

# 4PLUS MONDAY

We are excited to start our 4PLUS Monday schedule. Below you will find the programs we will be offering between 12:30pm - 2:30pm this first trimester. We have academic, wellness, and activity options for our students. The space is limited on certain activities and will be given on a first-come first-served basis. We have also included a list of resources that you can contact on your own to participate in their programs on Mondays. If there is any cost involved in those resources, you will be financially responsible.

**Author of the Trimester - Kit Frick**  
**Books of the Trimester - See *All the Stars* or *All Eyes On Us***

	Location	Description/Notes
Academic Support w/Teacher(s)	Virtual	1-on-1 w/Teacher(s) (Virtual only / Requires appointment)
Reading Club	Quiet Lunch Room	Free book, book discussion, and meet the author
Post High School Planning	Auditorium	Hosting different workshops to help with all of your post high school planning
Volunteer Opportunity	Cafeteria	Help a local non-profit and get some volunteer hours
Wellness	Wellness Office	In-person or Virtual / Requires appointment (No drop-ins) You must email: <a href="mailto:ickes@cityhigh.org">ickes@cityhigh.org</a> or <a href="mailto:zuniga@cityhigh.org">zuniga@cityhigh.org</a>
Weight Lifting	Gym	Build up strength in your arms, legs, and core
YOGA	Dance Studio	Build your core strength while working on your inner peace
Kickball	Point State Park	Meet at the school in the courtyard
Climbing	Ascend	Meet at the school in the courtyard; this will run from 12-4pm
Outdoor Pgh	TBD	Meet at the school in the courtyard
Running	Downtown	Meet at the school in the courtyard

September 27, 2021

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)			
Reading Club			
Post High School Planning			
Wellness (In-person or Virtual / Requires appointment)			

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Weight Lifting		
		Kickball

October 25, 2021

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)			
Reading Club			
Post High School Planning			
Wellness (In-person or Virtual / Requires appointment)			
Weight Lifting			
Climbing at Ascend			

November 8, 2021

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)			
Volunteer Opportunity			
Wellness (In-person or Virtual / Requires appointment)			
YOGA			
Activity with Outdoors Pittsburgh			

November 22, 2021

# 4PLUS MONDAY

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)			
Reading Club - Meet the author			
Post High School Planning			
Wellness (In-person or Virtual / Requires appointment)			
Weight Lifting			
		Running	