

AHMS Fun Flex Clubs

Boys Book Club: Do you like Fantasy? Action? Battles? Would you like to read out about Navy Seal training or read true stories about boys who've had challenges like being charged with a crime or faced with peer pressure to join gangs or use drugs? This club is only for boys. You won't find romantic comedies or heart-warming girl books here. Join this club and find out what real men read!

Coding Club: Do you like to play games? Do you want to learn to make games? Do you see yourself becoming the next creator at EA, Havoc, or Rockstar! Then sign up for coding club flex to make some games and compete in programming contest!!

Cross Country Track: If you are currently on the cross country team, this club is for you. You MUST participate in Cross Country in order to qualify for this club.

Sculpture C-STEM: Students in Sculpture CSTEM Art will work on large 3D sculpture designs that represent topics related to art and science. You will be involved in the "CSTEM Challenge" which is a national competition in April 2016. This class is a lot of fun! Learn to use recyclable materials, plaster, wood and clay to make great art

Dog Shelter: If you love dogs this club is for you! We work to help abandoned dogs find homes and create events to support our local dog shelter.

Foodie Club: If you like to try adventurous foods from around the world, this club is for you! Members of the foodie club try new and crazy foods every week. We learn about food from around the world and how to prepare delicious dishes. Students are invited to bring in food from their culture to share with their peers. If you are a picky eater, this club is not for you.

Future Cities: Future City starts with a question—how can we make the world a better place? To answer it, 6th, 7th, and 8th grade students imagine, research, design, and build cities of the future that showcase their solution to a citywide sustainability issue. Past topics include storm water management, urban agriculture, and green energy. This year's topic: waste management. For more information visit www.futurecities.org

Girl Power: This class will motivate young ladies to reach their full potential by encouraging them to set goals, acquire leadership skills, learn etiquette in the workplace, casual, and professional settings, public speaking skills, and proper communication skills. This will prepare them to be lifelong learners and leaders of their community.

Habitat for Hamilton (Gardening and recycling): The Environmental Club is one of the most active clubs at Hamilton. Members of this club routinely collect and recycle waste paper, junk mail, newspapers, phone books, aluminum cans, glass, and plastic. The Environmental Club will also been involved in roadside cleaning, river adoption, outdoor classroom/nature trail maintenance, campus litter control, "Be Kind to Animals" week, and donating to various humanitarian and charity concerns. We also will be involved in addressing political issues through letter writing.

Interactive Service Club (for current and future members): In this club you will make friends while making a difference! HMS Interact Club plans social outings

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to build better friendships and service projects to improve the quality of life at home and abroad. Projects often address issues such as peace education, water and sanitation, disease prevention & treatment, basic education and literacy, maternal and child health, and economic and community development. How can you make a difference?

Intro to Guitar: Whether you can strum a few notes or you've never picked up a guitar, this class will teach you the fundamentals of playing the guitar. It is not necessary to own a guitar to be a member of this club.

Jazz Band: This club is all about the sweet melodies and harmonies of Jazz music. *Student's must be approved by Mr. McLean to sign up for this club

Karate Demo Team: Karate demo team works to creating amazing routines to preform out in the community. *Must be approved by Mr. Holmes for this club.

Music Appreciation: There is so much music that exists in the world. Music is a great key to learning about the different cultures of the world. We will be learning more about the music you already know and love, discovering new music from the past and present, and have discussions about the music. We will be asking questions such as what can we learn from music? What is the role of music in society? Are young people influenced by the music they listen to? What responsibilities do songwriters have to use their platforms for positive change? Why is the viewpoint of songwriters relevant?

Name that Book: Do you love to read? Do you love to compete? This club will read and compete in HISD Name That Book Competition in March.

Odyssey of the Mind: The Odyssey of the Mind is truly a worldwide competition. Participants include teams from Argentina, Australia, Belarus, Canada, China, Czech Republic, DoDDS Europe, Germany, Greece, Hong Kong, Hungary, Japan, Kazakhstan, Lithuania, Mexico, Moldova, Poland, Russia, Singapore, Slovakia, South Korea, United Kingdom, Uzbekistan, and practically every state in the U.S. The annual Odyssey of the Mind World Finals is an event to behold. It embodies the international spirit of creativity!

Advanced Origami: he club is more than just folding paper cranes. We investigate some very deep principles of folding and look at how origami is used in nature and science. This club will change how your brain works!

Scrapbooking: Create a world of fun and lasting memories. Scrapbooking is an excellent way to preserve memories for future generations. Although typically scrapbooks are graphically focused (with pictures, ticket stubs, cards, or other memorabilia creating the bulk of the contents), consider enhancing your books with creative journaling. Your life and your memories are unique; ensure that those once in a lifetime moments truly are unforgettable with creative journaling. Some use of digital camera will be used to capture special moments. All equipment and supplies will be provided for the class.

Speech, Debate, and Performance Competition: We prepare for UIL Competitions during flex by breaking down the different cases and creating our arguments in flex.

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Stock Market Game: The Stock Market Game™ (SMG), an Internet-based investment simulation, is offered by the Texas Council on Economic Education in the fall and spring. SMG is an engaging educational program used in classrooms nationwide to teach economics, math, social studies, business, language arts and technology while focusing on the importance of developing real world personal finance skills. It was developed by the SIFMA Foundation for Investment Education in the 1970s. Teams of students in grades 4-12 use the SMG simulation to learn the basics of investing as they create and manage an online portfolio over 10 weeks

Study Hall: Are you really busy in after school activities, or do you have a lot of responsibilities at home that make it difficult to keep up with your school work? If you need a quiet place and someone to provide academic support, then study hall offers that option.

Think Through Math: Whether math is your best subject or an area where you need improvement, Think Through Math is an online resource that will help you sharpen your math skills.

UIL Art Competition: This contest involves the study of paintings from the National Gallery of Art in Washington, D.C. and paintings or pictures from selected Texas museums. The Art Smart Bulletin, published every other year, is the source for study of history and art elements relative to the 40 art selections and is the final authority in the spelling of artists' names and titles of art works. As part of their study, students will demonstrate an understanding of art history and interpret ideas and moods in original artworks while making informed judgments about the artwork.

UIL Dictionary Skills: Do you like to win TROPHIES?? Do you like etymology? If you don't know etymology this club is for you!

UIL Listening Skills: Do you remember everything that you hear? Do you like winning trophies? Then sign up for UIL Listening skills.

UIL Maps, Graphs, and Charts: The maps, graphs & charts contest is designed to help students learn to get information from a variety of maps, graphs and charts including world maps, pie charts, bar charts and local area maps. The objective test will measure skills such as using a reference book to locate information, making comparisons, estimating and approximating, using scale and interpreting grid systems, legends and keys

UIL Music Memory (6th grade only): The focus of the Music Memory contest is an in-depth study of fine pieces of music literature taken from a wide spectrum of music genres to expose students to great composers, their lives and their music. In the course of preparing for the contest, students should be given the opportunity to describe and analyze the music, relate the music to history, to society and to culture, and to evaluate musical performance.

UIL Science: Are you a science geek? Really it's okay! Some of us are, and we will be someone else's boss one day, discover cures for diseases, create alternative energies, and save our planet! Okay, so that may not happen in this

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<p>club, but you can hang out with others who LOVE science AND you can win trophies.</p>
<p>6th Grade: Girls Intro to AHMS sports: An Introduction to volleyball, basketball, track, soccer, and softball</p>
<p>6th Grade: Boys Intro to AHMS sports: An introduction to football, basketball, track, soccer, and baseball.</p>
<p>Cheerleading: For Current and future AHMS Cheerleaders. If you “don’t sweat you sparkle” then AHMS cheerleading may be the place for you. If you are interested in becoming a cheerleader for the 2016-2017 school year, this flex will help you learn proper form and technique.</p>
<p>Dare to Dream: Do you want to figure out how to accomplish your dreams? In this club we will be working towards your goals and building leaders.</p>
<p>Performance Choir: Do you love to sing? Performance Choir is for you. We will be singing and creating dance choreography to go with the music we will be singing.</p>
<p>Sea Pearch Robotics: Under water robotics! That's right, you will be building robots that are submergible, and will compete in an underwater obstacle course.</p>
<p>UIL Chess Puzzle: Chess puzzle competition is very different from tournament chess play. Contestants in a chess puzzle contest receive a paper-and-pencil test that includes a series of chess boards with pieces in particular positions. Questions are based on analysis of material or possible moves in each given diagram. See links above for sample tests and other resources. A chess puzzle event provides an avenue for chess participation that does not require the time and resources of actual tournament play.</p>
<p>Zumba Fitness: a Latin-inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere. While many of the types of dance and music featured in the program are Latin American inspired, classes can also contain everything from jazz to African beats to country to hip-hop and pop (http://www.sparkpeople.com/resource/fitness).</p>
<p>Beginning Origami: This is an introductory course in origami. Some of the paper folding activities include how to make a: box, crane, frog, elephant, butterfly, heart, and 6 different flowers. This course is designated for students that have no origami experience, but are interested in learning basic folds and shapes.</p>
<p>Letterforms Fun Flex Fonts, friends and fun. Learn how to make a statement with artistically drawn words and lettering. It’s called Typography in the world of graphic designers and graffiti in the world of street artists. Calligraphy is the beautifully drawn lettering we’ve all seen on the Declaration of Independence, made with a quill pen and liquid ink. There are thousands of styles of lettering, so come on in and let’s learn how to write words with style.</p>

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Los Laughistadores, 'Conquering the World with Joy and Laughter': Laughter Yoga consists of breathing and movement exercises that oxygenate the brain, decrease stress, increase immune system function in the body and stimulate a childlike sense of play. Regular practice results in a more positive outlook on life and increased resiliency in addition to greater physical health.

Teach the Teachers to Use Cool Apps

Are you ready to be the teacher? Do you want the teacher to be your student? Explore the world of cool computer apps that can be used in the classroom, then become the expert at using one or more. Afterward, you will teach the teachers how to use your favorites to make their classrooms more creative, more stimulating, more fun!

Glamour Girls: Do you love to primp? Spend hours in front of a mirror? Want to learn more about hair, make-up and nails? Then join Glamour Girls for fun flex—will meet in girls locker room.

Theater Flex: Are you interested in acting? Want to learn the behind the scenes work to producing a play? Want to work on writing a script? Then theater is the place for you! This is only for students that do not currently have theater as a class.