

**Intramural Permission Slip**  
**Session 1: September 14 – November 9, 2017**

Glenwood Middle School  
2680 Route 97,  
Glenwood, MD 21738



Robert Motley - Principal  
Debbie O'Byrne - Assistant Principal  
Front Office Phone: (410) 313-5520

**COST.** Students who wish to participate in intramurals pay a fee of \$40.00 per program (checks made payable to the Glenwood PTSA), per student. Some sessions require additional fees based on the nature of the program, this is noted in the intramural description. This is a session-based fee, and monies are not compensated due to inclement weather days or other cancellations due to extenuating circumstances. Scholarships are available for those who need one, please contact Assistant Principal O'Byrne for more information. *Refunds will only be issued within one week of the intramural start date.*

**TRANSPORTATION.** Intramural programs will run from **2:25 to 3:25 PM** the specified day each week during the session. All students participating in intramurals need to prearrange their own transportation home from the intramural. If a student is continually picked up late from a session, they may not be allowed to continue participating in intramurals. You do not need to send in a note granting permission for your child to stay after school on the days they are signed up for an intramural. You may choose to allow your child to walk to the Glenwood Library/Glenwood Community Center after intramurals if a 3:25 pickup does not work for your family. Students may ride home with another parent if they have written permission from their parent/guardian.

**OTHER INTRAMURAL POLICIES.** Intramurals programs are not held on early dismissal days. Intramurals may be cancelled based on enrollment. Cancellations may also occur due to inclement weather or unavoidable emergencies. Any change in the schedule will be announced in advance during the school day. Due to this possibility, please make sure your child knows what plans he/she should follow to get home in case a cancellation occurs. Students should dress appropriately and are expected to follow school policies and procedures at all times. Program space is limited, and enrollment is mostly on a first come, first served basis with the exception of the Cooking with Italians intramural (see program for details.)

**Session Meeting Dates**

Tuesdays: 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7

Thursday: 9/14, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9

## INTRAMURAL PROGRAMS

**Art Club** - Tuesdays

Sponsored by Mrs. Basham

Location: Art Studio (Room 39)

Students will have the opportunity to focus on landscape drawing and painting. Hopefully we will be able to go outside to paint during this session.

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**Basketball** - Tuesdays

Sponsored by Mr. Bradford

Location: Gymnasium

Basketball intramurals will be held every Tuesday. Every player should wear appropriate shoes for the gym and are encouraged to bring a water bottle. The students will be playing games every week. This will not be a skills camp, but rather a time for the students to play and have fun.

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**Flag Football** - Thursdays

Sponsored by Mr. Bradford

Location: GMS Sport Field

Flag football intramurals will be held every Thursday. Players are encouraged to wear appropriate clothing for the appropriate weather of the day. Players are allowed, but not required to bring cleats. Every player is encouraged to bring a water bottle. (Meet in gymnasium)

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**Homework Club** - Tuesdays

Sponsored by Ms. Brandt

Location: Student Services

Students seeking a place to get their HW done immediately after school, and/or need assistance organization.

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**Start with Success** - Tuesdays and Thursdays

Location: Room 29

Are you a morning person or are you always busy after school, but really need a little extra time/help with homework? In Start with Success students would receive individualized help preparing for upcoming tests and quizzes, reinforcing study skills, and homework support as needed. **This session meets from 6:55am - 7:25am on Tuesdays and Thursdays.**

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### **Math Coaching**

Students receive additional support with completing their math homework. Additional, related practice problems are provided should assigned homework be completed prior to dismissal time. While not intended to replace one-to-one tutoring, mathematics instructors, through working with students towards homework completion, provide individual assistance. This intramural is offered on Tuesdays and/or Thursdays. Be sure to sign up for the appropriate day that matches your child's current math course placement. **\*\*All Math Coaching offerings are limited to 15 students in order to successfully meet the needs of the students enrolled.\*\***

#### **Tuesday Offerings:**

*\*Based upon enrollment, offerings may be adjusted*

- Common Core 7 / Pre Algebra GT (Mrs. Cornelius)
- Common Core 8 & Algebra I (Mrs. Hurley)

#### **Thursday Offerings:**

*\*Based upon enrollment, offerings may be adjusted*

- Algebra I (Mrs. Na)
  - Geometry (Mrs. LaCorte)
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**Yoga Nidra** - Thursdays

Sponsored by Mr. Lovera

Location: Gymnasium

**Yoga Nidra** is also known as Yogic Sleep. It is ancient **meditation practice** that is performed on Savasana- Corpse Pose (lying on your back) and involves little or no physical activity. Of all the meditation techniques available, Yoga Nidra may well be one of the most accessible and powerful techniques for individuals of **all levels of experience**. Yoga Nidra is an incredible way to help your body recover from any physical, mental or emotional turmoil found in life, as well as alleviating symptoms like fatigue, stress, anxiety and insomnia while improving mood and sleep cycles.

*\*\*This course will be taught by a yoga instructor, Ms. Istre, and will run for four sessions.\*\**

**Cost:** \$80.00

## Intramural Enrollment Form

Indicate the intramural(s) you wish to enroll in below.

### Tuesdays Offerings

- Art
- Basketball
- Homework Club
- Start with Success
- Common Core 7 & Pre Algebra (Mrs. Cornelius)
- Common Core 8 & Algebra (Mrs. Hurley)

### Thursdays Offerings

- Flag Football
- Start with Success
- Geometry (Mrs. LaCorte)
- Algebra (Mrs. Na)
- Yoga Nidra \*\*

\$40.00 per intramural program (checks made payable to the **Glenwood PTSA**)  
Exception: \*\*Yoga Nidra - \$80.00

**STUDENT'S NAME:** \_\_\_\_\_

**STUDENTS'S GRADE:**      \_\_\_ 6<sup>th</sup>      \_\_\_ 7<sup>th</sup>      \_\_\_ 8<sup>th</sup>

**STUDENT'S HOMEROOM TEACHER:** \_\_\_\_\_

### PARENT CONTACT INFORMATION

Parent Name: \_\_\_\_\_ Email: \_\_\_\_\_

### EMERGENCY CONTACT

Contact Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### STUDENT INFORMATION.

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

**PERMISSION.** I grant permission for my child, \_\_\_\_\_, to participate in the intramural(s) indicated above. I recognize that the Howard County Public School System cannot be held responsible for conditions beyond their control. I am aware that my child must be picked up by 3:25 PM. I understand that if my child is repeatedly picked up late from a program, they may not be allowed to continue participating. **Refunds will only be issued within one week of the intramural start date.**

**Parent/Guardian Signature** \_\_\_\_\_

[OPTIONAL] I give permission for my child to walk to the Glenwood Library/Community Center after intramurals. \_\_\_\_\_

**Parent/Guardian Signature** \_\_\_\_\_

**Return this form with a payment made out to the Glenwood PTSA in the Intramural Drop-Box in the Front Office at GMS.**