

NOVEMBER
RMS EPIC Newsletter

STAFF SPOTLIGHT



Ian Groezinger is joining our team as the new Site Coordinator for the EPIC afterschool program. He brings 13 years of experience as a teacher, coach, registrar, and advisor at the Killington Mountain School, along with a degree in Education from the University of Vermont.

Ian is passionate about helping students build confidence, think critically, and develop new skills through engaging educational and physical activities. He is excited to join the Rutland Middle School community and looks forward to creating a fun, supportive, and enriching EPIC experience for students and families!



SAMPLE OF DAILY SCHEDULE:

3:10 Snack

3:30 Enrichment (physical activity)

4:15 Enrichment (critical thinking)

5:00 Choice Time/Free Play

5:30 Dismissal

UPCOMING EVENTS LED BY VT DEPARMENT OF HEALTH:

November 4: Lessons on hygiene habits & self-care

November 9: Clinic about kitchen safety and skills

November 16: Exploring flavor in cooking

November 18: Taking on parental responsibilities

November 23: Kitchen cleanliness

November 30: Creating soups & lasting meals



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WHAT HAVE WE LEARNED?

As the colder winter months approach, RMS EPIC has made it a priority to keep students active and engaged. Throughout October, students participated in a variety of sports and recreational activities, including floor hockey, basketball, kickball, and football. They also learned the fundamentals and rules of playground games, from playing "HORSE" in basketball to understanding how to use ghost runners in kickball.

Alongside physical activity, students have been developing their critical thinking and problem-solving skills through group challenges. These activities encourage students to work together, make the most of available resources, and collaborate to find solutions. Students have also taken part in discussions about current events, providing opportunities to share ideas, consider different perspectives, and engage with the world around them.

WHAT'S COMING UP?



Looking ahead, RMS EPIC is excited to continue its collaboration with the Vermont Department of Health while expanding opportunities for students to learn and grow.

On Mondays, students will explore the fundamentals of cooking, including kitchen tools and safety, cleanliness, taste testing, and soup preparation.



On Wednesdays, November 4 and 18, a representative from the Vermont Department of Health will lead educational sessions focused on personal hygiene, healthy routines, self-care, and the responsibilities involved in parenting.

Finally, due to strong student interest, Tuesdays will feature Dungeons & Dragons. Through this collaborative role-playing game, students will practice important life skills, including teamwork, communication, decision-making, leadership, problem-solving, and the understanding different perspectives.

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