *No cuts will be made *Parents Use this link to sign up: <a href="https://forms.gle/JYgiGSr21F1TYWzb9">https://forms.gle/JYgiGSr21F1TYWzb9</a>	9X24-MGPW-JB86T
MS Track	Spring 2024	Jerald Minnis <a href="mailto:Jminnis1@fcps.edu">Jminnis1@fcps.edu</a>	Second introductory sport for MS sports for FCPS. Come out, compete and have fun *Must have physical to compete *No cuts will be made *Parents Use this link to sign up: <a href="https://forms.gle/JYgiGSr21F1TYWzb9">https://forms.gle/JYgiGSr21F1TYWzb9</a>	BBJ5-QG2K-X78MS
Digital Art Club	Mon. MS 3:00-4:30 in room B215 HS 3:00-4:00 in room B216	Mike Feeney & Cynthia Gavin <a href="mailto:mjfeeney@fcps.edu">mjfeeney@fcps.edu</a> <a href="mailto:cfgavin@fcps.edu">cfgavin@fcps.edu</a>	Watch this video to learn about Digital Art and Design, and Animation offered at Lake Braddock: <a href="https://youtu.be/-xaFw67-l4">https://youtu.be/-xaFw67-l4</a>	XZ6Q-R726-XJDDZ
LB Chess Club	Mon. 3:00p – 4:30p in H235	Mahmud Syed <a href="mailto:msyed@fcps.edu">msyed@fcps.edu</a>	Come learn to play or practice your skills in the game of chess. We accept all skill levels from beginner to expert. A place where you can play others of a similar skill level.	3M3H-5Z9Q-72732
RPG MS after school club (formerly D&D club)	Tues. 3:00p - 4:30p in M201	Jim Phillips <a href="mailto:Jrphillips@fcps.edu">Jrphillips@fcps.edu</a>	Students experienced with the rules of D&D create characters, conduct campaigns...and “roll for initiative!” Please be prepared to commit to consistent attendance, as well as be willing to take on various roles within the club (including DM).	3WDF-WSCC-HCRTD
URSA Major Lit Magazine Club / Creative Writing	Mon. 3:00p – 4:30p in L210	James Mroz <a href="mailto:JGMroz@fcps.edu">JGMroz@fcps.edu</a>	Be a vital part of the creative writing team that puts together our literary magazine.	7KG7-FWTC-SR22C



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PEEPs	Tuesdays 3pm-4:30pm C204	Nancy Palmer De Sanchez <a href="mailto:njpalmersdesa@fcps.edu">njpalmersdesa@fcps.edu</a>	Aiming to create a safe, welcoming & accepting space to make friends and socialize. Activities include games, crafts, and the promotion of community awareness.	Will be announced soon!
MS Jazz Band  **STARTS OCT**	Tues. 3:00p – 4:30p in P119	Krista Pezold <a href="mailto:kapezold@fcps.edu">kapezold@fcps.edu</a>	Students who already know how to play a musical instrument will dive into a new style of music, jazz. The focus will be on skill-building and performance.	Access Code: <b>3HQW-7C65-6X6H3</b>
LBSS Speech & Debate Teams	Tues. in C106	James ridgway <a href="mailto:jdridgway@fcps.edu">jdridgway@fcps.edu</a>	<b>[LINCOLN DOUGLAS]</b> Improve your speech confidence and delivery skills, develop strong evidence-based arguments and increase your competitive / scholarly competency. <b>[CONGRESS]</b> Join Student Congress Debate to build confidence, critical thinking skills and strengthen your presentational speaking. <b>[SPEECH]</b> Learn how to speak in front of others and compete in seven different styles by yourself or with your friends! Great for building confidence in public speaking!	N/A
Military Ambassadors Club	1 <sup>st</sup> Thursday of each month 3:00p – 4:30p in J202	Craig Stouffer <a href="mailto:cstouffer@fcps.edu">cstouffer@fcps.edu</a>	<b>SUPPORT</b> new military students; <b>PROVIDE</b> a space for military students to socialize and connect with one another through our club meetings; <b>SERVE</b> our military community through service projects. For more information and to connect with the club use this link <a href="https://linktr.ee/lbmilitary">https://linktr.ee/lbmilitary</a>	<b>874X-KS9R-MQ327</b>
Hispanic Student Association	2 <sup>nd</sup> & 4 <sup>th</sup> Tues. of each month 3:00p – 4:30p in C214	Anna McDonald <a href="mailto:abmcdonald@fcps.edu">abmcdonald@fcps.edu</a>	To unite, educate, and empower the Latino community through awareness. To bring together students who share similar backgrounds or are interested in learning about the culture.	<b>2RG7-DGQD-36W6Z</b>
FCCLA  **INTEREST MEETING: SEPT. 19th** **MUST HAVE DUES PAID TO ATTEND MEETINGS**	2 <sup>nd</sup> & 4 <sup>th</sup> Tues. of each month 3:00p – 4:30p in C174/C176	Toshieba Ragland, Thomas Prassa & Angela Moyer <a href="mailto:tragland@fcps.edu">tragland@fcps.edu</a> <a href="mailto:taprassa@fcps.edu">taprassa@fcps.edu</a> <a href="mailto:asmoyer@fcps.edu">asmoyer@fcps.edu</a>	An intracurricular organization that promotes personal growth & leadership development through member involvement and Family and Consumer Sciences Education. It's the only club that has family as its central focus with dynamics on student membership, academic & community leadership, creativity, culinary, character development & friendship. Do you like a challenge? Fieldtrips? Competitions? Are you a leader? Be “IncREDible”; we challenge you to join the ultimate leadership experience.	<b>B26J-NQDN-MR5SS</b>  **Requires Admin Approval**
MS Spirit Squad	*Starts in December*	Marissa Gaines <a href="mailto:magaines@fcps.edu">magaines@fcps.edu</a>	This club is an introduction to the HS Cheerleading Program at Lake Braddock. Participants will meet after-school with our head cheerleading coach and HS athletes to collaborate workouts.	<b>7Q6T-46ZS-CSFZC</b>
MS Drama / Theatre Arts  *Starts Sept 27 <sup>th</sup>	Wed. 3:00p – 4:30p (General Meeting) 4:30p – 5:30p (Officers Meeting) In P141	Stacey Mitchell <a href="mailto:srmitchell@fcps.edu">srmitchell@fcps.edu</a>	Drama club is a student led club with a board of elected officers. Drama club meetings will be planned by the officers based on the interest of the members of the club. Some popular meeting topics are Improv/Theatre Games; Tech projects; Folger Shakespeare Festival Planning &	<b>HB7H-RC4W-ZDMKJ</b>



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			Participation; and Watch Parties. Join us for theatrical fun!	
MS LAX Club  * The club might participate in other activities together requiring some fees be collected	Wed. 3:00p – 4:30p on softball field	Jennifer Farris <a href="mailto:jafarris@fcps.edu">jafarris@fcps.edu</a>	Open to 7th & 8th grade students. All levels of experience can participate, and we welcome first-time beginners. The club will promote education and fitness through lacrosse, one of the fastest growing sports in the world. The club will meet weekly during the fall and weather permitting days in the winter for skills development and pick-up play. During the spring, club members will have the opportunity to support the high school teams in various capacities. Players are encouraged to have their own equipment. Should a player require assistance to obtain equipment, club supervision will solicit donations from local sources to provide opportunity for all to play.	<b>5K9M-9N9N-VBGTD</b>
Science Olympiad *Starts Sep. 28th	Thurs. 3:00p – 4:30p In M234	Jen Cortesi <a href="mailto:jacortesi@fcps.edu">jacortesi@fcps.edu</a>	Science competition team; by try-out only. More information: <a href="https://sites.google.com/fcpschools.net/lbssod/ivb/home">https://sites.google.com/fcpschools.net/lbssod/ivb/home</a>	<b>M5JV-2T7N-2CMKB</b>  <b>**Requires Admin Approval**</b>
STEM Club	Thurs. 3:00p – 4:30p in M111	Todd Murphy <a href="mailto:tjmurphy@fcps.edu">tjmurphy@fcps.edu</a>	No tryouts or previous experience required. Each session will feature a new hands-on activity for students to explore. Possible topics might include creating a bridge out of toothpicks, designing a boat with unusual materials, learning birding tips from experts, or working with electrical circuits.	<b>MXRJ-RD64-FVPXX</b>
Bruin Zumba	Thurs. 3:00p – 4:30p in D130	Anne Pasupulati <a href="mailto:aepasupulati@fcps.edu">aepasupulati@fcps.edu</a>	Join Ms. P and dance your way to a fun filled workout!	<b>VQTW-KSF2-WVZNF</b>
Young Feminists of Lake Braddock	Friday 3:00p – 4:30p in M120	Sofia Cano <a href="mailto:scanocrowley@fcps.edu">scanocrowley@fcps.edu</a>	This group is for students to work as both individuals and as collectives within women's' movements or in other social movements to promote and work towards the safety, equality, justice, rights and dignity of girls, women and other marginalized groups.	<b>WRQ5-B686-H8SKJ</b>
Battle of the Books	Gold Days during WIN Time in the Library (once every couple weeks)	Diane Rogers & Mike Van Wambeke <a href="mailto:dprogers@fcps.edu">dprogers@fcps.edu</a> <a href="mailto:MJVanWambeke@fcps.edu">MJVanWambeke@fcps.edu</a>	Battle of the Books is a contest where teams compete to see who know the most trivia about certain books. Read books, form a team, and participate in the Spring Reading Games. The group that wins the Lake Braddock competition will face off against other FCPS middle schools later in the year.	<b>W7JW-R5CZ-P6X6J</b>
MS Weightlifting	<b>Spring 2024</b>	<b>TBD</b>	This program will be for any students interested in increasing their physical fitness through weightlifting. We will teach basic skills of lifting as well as proper spotting techniques.	<b>Access Code: TBD</b>



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Real Food 4 Real Change Nov 1 – Dec 13 and February 14 – March 20	Wednesdays 3pm-4:30pm C174/176	Stephani Keen, Public Health Nurse <a href="mailto:skeen@fcps.edu">skeen@fcps.edu</a>	Investigate the health benefits to our bodies and the environment when eating fruits and vegetables, improve cooking skills and build the snack of your dreams!	<b>Access Code:</b> <b>ZMVQ-X4G3- GPBB9</b>
MS Sports	Various days and times will be announced during the year.	Jerald Minnis <a href="mailto:Jjminnis1@fcps.edu">Jjminnis1@fcps.edu</a>	We are scheduled to offer a wide range of MS sport options throughout the school year which are set to include (but not limited to): futsal, basketball, volleyball, track/XC, dance/cheer, kickball, lacrosse and others. Some sports will be offered in short in-house leagues and others will be offered as workout clinics to prepare students for HS athletics.	<b>Contact Mr.</b> <b>Minnis</b>
Odyssey of the Mind	Contact for more information >>>>	Christina Collins (volunteer) <a href="mailto:sangsterodyssey@outlook.com">sangsterodyssey@outlook.com</a>	An international, problem-solving competition that has rewards students for imaginative thinking and teamwork! Every year, children work together on developing creative thinking skills by joining a team of up to 7 kids and tackling both short-term problem-solving and one of six different long-term problems: vehicle building, engineering, structure building, classical performance, and theme performance. REGISTER BY SEPTEMBER 30 <sup>th</sup>	<b>REGISTER HERE:</b> <a href="https://for.ms.gle/YZxBmuBKTJjRavQ56">https://for ms.gle/YZxB muBKTJjRav Q56</a>
Yarn and Yummies (Crochet club)	Thursdays 3:00- 4:30 B208	Leah Dubray <a href="mailto:ldubray@fcps.edu">ldubray@fcps.edu</a>	A collaborative crochet club where students work with their peers to teach them the art of crochet. Crocheted pieces can be kept by the maker OR donated to a local shelter for service hours.	<b>3CT6-PBX2- WF6MJ</b>
SCA (MS Student Council Association)  *Interest Meeting: Monday September 18 <sup>th</sup> *	Mondays 3:00-3:30 L-125	Kathy Williams <a href="mailto:kcwilliams@fcps.edu">kcwilliams@fcps.edu</a>	Middle School SCA is a student-directed organization that hosts various events during the school year such as homecoming events, pep rallies, dances, community service events, and the annual 8th grade formal. Our 8th grade officers, and Executive Board are enrolled in a year-long SCA elective. We also meet monthly after school with our team representatives. General membership in the SCA is open to all middle school students although leadership positions are elected.	<b>TBD</b>