

ST. PAUL MIDDLE SCHOOL ALTERNATIVE RECESS ACTIVITIES (ARA) – ELECTIVE DESCRIPTIONS

ARA Title	Description
Game Day	Enjoy board games, cards, charades, and more with friends in the cafeteria.
Study Hall/Math Works	Get a jump-start on your homework, complete some extra credit, or meet with your math teacher for extra review time. All completed in a quiet setting.
Gears & Motion (black diamond level)	Calling all students who enjoy the art of movement! Learn about gears and motion while using Lego construction pieces designed for middle-schoolers. A fabulous precursor to robotics, and not just for boys!
Yearbook	Plan, organize, and design our annual keepsake yearbook using today's latest software techniques.
Art	Learn new techniques and perfect old ones under the guidance of a professional artist. Get creative with Mrs. Ariste Egan, a veteran St. Paul mom and pro!
Pinterested?	Create a unique design each month with St. Paul's very own Mrs. Skowronski! Don't laugh, boys, your ideas are welcome, too! Students' ideas will make great gifts for others or themselves.
Money & Me	Learn the basics of earning money, spending money, saving money, banking, investing, and tithing. Guest speakers and real-life examples make this a fun elective for all. Retired economics professional, Mrs. Joy Daudlin, will guide you on a path of money management confidence!
Newspaper	Produce the school newspaper while learning the basics of journalism. Split into two sessions per week, this elective explores the basics of responsible reporting, then puts those tools to use in the lab. Student must commit for the year. Elective meets twice/week. School students really enjoy the newspaper this elective delivers!
Holy Yoga	Stretch, relax, and meditate in a Christian environment under the direction of Holy Yoga's Myreya Meyers.
Video & Graphic Design	Create a unique and professional St. Paul marketing video using today's state-of-the-art graphic design tools, all under the direction of professional graphic designer, Mrs. Heather Shock.
Science Olympiad	Participate in this nationally recognized program that brings science and enjoyable competition to life. No need to be a science aficionado to participate. Activities include everything from completing simple challenges to building trebuchets. Partner with others, have fun, and represent St. Paul School at the Metro Detroit competition next spring. You'll have plenty of time to inform your coaches that, like Forensics, this once-a-year event is all in the name of learning . . . and FUN! Who knows, you might enjoy continuing this in high school.
Serve-It-Up	Design and implement a service project each month for those in need. Make your talents a gift to others. The ideas come from you!
Handi-Works	Crochet, needlepoint, embroidery, and more – it's all hands on deck! Learn from veteran artisans who love to teach.

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Chess Club	Too busy for the chess club after school, now you can participate during ARA! Six-week sessions.
Boot Camp for Boys	Former marine and current St. Paul coach, Mr. Barker, will put the boys through the ringer, all while having fun!
Boot Camp for Girls	Coach Hack, as she is lovingly called, will use her enthusiasm and competitiveness to lead the girls through a fun-filled hour of action!
Outdoor Recess	Traditional outdoor recess following lunch in the cafeteria.
Ultimate Truths for Girls (Required participation every third week, date assigned by grade)	10 Ultimate Truths: Each grade of girls will meet with Ms. Simone, school social worker, one Tuesday each month to discuss the book <u>The 10 Ultimate Truths Girls Should Know</u> by Catholic author Kari Kampakis. A few examples of the truths include: Truth #10: Kindness is more important than popularity. Truth #5: People peak at different times in life. Trust God's plans for you. Truth #1: The source of all peace and happiness lives inside of you. Learn to listen to the whispers of God over the megaphone of public opinion.
Lunch Bunch for Boys with Fr. Joseph (Required participation once per month, date assigned by grade)	Each grade will of boys will join Father Joseph for lunch one Tuesday each month to actively explore the virtues: prudence, justice, fortitude, temperance, faith, hope, charity, chastity, generosity, brotherly love, meekness, humility, and diligence.

Something for every interest!