



# FAMILY RESOURCE SCHOOLS NEWSLETTER

*Columbine Elementary School*

*October 2007*

*... building family strengths*

## FRS NEWS

Our article this month is about after-school programs which keep kids safe, help working families and inspire learning. You can learn more about what is available in Boulder by coming to Boulder's first *Lights On Afterschool (LOAS)* celebration. Sponsored by the Family Resource Schools program, the City of Boulder, and the Boulder Valley School District, the Boulder event will be held on the 1300 block of the Pearl Street Mall from 3:30 to 6:30 PM, Thursday, October 18<sup>th</sup>.

*Lights On Afterschool* is celebrated nationwide to call attention to the importance of after-school programs for America's children, families and communities. Last October 2006, 1 million Americans celebrated *Lights On Afterschool!* This year Boulder will be joining the celebration.

Boulder's event will be a fun celebration of the more than 50 after-school programs available to Boulder Valley School District children. Boulder's *LOAS* will include: Jared Polis, Former Chairman of the Colorado State Board of Education, Chris King, BVSD superintendent and Mark Ruzzin, Boulder Mayor, talking about the value and importance of after-school programming; information and displays from many who provide after-school programs; and most importantly, demonstrations by our children of the many things they learn after-school, such as art, music, language, dance, science, sports and community service. Come and join the fun!

## AFTER SCHOOL IS COOL!

Fall is in the air and Columbine is kicking off the season with a fresh new batch of after school classes. The fall 2007 session which runs from September 25<sup>th</sup> - November 8<sup>th</sup> includes plenty of opportunity for your kids to enjoy the outdoors and get some exercise.

As always, we have several classes that focus on academics with a fun twist...literally, if your child signed up for our creative writing yoga class. FRS art, theater and yoga classes always incorporate some type of academics into them.

We are not currently offering an after school Homework Club, but as usual, our winter session focuses more on reading, writing, math and science. Also, FRS offers the Morning Homework Club daily between 7:30 - 8:30 AM all year long.

If your child did not register for this school session, there are still many wonderful extracurricular programs in Boulder. On October 18<sup>th</sup>, join FRS and other after school programs on the Pearl Street Mall for fun information about other activities in which your child can participate. Mark your calendars for Lights On After School on October 18<sup>th</sup>.

Another great event to look forward to is the Columbine Carnival on Thursday, October 11<sup>th</sup>. The Carnival is an all school PTA and FRS sponsored fundraiser where your whole family can enjoy music, food and fun! Thanks to those of you who have already contributed pasta, sauce fixings and/ or strands of decorative lights.

If you have not contributed yet, we still need people to bring a green salad, a dessert and/ or decorative lights. We need lights here by October 1<sup>st</sup>. Green salads and desserts need to be delivered to school by 4 PM on October 11<sup>th</sup>.

If you have questions about our October events or any other school issue. don't hesitate to call Wanda at 303.441.4059.

## AFTER-SCHOOL PROGRAMS: NOT JUST FOR FUN

After-school or 'out of school time' as it is sometimes referred to, is an important issue for parents to consider whether there is a parent in the home after-school or not. What will your child do with those hours between the end of the school day and dinner time? Will she/he be in a safe place? Will she/he have things to do which build on what she/he learned in school that day? Will her/his social/emotional growth be stimulated or will she/he sit and watch TV or play video games all afternoon?

### Benefits from Afterschool Program Participation

A properly designed afterschool program can have strong positive effects on children's academic, social, and emotional lives. This is especially true for students whose personal circumstances put them at higher risk of school failure. Some research even suggests that what students do during their out-of-school time has as much bearing on their success as what they do during the school day. (National School Board Association. (2005). Building and sustaining afterschool programs. Unbeaten practices in school board leadership. Alexandria, VA: Author.)

Evidence suggests a correlation between frequent attendance in out-of-school time activities and positive outcomes, including an increase in academic achievement, school attendance, time spent on homework, extracurricular activities, improved effort in school, and better student behavior. Out-of-school time programs offer supportive contexts for youth development and offer excellent opportunities for youth to develop skills in supervised, safe, and engaging environments. (American Youth Policy Forum. (2006). Helping youth succeed through out-of-school time programs. <http://www.aypf.org/publications/HelpingYouthOST2006.pdf>.)

### What Is Available in the Boulder?

We are fortunate to live in a place where wide choices of after-school programs exist. Parents can select occasional enrichment classes such as cooking, fiddle playing, robotics and yoga offered through Lifelong Learning, the Family Resource Schools program and others. Or, parents can enroll their child in daily structured programs such as the YMCA of Boulder Valley's School Age Program and the school district's School Age Care program. After-school opportunities don't stop at the elementary level. Studies show that after-school programs benefit youth at all levels, from elementary to high school. In fact, middle and high school students may often benefit most from these programs. (National Youth Violence Prevention. (2005). Afterschool fact sheet. February 1, 2007 from <http://www.safeyouth.org/scripts/facts/afterschool.asp>) Boulder offers a myriad of choices for middle and high school students.

### Show Your Support for After-school Programs

You can help locally by volunteering to help with the October 18<sup>th</sup> *Lights on Afterschool ~ Boulder event* (see article on the left). Contact Kathryn Coleman at 303-441-3344 or [colemank@bouldercolorado.gov](mailto:colemank@bouldercolorado.gov).

On a broader scale you can learn how to get involved through the Afterschool Alliance [www.afterschoolalliance.org](http://www.afterschoolalliance.org)