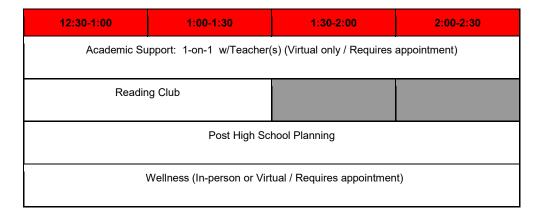
4PLUS MONDAY

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: ickes@cityhigh.org or zuniga@cityhigh.org |
| 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



4PLUS MONDAY

| 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) | | | | | |
| Readin | g Club | | | | |
| Post High School Planning | | | | | |
| V | 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 0 | Opportunity | | | |
| V | 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 | | | | |
| | | Run | ning | |