

## Pounce Program Advertisement

The Pounce Program is a free program run by the Student Council that is going to replace our afterschool activities and will be available over Zoom beginning no earlier than 3:30. We will have a few sessions every month that will help students from all grade levels keep entertained during this pandemic. Sessions will be as long as an hour and will stretch across all different types of activities. They will be run by teachers and parent volunteers. Stay tuned to the Cheetah Chatter for more information on how to sign up and if you are interested in volunteering as an instructor (and you are VIRTUS screened), please fill out the following form (<https://forms.gle/QdPeEKqRuUEpSgw89>).



### **The First Pounce!** **(February 16th-March 10th)**

Introducing the first classes in the Pounce Program. We will be offering classes in psychology, yoga, and creative writing in our first session. To sign up for any of these FREE programs, click here:

<https://www.signupgenius.com/go/10C0C4CA8AF2BA0F58-pounce>

**Psychology (Grades 4-8):** In this intro to psychology course you will learn about how your mind works! In this three week program we'll talk about how your brain codes, stores, and retrieves information, plus tips to improve your memory. We'll explore how new habits are formed and how to use these techniques to train your pets! Finally we'll look at the science behind peer pressure and how to stand up to it! (Mondays 3:30-4:15)

**Creative Writing (Grades 4-8):** Do you want to learn how authors write their stories? Have you ever wondered where authors get inspiration and motivation for their characters? If you would like to learn the parts of a good story, explore the world around you looking for great story ideas, and have fun with writing, this Pounce Program session is for you!! Participants will need access to Google Classroom. (Tuesdays 3:30-4:00pm)

**Yoga (Grades PreK -3):** Need some way to relax yourself? Want to become a more calm person? If you feel this way, take a yoga class to tap into your inner self and exercise while doing it! You will feel happier and more relaxed as you embrace your surroundings. (February 17th, 25th, March 1st, 8th, 3:30-4:00pm)