

# 4 PLUS MONDAY

We are excited to continue our 4 PLUS Monday schedule. Below you will find the programs we will be offering between 12:30pm - 2:30pm for the first trimester. We have academic, wellness, and activity other options for our students. The space is limited on certain activities and will be given on a first-come first-served basis. To sign up for an activity, please complete the Google form that is sent to your email.

	Location	Description/Notes
Academic Support w/Teacher(s)	Virtual	1-on-1 w/Teacher(s) (Virtual only / Requires appointment) Schedule with your teacher
Fishing	Outdoors	Catch and release a variety of fish along the Allegheny River – bass, carp, catfish, freshwater drum, and more! No prior fishing experience needed and great activity for all ages. <b>June 26 - Mr. B.</b>
Pittsburgh Sightseeing by Bike	Outdoors	Interested in seeing some sights around the city? Always wanted to ride one of the POGO bikes but never have? Join Mr. Elliott and Mr. Paul on a relatively flat bike ride to see some different sites and views of the city. Route will be 90% on bike trails, 10% on roads with bike lanes. If you have your own helmet, bring it with you. Limited to 10-15 students. <b>**MUST ALREADY KNOW HOW TO RIDE A BIKE** June 5th - Mr. Paul &amp; Mr. Elliott</b>
Food Science - Let's Eat!	Cafeteria?	We will be doing some food science experiments, then enjoying some special treats. <b>June 5th - Ms. Turk &amp; Ms. Pascuzzi</b>
Basketball	Gym	Enjoy games of basketball at a local gym. <b>Harrop - Dates TBD</b>
Climbing		If you are interested (or think you're interested) in climbing, come check out the City Charter High School Climbing Club. No experience is required to join! Learn to climb in a safe and welcoming atmosphere with everyone from climbing veterans to novices. If you are already an accomplished climber, meet others like you in the school and improve your skills. <b>Mancuso - Date TBD</b>
IUP College Tour		Visit the campus of Indiana University of PA with us. You will experience an admissions presentation, tour the campus and have lunch in the cafeteria. <b>June 5, 2023 - Mr. Schenck</b>
Kayaking	Outdoors	Bored? Try something new! Venture Outdoors Club will be hosting 2 kayaking trips in trimester 3. No experience is necessary, and all are welcome! Morgan - <b>May 22nd &amp; July 10th - Morgan</b>
Mini Photobook Making	Quiet Cafeteria	Create a Mini fold out scrapbook. These professional looking booklets can be given as gifts and created for holidays, events, vacations, or a "Day in the Life." They are archivally safe and a great way to preserve memories and celebrate yourself, or your family members or friends. Please bring 5-8 or more photos to class. I will have example booklets in the Health office if anyone would like to see the project before signing up. <b>July 24th - Nurse Pindell</b>
Vision Boarding	Quiet Cafeteria	<b>May 22, 2023 - Mrs. Wible</b>
Movie - PRIDE	Auditorium	

# 4 PLUS MONDAY

May 8, 2023

12:30-1:00	1:00-1:30	1:30-2:00	2:00-2:30
Academic Support: 1-on-1 w/Teacher(s) (Virtual only / Requires appointment)			
Wellness (In-Person or Virtual / Requires appointment)			

May 22, 2023

12:30-1:00	1:00-1:30	1:30-2:00	2:00-2:30
Academic Support: 1-on-1 w/Teacher(s) (Virtual only / Requires appointment)			
Wellness (In-Person or Virtual / Requires appointment)			
Kayaking			
Vision Boards			

June 5, 2023

12:30-1:00	1:00-1:30	1:30-2:00	2:00-2:30
Academic Support: 1-on-1 w/Teacher(s) (Virtual only / Requires appointment)			
Wellness (In-Person or Virtual / Requires appointment)			
Biking			
		Food Science	
IUP College Visit			

June 26, 2023

12:30-1:00	1:00-1:30	1:30-2:00	2:00-2:30
Academic Support: 1-on-1 w/Teacher(s) (Virtual only / Requires appointment)			
Wellness (In-Person or Virtual / Requires appointment)			
	Climbing Club		
Fishing Club			

# 4 PLUS MONDAY

July 10, 2023

12:30-1:00	1:00-1:30	1:30-2:00	2:00-2:30
Academic Support: 1-on-1 w/Teacher(s) (Virtual only / Requires appointment)			
Wellness (In-Person or Virtual / Requires appointment)			
Kayaking			

July 24, 2023

12:30-1:00	1:00-1:30	1:30-2:00	2:00-2:30
Academic Support: 1-on-1 w/Teacher(s) (Virtual only / Requires appointment)			
Wellness (In-Person or Virtual / Requires appointment)			
Photobook Making			