

Dynamis Academy Before and After School Program

Developing Intelligence. Inspiring Potential®

Academic Achievement · Physical Fitness · Character Building

2021-2022 Registration Form

Program Description

The **Dynamis Academy Before and After School Program** is an educational enrichment program designed to help children reach their full potential and become leaders in society. Dynamis (do-NAH-meess) is an ancient Greek word meaning empowerment or inner strength. Our mission is to be a safe and creative haven where students can access expanded learning opportunities and integrated education, health, fitness and leadership programs in the out-of-school hours. *Dynamis Academy's* mission is to create lifelong leaders who are also lifelong learners.

The social, emotional, and mental well-being of our youth have been shaken by the pandemic. Covid lockdowns created feelings of isolation resulting in depression and anxiety. Children have had excessive amounts of screen time from distance learning leading to frustration, aggression, and anger. Like adults children need outlets to release stress—they need a place where they can play and grow and learn. That's where *Dynamis Academy* comes in. We build a strong mind *and* a strong body. We are the safe haven where students develop grit and resilience, learn to master emotion, and develop creative intellect.

Dynamis Academy provides daily pickup Monday-Friday from the end of the school day (also includes Teacher Workdays, snow days, and early release) until 6:30 pm. Every day, students receive tutoring and homework assistance, play games, and participate in projects that foster leadership. Taekwondo classes are included in the After School Program and focus on character building, bully prevention, and self-control/self-mastery.

There are three components of the *Dynamis Academy* Before and After School Program that encompass our **ACE** model. **ACE** stands for **A**cademics, **C**haracter, and **E**nrichment. Activities within each component will help your child become an ace in school and a champion in both sport and life.



1) **Academics:**

Dynamis Academy places top priority on academic achievement and creative intellect. Our mission is to instill a firm commitment to lifelong learning through the following: (a.) achievement motivation, (b.) school engagement, and (c.) intense love and desire to read and learn for pleasure. Students receive academic assistance in subjects such as Math, Reading, Writing, Science, Social Studies, and Computers. We provide a study space to do homework with other students and get help from trained tutors. **IMPORTANT:** Our goal is for each student to finish all of their homework so they can enjoy quality time at home with family.



2) **Character:**

Dynamis Academy members practice Taekwondo which provides exceptional fitness while building a strong foundation of positive character traits. Taekwondo centers on the philosophy of nonviolence, so students learn conflict resolution techniques in addition to methods for dealing with bullies. The Five Tenets of Taekwondo are Courtesy, Integrity, Perseverance, Self-control, and Indomitable Spirit—our students will learn how to incorporate each of these important principles into their daily lives. Our Positive Action Program teaches the habit of being kind and is proven to promote both achievement and citizenship.



3) **Enrichment:**

Our After School Program is a place to have fun, learn, create, and meet new friends! *Dynamis Academy* enrichment activities focus on self-improvement and self-mastery. Students participate in life skills training, arts and crafts, service learning, and more. We teach important self-discipline skills that build social competencies such as goal setting, decision making, interpersonal and cultural competence, and developing resilience. We also offer enriching seasonal camps (during summer, spring, and winter breaks) with reading, writing, and math clinics.

2021-2022 Calendar

Start Date: August 23.

End Date: June 10.

We observe the Fairfax County Public School calendar and **will be closed** for the following listed school holidays and vacations. ****NOTE: WE FOLLOW THE FEDERAL GOV'T FOR SNOW CLOSINGS NOT FAIRFAX COUNTY**

- **Labor Day (Sept 3 and Sept 6)**
- **Thanksgiving Break (Nov 24 - 26)**
- **Winter Break (Dec 20 - Dec 31)**
- **Martin Luther King Jr's Birthday (Jan 20)**
- **George Washington's Birthday/Presidents' Day (Feb 21)**
- **Spring Break (April 4 - 8)**
- **Memorial Day (May 30)**

For more info.contact:

Master Danielle Remarck, 5th Degree Black Belt

Cell: (703)317-7031 / Email: danielle@dynamisacademy.com

Program Policies

Enrollment

- A completed Enrollment Information Form and a signed Parent or Guardian Release Form must be returned to Dynamis Academy in order to enroll.
- Enrollment is limited in some of our programs so there may be a waiting list.
- Parents will be contacted by Dynamis Academy if there is a spot for your child in the program.
- High School students can create their own schedule with Dynamis Academy.
- Participants will not be discriminated against based on race, ethnicity, or disability.

Follow School-Day Rules Policies

- **Participants are expected to show and display respect and cooperation** with all program staff, instructors, volunteers, and students at all times.
- **Stay in facility:** Students are not permitted to leave the Dynamis Academy facility during program unless Dynamis Academy receives permission directly from parent or guardian.

- **Leave cell phones, Ipods, video games, and other electronics at home or in backpack.**
Personal electronics are not permitted in the Before/After School Program.

Homework

- **Students are responsible for knowing what they have for homework and bringing all of their materials to the after school program.** If you finish your homework before the After School Program, please bring it so that we can check it and help you prepare for future assignments. We will also work on supplemental assignments in reading, writing, and mathematics in addition to working on cool character education and service learning projects.

Dismissal

- Participants are not required to stay until the end of the program. Parents can pick up any time after 4:20 pm and before 6:30 pm.
- If students have a special circumstance and need late pickup from their school (for example an extracurricular activity) the parent must notify Dynamis Academy so that we can try to accommodate late pickup. An extra fee will incur depending on location of school and time of pickup.
- Participants picked up early by a parent or guardian must check out their child with an After School program staff member prior to leaving.
- For safety reasons, students may not be picked up from the program by anyone that is not listed on the Enrollment Information Form and a valid photo ID must be provided.

Medication

- Medication will not be administered to a student by an After School staff member. This includes headache medicine.
- If a student experiences a minor cut, staff will wash out the wound with soap and water and apply a band-aid.

Parents and Caregivers

- Please keep us updated with your current mailing address and phone numbers at all times so that we may contact you as needed.
- We would love for you to visit and volunteer. Please call the Program Director to schedule a time to visit and check in with the Director when you arrive. Students are not permitted to have guests or visitors unless they are a parent or caregiver.
- We encourage parents and caretakers to visit with after school program staff. Please contact the Program Director and set up an appointment at any time.
- Parents and caretakers with grievances shall be referred to the Program Director and they will work together until a satisfactory agreement is reached.

Consequences

- The *Dynamis Academy* Before and After School Program has a discipline policy that gives positive guidance, allows for redirection, and sets clear behavior limits. The discipline policy has been designed to assist participants and staff in developing self-control, self-respect, respect for others, and consideration for the rights and property of others.
- Students that do not follow the above listed requirements and policies may receive a phone call home, temporary suspension from the After School Program, or they may be dropped from the program.

**Dynamis Academy Before /After School Program
Enrollment Form 2021 - 2022**

Please fill out the following form and return this form to the Before/After School Program Director. This form along with the \$50 registration fee is required to participate in the before/after school program.

Student Information:

Student's Name _____ DOB _____ Gender _____

School _____ Grade _____ Dismissal Time _____

Follows Fairfax County Calendar? Yes/No School Phone _____

Dynamis Academy Before Care? Yes/No If yes, time school starts _____

School Address _____

Student's Name _____ DOB _____ Gender _____

School _____ Grade _____ Dismissal Time _____

Follows Fairfax County Calendar? Yes/No School Phone _____

Dynamis Academy Before Care? Yes/No If yes, time school starts _____

School Address _____

Student's Name _____ DOB _____ Gender _____

School _____ Grade _____ Dismissal Time _____

Follows Fairfax County Calendar? Yes/No School Phone _____

Dynamis Academy Before Care? Yes/No If yes, time school starts _____

School Address _____

Parent/Guardian Information:

Parent/Guardian Name _____ Relation _____

Daytime Phone _____ Evening Phone _____ Cell Phone _____

Parent/Guardian Name _____ Relation _____

Daytime Phone _____ Evening Phone _____ Cell Phone _____

Home Address _____

Email Address _____

Parents and Guardians, what languages do you speak? _____

Do you speak English? Yes No Some English

Emergency Contact

Family Doctor Name _____ Phone Number _____

In case of emergency and the parent or caregiver cannot be reached, please notify:

Name _____ Relationship to family _____

Address _____ City _____ Zip Code _____

Daytime Phone _____ Evening Phone _____ Cell Phone _____

Please list any current medications, medical conditions, recent injuries, and food or drug allergies:

Dismissal/Sign Out

1) My child may be picked up by the following individuals (photo ID required at time of pick-up):

Name _____ Phone _____ Relation _____

Name _____ Phone _____ Relation _____

Name _____ Phone _____ Relation _____

2) My child is allowed to leave the program without an adult to walk home (circle one): Yes No

3) All Elementary and Middle School students are required to stay until the program closes. If your child needs to leave earlier, you must speak directly with the Program Director.

Parent/Guardian Release

Students, parents, and legal guardians, please read carefully, sign, and return this form to Dynamis Academy. A parent or legal guardian signature on this form is required to participate in the *Dynamis Academy Before and After School* program.

For Emergency Treatment

I authorize Dynamis Academy to arrange for transportation in case of accident or acute illness of the participant. In the event it is not possible to receive instruction for the participant's care, consent is given to any licensed physician for treatment. I allow the physician to administer medication

and to perform necessary treatment for the preservation of the participant's health and well-being. I understand that any cost incurred for treatment of sudden illness or accident shall be paid by me. This authorization and consent for treatment is given to Dynamis Academy in conjunction with any authorized event.

General Release of Liability

In consideration for being allowed participant privileges in any program/event of the Dynamis Academy Before and After School Program, I hereby assume full responsibility for any risk of bodily injury, death, or property damage and/or while using the premises or any facilities or equipment hereon. I further agree to hold harmless Dynamis Academy, their partners, directors, officers, employees, agents, and volunteers from any and all claims that may result from any action for damages, including but not limited, to such claims that may result from injury or death, accident or otherwise, during or arising in any way from said activity. I acknowledge that this General Release of Liability of the Dynamis Academy Before and After School Program and its partners is binding on me and not my heirs, personal representatives, successors, and assigns.

Community Field Trips

Dynamis Academy may take short field trips on occasion (on early dismissal days or Teacher Workdays) that are within the school community (for example, the library or a local farm). We will always return by normal dismissal time. I give permission for my child to leave the school property with supervision from Dynamis Academy Before and After School Program partners, directors, officers, employees, agents, and volunteers. While taking part in these community field trips I release Dynamis Academy from responsibility for any risk of bodily injury, death, or property damage as covered in the General Release of Liability.

Media Release

I hereby consent to the use of my/my child's name, likeness and speech in any audio tape, video tape, film or photograph made in any Dynamis Academy activity for the business or publicity purposes of the Dynamis Academy Before and After School Program and its partners. I understand that any participation offers no remuneration and that my/my child's name, likeness and speech may be edited, produced, recorded for duplication and distribution throughout the United States and abroad.

I expressly release Dynamis Academy, its licensees, assignees, affiliates and successors from any privacy, defamation, or other claims have arising out of broadcast, exhibition, publication, or promotion of this program.

Important Reminders

- x **A \$20 late pickup charge will incur for pickup after 6:30pm and will be invoiced.**
- x **We are not responsible for personal items including clothing. Please label all clothing.**
- x **Have your child bring a refillable, labeled water bottle and extra snacks every day.**
- x **If your child does not need pickup you must notify us that morning by phone or incur a \$10 fee. When you do not inform us, our driver waits and gets behind in the route.**
- x **Please do not bring Pokémon cards or video games. Keep music players in backpack.**
- x **We cannot guarantee your child's spot (if you have to take temporary leave of absence).**

Date: _____

Parent/ Legal Guardian Signature

Class Enrollment

Please circle the category your child is enrolling under and also check which days your child will be attending our Before and After School Program. Each option includes transportation, Taekwondo, tutoring, Teacher Workdays, Snow Days, and Early Release Days:

FULL TIME: 4 - 5 DAYS/WEEK EVERY WEEK OF THE MONTH

\$140/WEEK AFTER CARE ONLY

\$220/WEEK BEFORE AND AFTER CARE

\$125/WEEK BEFORE CARE ONLY

PART TIME: 3 DAYS OR LESS PER WEEK EVERY WEEK OF THE MONTH (PLEASE CHECK OFF DAYS CHILD WILL ATTEND)

\$115/WEEK AFTER CARE ONLY

\$175/WEEK BEFORE AND AFTER CARE

\$110/WEEK BEFORE CARE ONLY

___MONDAY___TUESDAY___WEDNESDAY ___THURSDAY___FRIDAY

Discounts (Full Time Enrollment only)

Please check if applies:

FAMILY RATE (3 OR MORE FAMILY MEMBERS ENROLLED)

20% Discount ___

MILITARY, TEACHER, LAW ENFORCEMENT

5% Discount ___

Registration Fee

\$50 Registration Fee per child (non-refundable)

Date Paid _____

TOTAL WEEKLY TUITION WILL BE

\$ _____

Belt Exam Fee \$65/\$75 (charged every two months)

CREDIT CARD NUMBER:

EXP DATE:

CV2 CODE:

Billing Address:

Payment Options

Please select which method you wish to use:

___ Check Cash Credit Card (Circle: weekly, bi-weekly, monthly, year in full). If paying by cash or check, **please submit Friday prior to each week of child care.**

___ Weekly, bi-weekly, or monthly automatic draft (using Bill Pay) arranged for the Wednesday before each week of child care so that we will receive the check by Friday.

___ Monthly Venmo or Zelle payment to Dynamis Academy set up for the 1st of each month.

Dynamis Academy Before and After School Program Payment Agreement

I am committing to child care at the above rates for the Fall and Spring 2021 -2022 semesters. If my child care needs change due to relocation, I will contact the Program Director to complete required paperwork or the charges will continue to accumulate. If I have to move, I will provide a 30-day written notice to cancel.

With the weekly pay option, if I don't need care for a full week during the semester, I will inform *Dynamis Academy* in writing by the Wednesday prior to that week so that week's fee will be waived. This allows the Director time to adjust staffing requirements for the upcoming week. **We do not allow pro-rating.**

I understand that a \$50 fee will be assessed if checks or automatic drafts are returned due to insufficient funds.

I fully understand the payment policy and agree to adhere to the plan outlined above. I also understand that not adhering to this payment plan may result in my child(ren)'s removal from the *Dynamis Academy Before and After School Program*.

Parent/Guardian Signature _____ Date _____

Automatic Draft Note

If you choose to set up automatic draft using Bill Pay, just stop by your bank or go online to your bank's website and fill out the required information.

The pay-to name is: **Dynamis Academy** and the address is: **6122 Rose Hill Drive, Alexandria VA 22310.**

With automatic draft, you'll no longer need to write a check or remember your checkbook when picking up your child at the end of a hectic day. Your payment will be safely and securely processed automatically and mailed to us, giving you peace of mind that your tuition has been paid on time.

Dynamis Academy Before and After School Program

"CREATIVE" CONTRACT

"CREATIVE" Expectations of Staff and Participants

- **Compassion** - Be compassionate to all and open minded to new experiences.
- **Respect** - Be mindful of others' feelings and their personal belongings.
- **Effort** - Be an active participant: the more you try, the more you learn.
- **Attitude** - Strive to maintain a positive attitude, no matter how difficult the circumstance.
- **Teamwork** - Work together with a spirit of cooperation and harmony.
- **Integrity** - Tell the truth even when it's hard and make decisions based on integrity.
- **Values** - Center your life on values and principles so that everyone knows what you stand for!
- **Evaluate** - Examine your goals periodically and incorporate new methods for self-improvement.

Safety Guidelines

- Always tell an After School Program instructor where you're going.
- Parents and guardians please tell us if your child is sick or will not need pickup that day.
- Tell the After School Program Director if you witness any bullying or inappropriate touching by other students.
- Follow the Dojang rules and always strive to be a good role model.

Behavior and Attitudes

- Always maintain a positive attitude. Don't be afraid to tell your instructors how you are feeling and if you're having a bad day.
- Be on time and head directly to your scheduled activity.
- Talk to people how you would like to be talked to. No put-downs or name-calling.
- Take responsibility for yourself and others.
- Challenge yourself and commit to lifelong self-improvement.

Program Space and Supplies

- Keep study areas and Dojang clean at all times.
- If you make a mess, clean it up. Don't wait for the instructor to ask you.
- Treat borrowed equipment like it was your own. Return it the way it was received.
- Be respectful of other people's property, feelings and personal space
- Be responsible for your valuables. Leave video games, valuables, candy, and soda at home.

Consequences

- Verbal warning.
- Removal from group or center.
- Parent phone call or conference (payment for destruction of property if applicable).
- Probation or suspension from After School Program.
- Spot in After School Program will be given to someone on the waitinglist.

I understand the rules and expectations of my participation in the Before and After School Program. I will respect all agreements above and any made with my classes or program instructors. By signing, I vow to try my hardest to be my best and follow the CREATIVE rules and guidelines of the Dynamis Academy Before and After School Program for the safety of myself and others.

Participant Signature: _____ Date: _____

Caregiver Signature: _____ Date: _____

I agree to support this youth by holding him/her and myself to the agreements made on this contract.

After School Instructor Signature: _____ Date: _____