



April Blast

Wings Virtual Program Camp

April 20-24

Hello Wings Community! We are thrilled to offer you a wide variety of enrichment programs that you can participate in virtually from your home during the week of April vacation!

We will be using Google Meet for our LIVE program offerings! So in order to participate **families MUST give consent and sign up for specific programs**. Once you've signed up students will receive invitations via their school email to participate in Google Meet sessions from the program leaders.

We will also have a variety of pre-recorded programs that families will be able to access at times that are most convenient for your own schedule. Pre-recorded programs will be accessible through the [Wings website \(wingscommunityprograms.com\)](https://www.wingscommunityprograms.com). Some pre-recorded programs will be using Flipgrid and would require sign up. Program leaders will send information via student's school email for accessing these programs through Flipgrid.

If you have an idea of activities or programs you'd like to do virtually, please let us know!

If your child wishes to participate in a specific program, but you do not have the adequate supplies please contact Katie, katieboyd.wings@gmail.com, or Maria, mariastewart.wings@gmail.com. We will ensure your child gets the supplies needed.

Use the [registration form](https://forms.gle/G3AwgXNa8ruX2Lgx6) (https://forms.gle/G3AwgXNa8ruX2Lgx6) or go to [wingscommunityprograms.com](https://www.wingscommunityprograms.com) if you're interested in joining Wings virtual programs that allow you to connect and stay engaged from home.

Pre registration and parent/guardian consent is required!

Meet the Wings Virtual Program Leaders:



Lauren Charnow

Lauren Charnow is a performing artist who has taught and performed around the world. She made her debut on stage when she was six months old in Wilmington, VT at Memorial Hall performing with her parent's theater company, Peaches Place. Since then she has become a circus artist teaching aerial silks, hammock, juggling, partner acrobatics, tumbling and more. She has traveled to 15 different countries and spent most of last year in Iceland. She is an online teacher and teaches English to children in China every morning.



Merritt Youmell

Mrs. Youmell is the first and second grade teacher at Southern Valley - Halifax. This is her third year teaching at Halifax, and she loves it! Mrs. Youmell is also the Wings Co-Site Coordinator and program leader at Halifax. She has two children ages 6 and 4. In her free time, she likes to go for walks and spend time with her family.



Jen Nilsen

Jen has an education degree from the University of Vermont, and has been teaching prevention curriculum in the WWSU for the past ten years. Jen is the advisor for the TV Middle School About the Influence Group, TV High School Wildcat Community Service Group, and coordinator for Project Graduation. Jen also works for the Wings Afterschool programs as the High School FRESH Room coordinator. Jen grew up in Wilmington and lives here with her husband Karl and has two grown children, Nick and Gunnar. She loves skiing, playing with her dogs, exercising and empowering youth.



Lauren Sumner

Lauren grew up in Halifax, VT and was actively involved in Wings after school programs as a student, most notably in her involvement with the Wings summer theatre productions to which she continues to contribute as a choreographer. She attended Northfield Mount Hermon and went on to study English Literature at Palm Beach Atlantic University in West Palm Beach, FL. She recently returned from a semester abroad in London and is now in her final semester of college after which she plans to return to London to pursue her masters in publishing. Lauren is passionate about literature, culture, dance, and other performing arts.



Cyndal Ellis

Cyndal is co-director of SoBo Studio, a welcoming dance space for all ages and bodies. She grew up dancing in Houston, Texas, but has since found her home in New England. During her undergraduate studies at Smith College, Cyndal combined her love for both anthropology and dance. She now lives in Southern Vermont, where she teaches and performs fusion belly dance, Dunham Technique, and creative dance for all age groups. She teaches for the Wings after school program and choreographs annually for their district-wide school musical, bringing the arts to life for children in rural VT. Cyndal has taught at Jacob's Pillow, Smith College, Landmark College, the Southern VT Dance Festival, and the Dunham Technique Intensive.



Sam Higley

Sam lives in Readsboro, VT and goes to school at McCann Technical High School. He is studying Machine Tech and wants to become a Mechanical Engineer. He loves drones, nerf guns, cars and fixing anything he can.....tearing things apart is way fun too! Legos was his first love of building and learning to design. He still loves to create with Legos!



Sandy Crowningshield

Sandy retired in June from the Twin Valley Middle High School after 30 plus years of loving her job as the Principal's Administrative Assistant. Sandy has held many positions for Wings over the years, but most recently joined the Halifax site as a Co Site Coordinator. Sandy loves gardening, her dogs, cats and grand babies.



Shelley Park

Shelley lives in Wilmington Vermont and is the Wings Site Coordinator at Twin Valley Middle High School. She has a EdM from Boston University in Recreational Therapy, and is always looking for new and interesting ways for our community to grow, learn, and stay connected. She is a mother of three very active boys which has led to an appreciation of the great outdoors, and a sense of adventure. She can also be found serving up food in the Twin Valley Booster booth, practicing lines with students at Memorial Hall, or creating community downtown arts events.



Tucker Boyd

Tucker has been a part of Wings in one way or another for most of his life. Tucker has participated in Wings performing arts since it began and has continued to be involved as an assistant director. Tucker is a Social Work and Sociology double major at Skidmore College.



Katie Boyd

Katieboyd.wings@gmail.com

Katie grew up in Wilmington and has worked for the school district for the last 15 years. Katie loves Vermont summers (and Georgia winters), anything Art and being a Grammy! Katie is one of the Directors of Wings Community Programs.



Maria Stewart

Mariastewart.wings@gmail.com

Maria grew up in Halifax and has worked for Wings as a program leader, site coordinator, and now co-director. She has worked for Wings since 2006. She also taught special education and 2nd- 4th grade at Halifax School for 8 years. Maria loves spending time with her family. She also has a passion for dance and working with children!

Monday, April 20th, LIVE Programs

Dance, Magic, Dance!

With Cyndal and Lauren S.

Grades: K-3

Monday, Wednesday, & Friday 9:30-10:00

Let's get creative with dance! Explore the elements of dance through creative movement games, rhyme & rhythm, and storytelling, all with the theme of magic. Stretch your imagination and your body while gaining new dance skills!

What will I need at home?

Clear, open space to move and stretch.

Guided Drawing

With Mrs. Youmell & Sandy

Grades: K-3

Monday, Tuesday, Wednesday, Thursday & Friday 10:30-11:00

Do you like to draw but sometimes have a hard time getting started? Follow my directions as I guide you through a simple drawing. Can you guess what it will be? When we are done you can add your own details to make your drawing come to life. We may even create stories to go with some of our drawings. We will draw 1 or 2 drawings each session.

What will I need at home?

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Teddy Bear Tea Show & Tell

With Cyndal & Mrs. Youmell

Grades: K-3

Monday, Wednesday & Friday 12:00-12:30

Bring your favorite teddy bear, stuffy, or pet along with a drink or snack if you like. This is a time to say hi, check in, and share. Everyone will have a chance to share something special about them (a creative project, a toy, a family member, a pet).

Juggling

With Lauren C. & Mrs. Higley

Grades: 3-12

Monday & Wednesday 12:30-1:00

Plus pre-recorded videos that can be accessed at any time!

Learn to juggle! We will start with the basics with one ball, add two and in no time you will be juggling three. We will also learn basic two ball tricks and other patterns. A fun trick to amaze your friends!

What will I need at home?

3 balls or socks

Flash Mob

With Cyndal and Mrs. Stewart

Grades: 4-8

Monday & Wednesday 10:45-11:30

Join Cyndal to learn a flash mob style dance routine. Each LIVE session will include a quick warm up and detailed instruction for learning and performing the dance in your own style.

Once you learn the routine, take a video of yourself performing it! Make the moves and the video your own! Dress up or dress down, choose a fun location, share your skills, and shine your light! Teach it to your family and have them perform with you. Videos will only be shared privately with other Flash Mob Dance Challenge participants. Sharing your video is optional.

What will I need at home?

Clear space for movement.

Optional - Device (phone, computer, tablet) for recording yourself and uploading the video file.

Mindfulness

With Lauren S. & Tucker

Grades: 4-8

Monday, Wednesday & Friday 3:00-3:30

Join us for a half hour of peaceful reflection so that together we can turn our attention inward to better see and interact with the outer world. We will hone our meditation skills to improve our overall health, make us more focused, and cultivate self-awareness.

Cultural Awareness & Empathy

With Lauren S. & Tucker

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Monday, Tuesday, Wednesday, Thursday & Friday 5:30-6:00

Take a journey around the world as we learn about people who have made a difference! Through picture books we will learn about the lives of some very influential and passionate people such as Malala, Wangari Maathai, Luis Soriano and others! We will talk about the passion and compassion they share for their community, country, and the world at large.

Travel Around the World

With Lauren C. & Shelley

Grades: 6-12

Monday, Tuesday, Wednesday, Thursday & Friday 10:00-11:00

*Please sign up for all 5 days

Have you ever wondered what life is like in Japan? Do you want to know what people really eat in Italy? Are you curious about other cultures? In this virtual program we will explore different countries and talk to people from around the world. Each day we will have the opportunity to interview someone from a different country. We will have special guests from Iceland, India, Japan, Italy, and Australia.

Video Editing Challenge

With Lauren C. & Sandy

Grades: 9-12 *Max 10 sign-ups

Monday, Wednesday & Friday 11:30-12:00

*Please sign up for all 3 days

This challenge will encourage you to think creatively and develop your video editing skills. The group will use their imagination and select

a topic for their project. Each student will film 30 seconds of footage based on the prompt. Students will then share their 30 second clips and put together a 2 minute or less video by combining the group footage around the chosen topic. It will be helpful to have some experience editing footage but it is not required.

What will I need at home?

Video editing software of choice. Can work on phone with viva video app, phone or video camera to capture videos.

FRESH Hangout

With Jen & Shelley

Grades: 9-12

Monday, Tuesday, Wednesday, Thursday & Friday 3:00-4:00

Missing your friends? Looking for ways to connect with other high school students? Join Jen in the virtual FRESH Room to chat, check in with each other and explore new ways to stay connected during our time that we are physically separated. The first day we will check in and see what your ideas are for the rest of the week. Join us 1 day or all 5, spread the word!

Work Up a Sweat!

With Lauren S. & Tucker

Grades: 9-12

Monday, Wednesday & Friday 4:00-5:00
Tuesday & Thursday 2:00-3:00

Hop off the couch and jump into action as we work up a sweat together from our living rooms! All you need is some energy for this workout and a little bit of floor space. We'll do some deep stretching, some conditioning, and (inevitably) some sweating. Who knew that in order to stay active, you don't even have to leave the comfort of your house?

What will I need at home?

Energy, a heavy book, two cans of soup (or other canned food), water, and clothes that are easy to move in!

Tuesday, April 21st, LIVE Programs:

Yoga Animals & Mindfulness

Games

With Cyndal & Tucker

Grades: K-3

Tuesday & Thursday 9:30-10:00

Yoga & mindfulness can be fun! Find the balance and poise of a pink flamingo, stretch and howl like a wolf, or breathe fire like a dragon. Move as slow as a sloth or fast as a cheetah, and create your own yoga animal poses. Hone your super senses and learn yoga and mindfulness games that you can play with your whole family.

What will I need at home?

Towel or mat to lay down on & clear, open space for movement

Guided Drawing

With Mrs. Youmell & Sandy

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What will I need at home?

Drawing paper, pencil, crayons/markers/colored pencils

Lego Club

With Sam & Mrs. Youmell

Grades: K-4

Tuesday & Thursday 5:00-5:30

Do you love building with legos? Pull out your legos and join Sam and Mrs. Youmell in making

some awesome lego creations. You will have a new lego challenge to complete each session!

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Flip 'n Fly

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Grades: 6-12

Tuesday & Thursday 11:30-1:00

Flip and Fly will be meeting online to explore ballet, modern, hip hop, handstands, conditioning and flexibility exercises. A great way to keep up your technique, build flexibility and

keep working on your strength so when we meet again those muscles are ready to go! Students will also create their own choreography and share it with the group.

What will I need at home?

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Creative Writing

With Lauren S. & Tucker

Grades: 6-12

Tuesday & Thursday 1:00-2:00

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Wednesday, April 22nd, LIVE Programs

Dance, Magic, Dance!

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Monday, Wednesday, & Friday 9:30-10:00

Let's get creative with dance! Explore the elements of dance through creative movement games, rhyme & rhythm, and storytelling, all with the theme of magic. Stretch your imagination and your body while gaining new dance skills!

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Programs that YOU can access ANYTIME:

Story Time!

With Sandy

***No sign up required**

Missing reading time with your teacher? Watch these videos any time and check out the books that I will be reading to you. Geared for students in grade K to 5 with a variety of different books for different levels.

Narnia: The Lion, the Witch, and the Wardrobe

With Lauren S.

***No sign up required**

Learn about the magical world of Narnia created by C. S. Lewis! Tune in to hear about talking animals and mythical creatures who live under the rule of a cruel snow queen, all behind the doors of a dusty, forgotten wardrobe. Work your way through the book with a new hour of reading available each day at your convenience.

April Blast Challenge

With Shelley

***Sign up required**

Take the April break Wings quarantine challenge! For our first challenge you will find a clever way to use camouflage to hide in plain sight. You can do this inside or outside, and may need a helper to do the filming. Show a scene where you are camouflaged in your surroundings, then show us the reveal in a video that you upload and share with the group! (Check out our video that explains the challenge with some examples).

Talent Show

With Lauren C.

***Sign up required**

Now is your chance to show the community your amazing talent! Are you a singer, dancer, can you play an instrument or do magic tricks? Maybe your dog can jump through hoops, or

you are an amazing painter. We want to see your talents! All participants will submit a video that is no longer than 2 minutes with their name, talent type, grade, and email.

Juggling

With Lauren C.

***Sign up optional if you would like to share videos of yourself juggling**

Learn to juggle! We will start with the basics with one ball, add two and in no time you will be juggling three. We will also learn basic two ball tricks and other patterns. A fun trick to amaze your friends!

What will I need at home?

3 balls or socks

Flash Mob

With Cyndal

***Sign up optional if you would like to share videos of yourself dancing**

Watch & learn a flash mob style dance routine in your own time. Two 30 minute videos will include a quick warm up and detailed instruction for learning and performing the dance in your own style. Once you learn the routine, take a video of yourself performing it! Make the moves and the video your own! Dress up or dress

down, choose a fun location, share your skills, and shine your light! Teach it to your family and have them perform with you. Videos will only be shared privately with other Flash Mob Dance Challenge participants. **Sharing your video is optional.**

What will I need at home?

Clear space for movement.

Optional - Device (phone, computer, tablet) for recording yourself and uploading the video file.