



Before & After Care Information Packet 2025-26

Thank you for your interest in before and after school care at Amped Up! We know that our facility and programs offer a safe, clean, and unique environment in which your child can thrive. We are owned by former Baltimore County teachers with a combined 35 years of experience in local elementary and middle school settings. We also operate a technology-driven theater that hosts school field trip shows, family game nights, upscale parties, and many other events.

Our program's **mission** includes:

- Welcoming children of all abilities by developing a positive relationship with each child to understand their individual needs and foster a sense of security and belonging.
- Providing children with opportunities to interact with peers in a developmentally appropriate environment by encouraging cooperative play where they work together towards a common goal.
- Offering a balance of child-initiated and teacher-directed activities by setting up rotations within our facility such as free play in our game room and organized projects based on student choice.
- Striving to include and represent each child's life experiences, primary language, cultural background, and preferences through interest inventories, organized crafts, book reading, various toys and alternate activities promoting diversity.

Within this packet, you will find documents addressing all facets of our offerings including schedules, fees, activities, behavior management, safety protocols, and more. If you decide to move ahead, you will need to complete the forms within our registration packet. Please let us know if you need additional information or have questions regarding any aspects of our program.

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COSTS & CALENDAR

Amped Up! Before & After Care

Our before and after care schedule coincides with the Baltimore County Public School System's calendar. There is a one-time registration fee of \$40 for new students. A security deposit in the amount of one week's tuition is also due during enrollment. This will be applied to your first week of care. Our costs are per week and are due the Friday prior to each week. An afternoon snack and drink are included. These prices include extended care times during late openings and early closings at no additional charge (Aligned with your level of care). We also participate in the CCS Scholarship (Voucher) program.

Before Care Only (6:45 AM drop off)	After Care Only (Pickup by 6:00 PM)	Both Before & After Care
\$145/wk.	\$145/wk.	\$205/wk.

**Multiple child discounts are available. Please contact us for details.*

We also offer full day care during selected holidays, scheduled school closings, and closings due to bad weather (State of Emergency excluded). These days are determined by the Baltimore County Public School System.

The following days are part of the before and after-care calendar. The additional charge for attending any of these FULL days ranges from \$30-\$45, depending on your level of care. Weekly charges are capped at \$325.

- Tuesday, September 23rd – Rosh Hashanah, Professional Development Day
- Thursday, October 2nd – Yom Kippur, Professional Development Day
- Friday, October 17th – MSEA Convention
- Monday, October 20th – Professional Development Day
- Tuesday, November 18th – Conference Day
- Wednesday, December 24th – Christmas Eve
- Monday, December 29th - Friday, January 2nd – Winter Break (Closed New Year's Day)
- Monday, January 19th – Dr. Martin Luther King, Jr.'s Birthday
- Monday, February 16th – Presidents' Day
- Tuesday, February 17th – Lunar New Year
- Friday, March 20th – Professional Development Day
- Thursday, April 2nd - Friday, April 10th – Spring Break (Closed Easter Monday)
- Thursday, May 28th – Professional Development Day
- Any full day closures due to bad weather or other events



Schools will close three hours early on the days below. Just like early closings for inclement weather, these days are included as part of your regular weekly fee, if they coincide with your regular service.

- Friday, October 31st – End of 1st Marking Period
- Friday, January 16th – End of 2nd Marking Period
- Wednesday, April 1st – End of 3rd Marking Period
- Friday/Monday/Tuesday, June 12th/15th/16th – Assessment Days (Subject to change)

We will be closed on the following days:

- Monday, September 1st – Labor Day
- Thursday/Friday, November 27th/28th – Thanksgiving
- Thursday/Friday, December 25th/26th – Christmas
- Thursday, January 1st – New Year's Day
- Monday, April 6th – Easter Monday
- Monday, May 25th – Memorial Day

****If the Baltimore County calendar and school ending dates are altered for any reason, we will adjust our schedule accordingly. Please contact us with specific questions regarding any other dates and times.***

Payment is due for all weeks regardless of attendance (Winter/spring break, absence days/weeks due to illness or vacation, etc.). Each family can receive one unpaid vacation week per school year (Conditions apply). We are typically closed for Pre-K/Kindergarten conference days.

DAILY PROGRAM SCHEDULE

Amped Up! Before & After Care



Before School Session

- 6:45-8:15 Open Play
 1. Theater
 2. Game Room
 3. Activity Area
- 8:15-8:55 Cleanup, Board Vans
- 8:30-9:10 Drop children off at school

After School Session

- 3:25-4:05 Pick children up at school
- 3:45-4:10 Arrive at Amped Up, put away materials, wash hands
- 4:00-4:30 Snack, Homework, Quiet Time
- 4:30-6:00 Open Play
 1. Theater
 2. Game Room
 3. Activity Area
 4. Outdoor Court & Turf
- During arrival, the children will be checked in and will place their belongings in designated areas.
- Homework and quiet time will occur in the lobby and the main theater. Children will be grouped based on grade level (K-1, 2-3 and 4-5) and will be seated at assigned tables. Once homework help time is over, the lobby area will remain quiet for those children who wish to continue working.
- Open play time features the following:
 - Giant screen video games (Xbox One, PS5, etc.), vintage consoles
 - Table games (Pool, air hockey, foosball, ping-pong, pop-a-shot, Skee-ball, cards, and more)
 - Rock climbing wall, slides, bubble balls, tumbling mats, sensory tiles, bean bag toss
 - Music: 8-piece drum set, electric guitars, keyboard, microphones, dancing, lights, etc.
- Group activities include:
 - Game show parodies (Millionaire, Price is Right, Minute to Win It, etc.) that feature questions on math, science, music, current events, pop culture and others.
 - Content shows featuring unique animation, 3-D images, video clips, electronic voting, prizes and giveaways, oversized props and more. Topics cover health, the environment, character ed., space...
 - Karaoke contests
 - **Physical Fitness** - Basketball, soccer, volleyball, jump rope, group sports, etc. These and other large motor activities are featured daily in order to promote physical, emotional and cognitive development.

LEARNING ACTIVITIES

Our program's learning activities address the developmental needs of all children by being reflective of cultural interests, student needs and skills. We will ensure that these are met by incorporating information shared on an IEP, 504 plan, All About Me form or from family communication. Student materials such as varied art tools (Large crayons, thick pencils, special scissors) and extended time to complete an activity or clean up an area will be utilized. We offer age-appropriate activities reflective of children's interests and skills by using current educational platforms such as STEM or STEAM that promote peer mentoring and problem solving. We also include domain-based activities that utilize literacy, language, science, art, health/wellness, physical fitness, and numeracy skills via trivia and activity related game show parodies as well as interactive online resources.

DISCIPLINE POLICY

Amped Up! Before & After Care



Our before and after care program serves children ages 5-11. Because of the timeframe of our program, the extensive activities offered, and the instructional strategies employed, behavior issues should be minimized. Our goal is not only to foster independence and creativity, but to promote positive self-discipline skills as well. This will be achieved through our physical setup, program schedule, behavior policies, communication of expectations and staff interactions.

The guiding principles and goals of our discipline policy include:

- Children and their feelings should be respected by all staff and their peers by developing positive relationships within the program.
- Reinforcement and modeling of positive behavior is essential and shall be achieved by teaching communication skills and allowing choices for individual needs.
- Correction and guidance should be delivered in a positive, calm, and controlled manner, allowing for re-direction and reflection when needed.
- Clear rules and expectations will be developed with input from children and will be communicated clearly and often.
- Children will be encouraged to recognize and respond to their own behavior choices as well as peers in a safe and positive manner.

Center staff will utilize the following methods:

- Set reasonable and consistent procedures and limits by reviewing safety and rules daily.
- Clearly communicate program schedules and expectations by using simple phrases and visual cues.
- Openly discuss conflicts and infractions by teaching communication and empathy, fostering a sense of belonging.
- Encourage children to find alternatives for future behavior, giving them choices and an area for reflection.
- Incorporate positive and proactive strategies such as redirecting, problem solving and providing autonomy.
- Model appropriate behaviors and positive character traits.
- Anticipate potential problems and incidents via interactive supervision by understanding interactions that may occur in a distinct play area.

Specific strategies to be used at our center are:

- Assign each child a theater seat and table spot in which they can keep their belongings.
- Supply sign-up sheets and announce rotation schedules during free time activities.
- Offer reward activities for children who reach pre-set goals.
- Include opportunities for problem solving and discussion during large and small group presentations and interactive games (Character education, content instruction...).
- Provide variety and choice of activities during room rotations.

Practices that MAY NOT be used include:

- Physical/corporal punishment or threats to use such methods.
- Verbal abuse, belittlement, or demeaning comments.
- Use of food as reward or punishment.
- Isolation beyond the sight of staff members.

Parent/Guardian relations should:

- Be professional, courteous, and respectful at all times.
- Encourage open dialogue and teamwork.
- Include anecdotal observations and avoid judgment type statements.
- Work towards the betterment of each child's experiences at the center and beyond.

SCREEN TIME POLICY

Amped Up! Before & After Care



In the best interest of our children's health and well-being, computers and other media devices are used within our program. The instructors will utilize all screen interactions as a way to enhance learning and experiences, and all staff will be actively involved in that process. Access to direct screen time will be limited, with exceptions for ancillary or incidental use related to broader activities. Tablets, i-pads, and similar devices **ARE NOT** permitted at Amped Up. The only electronics that children can bring are game consoles and cell phones, although use of these is regulated and monitored.

Examples of appropriate screen time include:

- Educational Software – Homework, learning-based games, etc.
- Group Game Shows – Content and activity based - Millionaire, Smarter than a 5th Grader, Minute to Win It, Would You Rather...
- Beam Interactive Floor Game – 100 games involving sports, math, reading, music and others
- Video Games – Xbox One, PlayStation 5, Nintendo Switch, vintage arcade consoles & more

Screen Time Activities that are NOT permitted:

- Social Media – TikTok, Instagram, YouTube, Facebook, etc.
- Calling or Texting – Children may not initiate or accept communication without permission
- Recording – Video and pictures may not be captured on phones, unless they are part of a group activity and when permission is granted from supervising staff.

PROGRAM PILLARS

In addition to the policies above, we require that all children adhere to four main components (Pillars) of behavior – Safety, Staff, Students, Speaking.

- **Safety** – This includes remaining in assigned areas, following facility rules, showing bodily control, and more.
- **Staff** – Campers must follow adult directions and use respectful language when dealing with all staff.
- **Students** – Children must be respectful to their peers. Hitting, kicking, teasing, intimidating and others are not allowed.
- **Speaking** – Profane, abusive, or inappropriate language will not be tolerated.

ENFORCEMENT

Amped Up! Before & After Care



All guidelines and policies listed above require appropriate and consistent monitoring in addition to follow-through in order to be effective.

The following will be utilized with our children:

- Reflection/Discussion – Individual conferences with children will take place in order to identify unacceptable behaviors, along with the reasons for their occurrence, the rationale for the specific rule(s), and a plan for future adherence.
- Rewards & Reinforcement – Daily & weekly incentives will be offered for exemplary behavior. This includes following center rules, treating others kindly, assisting with tasks and activities, etc.
- Parent/Teacher Meetings – As necessary, and daily with selected parents. This should take place to report positive behaviors and actions as well as to address areas of need.
- Short-Term Suspensions – One-to-three-day suspensions may need to be served after repeated offenses or severe infractions.
- Program Expulsion – As a last resort, children may be asked to leave our program. These situations are rare, and we will make every effort to work with children and their families prior to removal.

PARENT COMMUNICATION

Our center supports open and confidential communication regarding child progress, concerns and program planning. We provide opportunities for conferences between staff and families as well as agencies, including special education professionals, schools and counseling services. A critical and ongoing component of child success and parent satisfaction is effective, two-way communication. General announcements will be sent through weekly email updates. Parents must check email regularly and be available via phone during operating hours. Open houses will be held in late August and at other times throughout the year.

We have an Open-Door policy that includes:

- **Unrestricted Access:** Parents/guardians can visit their child/children at any time during operating hours.
- **Focus on Safety:** Policies are in place to ensure the safety of all children.
- **Communication:** We encourage frequent communication between staff and parents to discuss learning and development.
- **Partnership:** Our policy creates partnerships and trust between our center, staff and families.

Appointment-Based Visits: For prospective families, initial visits or meetings are often scheduled by appointment.

SAFETY, HEALTH & INCLUSION

Amped Up! Before & After Care



Safety

Ensuring the safety of all children under our care is a responsibility we take very seriously. In addition to daily procedures and program rules, we have incorporated the following safety features and protocols:

- Door Locks – All doors are locked from the outside. Our main right door has a programmable entry lock that can be opened with your unique code during program hours.
- Burglar Alarm – Door entry sensors and motion detectors along with panic alarms are in use.
- Fire System – Our entire facility is equipped with sprinklers, fire extinguishers, an annunciator panel, and monitored smoke detectors and fire alarms.
- Camera System – Every area of our building (Inside & out) is under video surveillance via a 16 channel HD video camera system with night vision.
- Privacy Fence – Our outdoor play area is surrounded by a six-foot privacy fence and is locked from the inside (Panic bars allow children to exit in case of emergency).
- Emergency Drills – Monthly drills for evacuation, shelter in place, and others are performed.

Health

A healthy environment is essential to attendance, participation, and learning both at our facility and at school. To promote good health, we have incorporated the practices and policies below:

- First Aid & CPR – All lead teachers are trained every two years, with in-house refresher training provided every six months.
- Nurse Consultant – A registered nurse is available should any health matter beyond our employees' scope of knowledge arise. Any major issues would be referred to the nearest hospital emergency room.
- First Aid Kits – Kits are available in our center and on our vans.
- Clean Environment – We strive to keep our facility clean and germ free via daily cleaning and antibacterial treatments. Hands are washed/sanitized each day prior to snack and after restroom use.
- Illness Policy – Any time a child is sent home from school or our center for a contagious illness (Flu, pink eye, stomach virus, etc.) we require either a 24-hour symptom free period or a doctor's note allowing attendance before the child can return.

Inclusion (Disabilities and Special Health Care Needs)

Children mature at different rates and have various levels of proficiency in many aspects of development (Physical, Mental, Emotional...). For this reason, we try to differentiate activities and offer choice whenever possible. Our program does not discriminate against children with disabilities or special health care needs, and we will work with families to incorporate recommendations and strategies found in IEP or 504 plans. If a dedicated assistant is required for the child, additional costs may apply, and we may also need to make sure our facility can accommodate children in certain circumstances.

NUTRITION/MENU

An afternoon snack is provided by our program. The snack includes whole grains, fresh fruit and fresh vegetables throughout the week. We select snacks that are limited in fat, sugar and salt. Fruits and/or vegetables are provided at least twice per week. These include but are not limited to carrots/celery and ranch, orange slices, apple slices and grapes. Whole grain snacks may include goldfish, graham crackers, cheese and pretzels. Water is served with daily snack, and when milk is provided, it is low-fat 1% or fat free.