

# The PAL Extended Day Program

WILLIAM S. HACKETT MIDDLE SCHOOL



## Parent Information

Welcome to PAL's Extended Day Program! We are excited to have your students here with us at the newly created Extended Day Program. We are adjusting our program to make it more focused on student academics, while at the same time, bringing in more outside programming and developing stronger clubs that will enrich your child's afternoons. Here are some of the highlights of our program:

### Homework Hour:

- Students will do 1 solid hour of homework/classwork make up every afternoon from 3-4pm
- Students will be broken into grade specific "study groups" so that they have a quieter atmosphere to work in and can receive more individual help from grade specific teachers and tutors.
- Our new **Homework Log** keeps an accurate record of what homework your student worked on each day and every week. It lists completed tasks, as well as what work remains for you student every night, plus weekend assignments.

### PAL Clubs and Outside Programming:

- Students will be involved in a variety of enrichment programs Monday thru Thursday from 4-5:15pm
- Programs will operate in 11 week sessions. Students must commit for the entire 11 weeks. This is to ensure continuity and provides staff the opportunity to build on weekly lessons; ensuring students gain a working knowledge of the offered activity.
- Students must select their program preference and programs will be filled on a first come first served basis. Please note depending on the success of a program it may be offered in another session throughout the year.
- Some programs meet on multiple days a week. Students must attend all program days.

\*\*Remember, we want you to be involved in the program as much as possible. Please do not hesitate to ask any questions and give us any feedback.

### Parents please keep in mind:

- Students will be dismissed at 5:30 Monday thru Thursday.
- Students need to be signed out of the program every day when they are picked up, or have a walker waiver on file.
- This is an extension on the school day and aims to assist students with the necessary skills and tools to be successful throughout their academic career.

# PAL Extended Day: Enrollment Form

## Child Information (Please Print)

**All Lines must be filled in, if not applicable mark N/A.**

**PLEASE READ AND UNDERSTAND EVERYTHING YOU ARE SIGNING.**

Child's Name: \_\_\_\_\_ Sex: M \_\_\_\_\_ F \_\_\_\_\_

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_ Grade in fall 2012 \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Shirt Size youth M \_\_\_ Y/L \_\_\_ Adult S \_\_\_ A/M \_\_\_ A/L \_\_\_ A/XL \_\_\_ A/2XL \_\_\_\_\_

## Parent/Guardian Information (Please Print)

Parent/Guardian Name (Primary Contact): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Employer: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell: \_\_\_\_\_ Email: \_\_\_\_\_

2<sup>nd</sup> Parent/Guardian Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

If separated or divorced, who has legal custody? \_\_\_\_\_

**PAL Extended Day Program  
2012/13 Enrollment Form**

Child's Name \_\_\_\_\_

**Transportation**

My child will be using the following means of transportation to get home from the  
PAL Extended Day Program:

Walking Home: \_\_\_\_\_ Bus: \_\_\_\_\_ CDTA: \_\_\_\_\_ Picked Up: \_\_\_\_\_

What is the nearest major intersection for bus drop-off?

**Pick Up Authorization Form (Please Print)**

I authorize the following people to pick up my child from the PAL Extended Day Program.  
All Authorized persons MUST BE AT LEAST 16 years of age and be prepared to show ID

Name	Relationship	Phone #
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

**Emergency Contacts (NOT A PARENT - if parents cannot be reached)**

_____	_____	_____
Name	Relationship	Phone

_____	_____	_____
Name	Relationship	Phone

**PAL Extended Day Program:  
2012/13 Enrollment Form**

**Emergency Information**

*I/We the parent/legal guardian of the above named minor do hereby appoint Albany PAL Staff to act on my behalf in authorizing emergency medical, dental, or surgical care and hospitalization in my absence for above named minor.*

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Medical Information (Please Print)**

Child's Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Age: \_\_\_\_\_

**Allergies & Special Needs** (attach a separate sheet if necessary)

Does your child have any allergies?      Y or N      Please List: \_\_\_\_\_

Does your child have any food allergies      Y or N      Please List: \_\_\_\_\_

Does your child take any medications?      Y or N      Please List: \_\_\_\_\_

Does your child have any special needs? \_\_\_\_\_

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**Physician Information**

Physician Name: \_\_\_\_\_ Office Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

## 2012/2013 Enrollment Form

### Public Service Client Income Verification Form

The Albany Police Athletic League may be required to collect this information as it required for particular grants and funders of PAL. The purpose of this information is statistical in nature and only whole numbers will be used. No Personal information will be shared or provided to any other governmental agencies at any level. This information is confidential and will remain so at the Albany PAL Office.

Step 1: Please **circle** your family size

Step 2: Go across that row and **circle** the number that best represents your family's combined income (a family is understood as including any household of ONE member or more)

<b>Family Income</b>				
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1	\$16,450	\$27,350	\$43,750	\$43,750
2	\$18,800	\$31,150	\$50,000	\$50,000
3	\$21,150	\$35,250	\$56,250	\$56,250
4	\$23,450	\$39,050	\$62,500	\$62,500
5	\$25,350	\$42,000	\$67,500	\$67,500
6	\$27,250	\$45,300	\$72,500	\$72,500
7	\$29,100	\$48,450	\$77,500	\$77,500
8+	\$31,000	\$51,550	\$82,500	\$82,500

Step 3: Please check one:

I/my child is a member of the following ethnic group:

Hispanic, Latino, of Spanish origin

**Not** Hispanic, Latino or of Spanish origin

Step 4: Please check **one or more:**

I/my child is a member of the following racial group

American Native or Alaskan Native       Native Hawaiian or Pacific Islander

Asian       White or Caucasian       Black or African American

Step 5: Please check one:

I/my child is from a Female Headed Household YES  NO

Female headed households have to have at least one dependent

Under penalty of perjury I swear that the information is correct and true to the best of my knowledge.

**PAL Extended Day Program  
2012/13 Enrollment Form**

**Conditions of Acceptance**

1. I understand the program operates in 3 semesters, with 11 weeks per session. Furthermore, the program operates Monday thru Thursday ONLY.
2. I understand & agree students must complete the mandatory curriculum hour before participating in programs/clubs.
3. I acknowledge access to programs is an 11 week commitment and my child must stay throughout the 11 week program.
4. I agree that all PAL Extended Day Program paperwork must be handed in before the student begins this program.
5. I understand that if any changes are made to registration information (i.e. phone number, address, pick-up authorizations) I must immediately notify Albany PAL Staff.
6. I have read and understand that my child must comply with **PAL Polices & Procedures** and standards of behavior.
7. I agree that the Albany PAL Staff has the right to enforce appropriate standards of conduct and may dismiss a child who infringes on the rights of others.
8. I understand that mobile devices are not permitted during THE EXTENDED DAY program and that PAL Staff reserves the right to confiscate and/or eject my child if s/he fails to comply with this.
9. I give my permission for the use of any photographs, slides or videotapes, which may include my child, to be used in Albany PAL promotional materials.
10. I give my permission for my child to be transported to and from field trips.
11. I certify that my child is capable of participating in PAL Extended Day Program activities.
12. I grant the Albany Police Athletic League (PAL), Inc and its agent's full authority to take whatever action they deem necessary regarding my child's health and safety and I fully release the Albany Police Athletic League (PAL), Inc and its agents from liability in connection with those decisions.

I/WE, the Parents or guardians of the above named candidate for a position on the Albany Police Athletic League Inc. (PAL), hereby give my/our approval for our child to participate in any and all PAL activities. **In particular, the Albany PAL After School Club at the VI Community Center located at 45 Delaware Ave. Albany, NY 12202.** I/we know that participation in PAL activities may result in serious injury, and that protective equipment does not prevent all injuries to players and/or participants, and I/we do hereby waive, release, absolve, indemnify and agree to hold harmless the Albany Police Athletic League, PAL Board members, National PAL, organizers, sponsors, supervisors, participants and persons transporting my/our child to and from activities from any claim arising out of any injury to my/our child whether the result of negligence or any other cause. I/we do hereby give permission for my child to receive medical treatment in case of an emergency if I/we cannot be contacted. I/We do hereby give permission for my/our child's photo likeness to be used in any and all PAL promotional literature.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**“Kids, Cops & Community, Working Together for a Brighter Tomorrow”**

# PROGRAMS

Please **circle the X** in the box next to the programs you want to sign up for.  
Some programs meet on multiple days a week. Students must attend **all** program days.

## Hackett Middle School Programs

Monday and Wednesday Social Recreation Programs	M	T	W	Th	Sat
<b>Urban Stage:</b> The goal of this program is to nurture artistic talent in students and encourage them to develop these abilities in all aspects of their lives while also instilling a sense of social camaraderie and self-worth.	X		X		
<b>D.R.E.A.M. (<i>Dedication; Respect; Etiquette; Ambition</i>):</b> D.R.E.A.M. offers Health and Beauty workshops that emphasize the importance of healthy habits while at the same time caring for your well-being. D.R.E.A.M. Girls are exposed to activities designed to reinforce the need to be active, feel beautiful and stay fit! Workshops teach the importance of physical fitness, proper hair, skin and nail hygiene, self-respect and good eating habits. Additional workshops include etiquette training, pamper me spa days, girl talk, money saving shopping tips, hair styling techniques, and more. <b>Students must attend BOTH days!</b>	X		X		
<b>Electronic Body Arts:</b> Dance Craze, Harlem shake, Step, Flash mob, Hip Hop and Gangnun Style. Great fun, terrific exercise!	X				
<b>Swimming:</b> Students will have the opportunity to learn basic water safety and enjoy the physical fitness associated with swimming and water sports.	X				
<b>PAL Strategic Thinking:</b> Learn the fundamentals of chess, risk, checkers and various other strategic thinking games. Join us weekly for high yield learning activities designed to develop critical thinking skills and broaden your understanding of competition and tactical thought.	X				
<b>PAL Athletics:</b> Structured athletic program in the gym, ranging from kickball to basketball. An opportunity for students to express their athletic side and release energy.			X		
<b>PAL SHOWSTOPPERS:</b> Step and drill class, learn the fundamentals of stepping and group performance. Students will be integrated into PAL Showstoppers and prepare for performance within the community.			X		
<b>PAL – Cooking Club:</b> Partnering with Cornell Cooperative Extension, students will explore healthy food choices, vegetarian meals and healthy lifestyle choices. Mid-session students will participate in fitness classes.			X		



<p><b>Relay Field Day:</b> Be a part of this year's Relay Field Day at Hackett by becoming part of the planning committee. The field day is in collaboration with the American Cancer Society and will help to raise awareness about cancer and it's causes. The student committee will work together to plan the events and fundraisers for the entire school. This includes planning physical activities, reaching out to local businesses, finding entertainment for the field day, and getting the school community involved and excited about the event!</p>			X		
<p><b>TUESDAY Apprenticeship and Job Readiness Skill Classes</b></p>					
<p><b>EBA Formal Instruction:</b> Join Electronic Body Arts for a structured, formal dance class. Learn basic moves and techniques equal to the intensity of ballet &amp; jazz with greater emphasis on the exploration of motion. Develop a strong flexible body through exercises, combinations and across the floor patterns designed to increase the students' sense of time, space, weight and dynamics.</p>			X		
<p><b>ZUMBA:</b> It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.</p>			X		
<p><b>Film and Production:</b> Ever wondered what goes into making a movie? Make a short film, from scripting to shooting, with Oneonta Film Student Mr. Glenn</p>			X		
<p><b>Science on Patrol:</b> Partner with Albany Police Officers to examine real cases; learn the techniques used by officers to solve crimes. Discover the mysteries of DNA and Forensic Science; learn to identify fingerprints and techniques to identify lying and deceit. K-9 presentations.</p>			X		
<p><b>Crochet and Knitting:</b> Students will learn the basics of crochet and knitting. By the end of 12 weeks students will have made an article of clothing using the skills learned in class.</p>			X		
<p><b>JUDO:</b> Train with 4 time Olympic Silver Medalist Jason Morris, learn the techniques and tactics that made Jason one of the most innovative and successful athletes in the world. Prior experience not needed; students will learn the fundamentals of JUDO, its history and self-discipline.</p>			X		
<p><b>Thursday Career and High School Preparation Programs</b></p>					
<p><b>Thursday Prep Programs:</b> This session students will have the opportunity to meet professionals, ask questions about jobs they are interested in, explore careers and learn financial skills to help them in the future. Partnering with SEFCU students will have the opportunity to set up a mobile bank account and be awarded a \$25.00 scholarship.</p>				X	

Student Name \_\_\_\_\_ Student ID Number: \_\_\_\_\_

## 2. Program Choices

Please list your first and second choices.  
Programs must also be circled on the sign-up form above.

Monday

4:00 pm: 1<sup>st</sup> \_\_\_\_\_

2<sup>nd</sup> \_\_\_\_\_

Tuesday

4:00 pm: 1<sup>st</sup> \_\_\_\_\_

2<sup>nd</sup> \_\_\_\_\_

Wednesday

4:00 pm: 1<sup>st</sup> \_\_\_\_\_

2<sup>nd</sup> \_\_\_\_\_

Thursday

4:00 pm: \_\_\_\_\_