



@fterschool advisor – April 2, 2012

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Announcements from the Center

Afterschool: No Bullies Allowed **A Statewide Project for Youth in Afterschool**



Afterschool: No Bullies Allowed is a statewide afterschool project aimed at empowering youth to prevent bullying and promote mutual respect in their social environments. Children and youth participating in summer programs throughout Arizona have the opportunity to create an Afterschool: No Bullies Allowed project. Many of the projects will be on display in an exhibit in October & November, in conjunction with Lights On Afterschool.

Guidelines:

- * Program staff should engage youth in a conversation about bullying
- * Youth work together to come up with strategies to eliminate bullying and promote a positive and safe environment in their afterschool program
- * These ideas and strategies will then be used to create a project ([see project ideas](#)) that may be submitted for inclusion in the *Afterschool: No Bullies Allowed Handbook*
- * Children & youth ages 5-17 participating in summer programs in Arizona are eligible to participate

Submission:

[Register for free online](#) to participate. Mail or drop off completed Afterschool: No Bullies Allowed projects

to: Arizona Center for Afterschool Excellence, 112 North Central Avenue, Suite 700, Phoenix, AZ 85004 by **Friday, July 13th** for a chance to have your program's work displayed in a Lights on Afterschool exhibit and in a printed publication: *Afterschool: No Bullies Allowed*. Projects will not be returned.

Project ideas, resources, and how to start a conversation about bullying are available on the [Afterschool: No Bullies Allowed page of our website](#)

Exhibition:

Afterschool: No Bullies Allowed projects will be on display in October as part of the national Lights On Afterschool observance calling attention to the importance of quality afterschool programs.

Questions?

Contact us at info@azafterschool.org or 602.496.3308.

Afterschool Bullying Prevention 101 Training

Seventy percent of youth have experienced bullying at some point and 25 percent of youth encourage bullying if not given proper education and support in anti-bullying techniques (*American Psychological Association*). Afterschool programs, with their unique position as a less formal and more open learning environment, can provide youth with the knowledge and attitudes necessary to combat bullying both in school and online, leading to healthy youth development and a happier generation of students.

You are invited to attend a bullying prevention training covering:

- Defining bullying and forms of bullying behavior
- Understanding the physical, emotional, etc. effects of bullying
- Recognizing bullying behavior in their program
- How to talk with kids about bullying
- Bullying prevention strategies to implement in their programs

Research shows that the most effective bullying prevention programs and strategies focus on bystanders and NOT on the bully or the victim. Taking this into account, **Afterschool Bullying Prevention 101** will focus on the role of the bystander and how we can build the social and emotional skills of youth and create an environment where bystanders feel supported and encouraged to defend targets of bullying.

PHOENIX

Tuesday, May 1st

9 AM - Noon

Rio Salado College @ Northern
1715 West Northern Avenue, Phoenix
Facilitator: Dr. Dana Sherman

FLAGSTAFF

Thursday, May 3rd

9:30 AM - 12:30 PM

Flagstaff Family Resource Center
4000 N. Cummings St., Flagstaff
Facilitator: Deanie Wlodek, Anytown at the Y

TUCSON

Tuesday, May 8th

9 AM - Noon

Rillito-Sabino Room, Sentinel Building

320 N. Commerce Park Loop, Tucson
Facilitator: Deanie Wlodek, Anytown at the Y

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[Register Here>>](#)

Invest Projected Budget Surplus In Phoenix Afterschool Programs

The City of Phoenix is beginning a series of 2012 - 13 [Community Budget Hearings](#) to solicit the public's opinion on the proposed budget and the projected \$10 - 15 million dollar budget surplus.

Two years ago, the city closed 25 PAC afterschool program sites geared to serve low income children in the city's neediest neighborhoods leaving the children and their families no low cost alternatives for receiving quality afterschool programming while the parents were working.

The Arizona Center for Afterschool Excellence urges all Phoenix residents to speak up on behalf of our city's most vulnerable children. Please email or call your Phoenix City Council representative and ask that they dedicate a portion of the projected budget surplus to begin reopening PAC sites that were forced to close at the height of the recession.

With children spending less than 20% of their waking hours in classrooms, quality afterschool programs mean the difference between success and failure for thousands of Phoenix children. According to a report by the U.S. Department of Education, students who spend even one to four hours a week in extracurricular activities were 60% less likely to drop out of school than their peers who did not participate. Extensive research has repeatedly demonstrated that children attending afterschool programs have:

- Improved school attendance
- Increased academic achievement in reading and math
- Higher levels of school engagement and motivation to learn
- Increased likelihood of high-school graduation
- Higher self-esteem
- Enhanced social skills
- Reduced childhood obesity rates, and
- Reduced delinquency.

Quality PAC programs give these children a safe place to go every day afterschool. Equally important is that PAC programs give these low income children, the very experiential learning opportunities that their families can't afford and that increase a child's self worth, sense of belonging, engagement in school, and future academic and social success. Historically, the PAC programs have always filled a niche of serving low income youth whose families lack other affordable options and when a PAC program is not available, these children are left without a safe and nurturing place to go afterschool. The need is as high as its ever been.

Your email, phone call, or appearance at one of the city council budget hearings can make a huge difference in the lives of the children who benefit from these city sponsored afterschool programs.

[Contact your Councilmember>>](#)
[City Council Budget Hearings schedule>>](#)

Save the Date!

Healthy Minds. Healthy Bodies. Healthy Youth Afterschool.



You're invited to the 20th Annual
**Arizona Statewide
Afterschool Conference
& Awards of Excellence Luncheon**

Saturday, November 3, 2012

8 am - 3:30 pm

Phoenix Convention Center,
West Building

More information:
www.azafterschool.org

Questions?
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High School Robotics Teams Win FIRST Robotics Arizona Regional

Congratulations to the CocoNuts Robotics Team from Coconino High School and the Falcon Robotics Team of Carl Hayden High School for their success in the FIRST Robotics Arizona Regional! The FIRST Robotics Competition is an exciting, international competition that teams professionals and young people to solve an engineering design problem in an intense and competitive way. Fifty teams participated in the event held at Hamilton High School in Chandler this past weekend. High School students have 6 weeks to design and build robots to participate.

The Falcons with their robot Angelica's DREAM, named after the Valedictorian ASU Mechanical Engineering student Angelica Hernandez, had 10 wins and 1 loss in the qualifying rounds and was ranked number 2 behind Team 610 the Coyotes from Toronto, Canada who was 11 and 0. The Falcons also won the Industrial Safety Award from Underwriters Laboratories for having the best run pit and the Innovation in Control Award by Motorola. Team member John Rangel won the Dean's List award and is now in contention for the national award.

The CocoNuts, with their robot Callista, won the Arizona Regional Chairman's Award for the third time in their 5 year history. The Chairman's Award celebrates a team that has done the most to advance the mission and message of FIRST. The CocoNuts were recognized this prestigious award because of the extensive outreach that they do in the Flagstaff community and beyond. The CocoNuts were also the Regional Finalists, received the Creativity Award, and had two individuals recognized on the team: Destiny Simpson, Dean's List Award Finalist, and Christine Sapio, AZ FIRST Teacher of the Year.

The CocoNuts and Falcons will compete at the FIRST Robotics World Championship in St. Louis on April 26-28.

About FIRST®

FIRST (For Inspiration and Recognition of Science and Technology) was founded in 1989 to inspire young people's interest and participation in science and technology. With support from three out of every five Fortune 500 companies and more than \$14 million in college scholarships, the not-for-profit organization hosts the FIRST Robotics Competition and FIRST Tech Challenge for high school students, FIRST LEGO League for 9 to 14-year-olds, and Junior FIRST LEGO League for 6 to 9-year-olds. To learn more about FIRST, go to www.usfirst.org

Making Afterschool an Election Issue in 2012

The Afterschool Alliance has released updated versions of its [Campaign Toolkit](#) and its Candidate's Guide to Afterschool. Particularly during presidential election cycles, voters' concerns are brought to the forefront of the public debate and widely discussed in the media. But what concerns will be raised? Whose voices will be heard? What will candidates and pundits focus on? It is the voices of people in local communities that drive candidates' campaigns.

[Download the Campaign Toolkit here>>](#)

Register to Vote in Arizona

[Voter Registration - AZ Secretary of State>>](#)

Important Dates & Deadlines

[General Election>>](#)

July 30, 2012 Voter Registration Ends

August 28, 2012 Primary Election

November 6, 2012 General Election
October 8, 2012 Voter Registration Ends

[City of Tempe>>](#)

May 15, 2012 General Election

[Tucson's District 8 Special Election \(Gabrielle Giffords' Seat\) >>](#)

April 17, 2012 Primary Election

June 12, 2012 General Election

More information

Access additional election resources, afterschool talking points, and find your legislators on our website at: <http://azafterschool.org/Resources/Advocacy.aspx>

**Register Today for a Training on
*High-Energy Summer Programs!***

**Tuesday, April 10th, Flagstaff
Thursday, April 12th, Tucson**

Time: 9 a.m. - Noon

Cost: \$30 per person
(Coffee & bagels included)

Join Dr. Gale Gorke of Kids Kan, Inc. and your afterschool and youth development peers for a comprehensive training on *High Energy Summer Programs!*

Participants will engage in a dialogue about what makes a high-energy summer program and **learn strategies to maintain enthusiasm among staff and youth all summer long.**

Take away tools and activities to minimize learning losses over the summer by infusing academic principles in high-energy activities.

These trainings qualify for educational credit from the Arizona Department of Health Services.

For more information:
contact AzCASE at info@azafterschool.org or 602.496.3308.

Registration is required. [Register online here>>](#)

**Calling All Afterschool Artists!
Design the 2012 Lights On Afterschool Poster**

The Afterschool Alliance wants your artwork for their 2012 *Lights On Afterschool* poster. The deadline for submissions is **May 1, 2012.**

The winning image will be **printed on 70,000 posters** displayed nationwide! Posters are sent to

afterschool programs from coast to coast for *Lights On Afterschool* celebrations. The artist and/or program will be credited on the poster, and the image will be featured on our website.

Get inspired: Learn more about our [2011 poster contest winner Nicole Tanner](#) and check out the [2010 gallery of poster submissions](#). Guidelines for creating artwork: [download guidelines.pdf](#)

More information at: <http://www.afterschoolalliance.org/loaSubmitArtPoster.cfm>

Rio Salado College Announces Afterschool Certificate Program

[Rio Salado College](#) is pleased to introduce a College Certificate program designed especially for Afterschool/School Age Professionals. The coursework in the School Age specialization of the 16 credit hour Academic Certificate in Child & Family Professional Development provides students with the Level I and II core knowledge identified in the National Afterschool Association's standards for Core Knowledge and Competencies for Afterschool and Youth Development Professionals.

Coursework for this Certificate can be completed online, and with Rio's 48 start dates, you can start at any time. Rio is also working to form education cohorts to complete this certificate program through an in-person course delivery modality. An educational cohort is designed to allow a group of students to work together toward their academic objective. This group starts and ends their program together. For students who live or work a distance from the college, cohort programs are often established at off-campus locations. This enables busy, working adults to further their education in spite of other demands on their time. Experience has shown that students, who participate in a cohort group, often succeed where individual students do not.

Limited scholarship funding is available to support completion of this college certificate.

To learn more about how you can enroll in this program, become a member of a cohort or establish at cohort at your location contact us by phone at 480.517.8120 or by email at early.childhood@riosalado.edu.

Arizona Afterschool Survey Results Are In!

We are proud to announce the release of the Arizona Afterschool Survey Report, '*Young Minds Keep Learning Even After the School Day Ends*'.

Conducted and compiled by the [Arizona Center for Afterschool Excellence](#), [Valley of the Sun United Way](#) and [United Way of Tucson and Southern Arizona](#) in partnership with [ASU's Morrison Institute on Public Policy](#), the Report highlights results of a 2011 survey of 681 afterschool and out-of school time program sites in Maricopa and Pima counties.

Contact 602.496.3307 or mmcclintock@azafterschool.org if you or your organization would like a presentation or explanation of the key findings and what they mean for Arizona's youth.

We look forward to working with you to build a meaningful afterschool youth development system for all Arizona's youth!

[Download the Full Report here>>](#)

[Download a Summary of the Report here>>](#)

Focus on Health

Afterschool programs play a key role in the health and well-being of youth through activities that encourage healthy behaviors, an environment that includes a healthy snack or meal, and opportunities for physical activity. This section will feature new topics, resources, curriculum ideas and activities to help you ensure youth are fit, healthy, and ready to learn. [See a complete list of our afterschool health resources here>>](#)



A 2009 study of fifth-grade students showed a positive association between both overall diet quality and academic performance. Students with higher overall diet quality were less likely to fail standardized reading and writing assessments (Florence et al., 2008)

April is National Garden Month

Garden based learning activities can be very successful in afterschool programs, particularly container activities. This [webpage](#) lists many garden related lessons and resources that can be adapted to your program. Also check out grant and funding opportunities from [Kids Gardening](#).

New! Resource for Health

We would like to take this opportunity to share information on [Healthy Steps for Healthy Lives](#), a resource for afterschool programs to support your ongoing efforts to teach youth about being healthy. Designed for grades K-3 and divided into three categories: THINK, EAT, and MOVE Healthy, the Healthy Steps for Healthy Lives™ instructional activities provide step-by-step directions to carry out these easy-to-use lessons in your afterschool program.

Health Funding Opportunities

Arizona's Coordinated School Health Program provides current funding opportunities from their partnering organizations.

[View them here>>](#)

Research & Reports

Healthy Eating Out-of-School Time

Find the latest research in "[Healthy Eating in Out-of-School Time](#)" (available for free download), authored by researchers at the University of Massachusetts, Boston; NIOST; and YMCA of the USA. This paper is the result of interviews conducted by NIOST researchers and study partners with 17 key out-of-school time organizations that provide, coordinate, or improve services, or that conduct policy or advocacy work on behalf of large provider networks. The authors explore leaders' perceptions of the role of guidelines, the barriers, and the supports related to healthier eating during the out-of-school time hours.

Rejection on Playground May Contribute to Sedentary Lives

Ostracism by peers may be one reason overweight and obese children are less physically active than children who are relatively fit, according to a recent study published in *Pediatrics*. Researchers at Kent State University used a computer simulated ball-toss game to determine if peer influence has a direct impact on physical activity. The findings revealed that children who were ostracized by their peers during the ball-toss were more likely to avoid doing any type of exercise afterward and spent more time reading books, coloring, and engaging in other sedentary activities. Earlier studies also suggest a strong correlation between peer victimization and weight gain, revealing the impact negative social experiences can have on children's emotions and physical activity behaviors.

[Read full report here>>](#)

Healthy Behavior Initiative Releases Step-By-Step Guide for Afterschool

Changing Lives, Saving Lives, A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs is designed to help program directors, leadership team members, site directors and your partners-in an intentional and systematic way-strengthen your afterschool program to help students develop healthy lifestyle habits. The six practices have been vetted with expert stakeholders and afterschool practitioners, and implemented at an exemplary level by ten afterschool programs across the state.

[Download the step-by-step guide here>>](#)

Conferences, Trainings & Seminars

Healthy Minds. Healthy Bodies. Healthy Youth **Afterschool.**

You're invited to the 20th Annual
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Awards of Excellence Luncheon**

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More information:

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Questions?

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New Healthy Out-of-School Time Summer Seminar

Summer Seminars are July 23-27 in Boston. [Register today](#) to take advantage of early bird rates. Learn how to incorporate healthy habits into your out-of-school time program by participating in our Summer Seminar **HOST: Promoting Healthy Eating and Active Out-of-School Time**. You will receive the latest research-based tools and resources to help youth (and staff) shape better habits and practices for health and overall well-being. We will also discuss ways to overcome the challenges of limited facilities, and participate in a variety of activities that you can take back to your own program.

[More information here>>](#)

DO you LIKE us?

For regular updates on what's happening
in the afterschool community,
join our network on Facebook!



Afterschool in the News

McClintock/Smith: Quality learning away from school carries significant weight, too

The simple fact is: Young minds don't stop learning after the school day ends. This powerful premise drives our commitment to ensure that students across Arizona have access to a broad base of quality out-of-school time programs that align with and complement classroom learning. That premise also provided the foundation for the first-ever comprehensive out-of-school time program survey to assess programming, location, access, and strengths and weaknesses of these vital teaching and learning opportunities in Maricopa and Pima counties.

[Read more from the East Valley Tribune>>](#)

Behind Every Harassed Child? A Whole Lot of Clueless Adults

["Bully."](#) Lee Hirsch's moving and troubling documentary about the misery some children inflict upon others, arrives at a moment when bullying, long tolerated as a fact of life, is being redefined as a social problem. "Just kids being kids" can no longer be an acceptable response to the kind of sustained physical and emotional abuse that damages the lives of young people whose only sin is appearing weak or weird to their peers. And while [the film](#) focuses on the specific struggles of five families in four states, it is also about - and part of - the emergence of a movement. It documents a shift in consciousness of the kind that occurs when isolated, oppressed individuals discover that they are not alone and begin the difficult work of altering intolerable conditions widely regarded as normal.

[Read more from the NY Times>>](#)

Ensuring a World-Class Education for All Arizona Students

Research tells us that, in Arizona, 85% of new jobs will require some form of postsecondary education and work experience. Yet, only half of our high school seniors pursue any additional education after graduation, placing us at the bottom among all states. The world is rapidly changing, and we need to prepare our students to succeed in the 21st century economy. In a time when we must prepare our students for jobs that don't yet exist, it's time for us to change the way we think about the definition of an excellent education.

[<>](http://ExpectMoreArizona.org)

Afterschool Programs Improve Attendance, Behavior and Coursework

Every child deserves a great education and afterschool programs are helping turn that goal into reality. An exhaustive review of more than 60 research studies concludes that high quality afterschool programs accelerate student achievement. The report comes at a critical time amid budget shortfalls and a changing policy landscape. States and educators are increasingly finding that taking advantage of the time beyond school is an effective and sustainable way to improve educational outcomes. In fact, nationally, more than one million children participate in afterschool programs funded through the 21st Century Community Learning Centers federal program.

[>>](http://PR.Newswire)

Free evening meals improve nutrition for children at 7 New Orleans sites

Last week, thanks to a new federal dinner program for New Orleans school children, Lawrence Smith's belly was full as he waited for his mom to pick him up just before 6 p.m. A month ago, when they ate only snacks at his afterschool program, his stomach growled ferociously, said Lawrence, 9. Then, typically, he'd hop in the car and say, "Mom, I'm hungry," he said. Sometimes his dad would be cooking a pot of something at home. If his father was working late at Lowe's, they might grab fast food.

[>>](http://nola.com)

Despite progress, 1 in 4 high schoolers drops out

The last straw for 17-year-old Alton Burke was a note left on his door. The high school dropout picked up the phone and re-enrolled at South Hagerstown High. Burke missed roughly 200 days of class, but Heather Dixon, the student intervention specialist who left the note, never gave up on him. Aggressive efforts to prevent students such as Burke from dropping out contributed to a modest 3.5 percentage point increase nationally in the high school graduation rate from 2001 to 2009, according to research to be presented Monday at the Grad Nation summit in Washington.

[>>](http://MSNBC.com)

Kyrene's for-profit branch expects \$500,000 increase

Kyrene School District's Community Education department, the district's for-profit branch, is working to increase enrollment in its key programs, develop ideas and expand its print shop to bring in more money. The department expects to bring in an additional \$500,000 next year over the \$2,995,452 it generated this year, Community Education Director Kelly Alexander said. The increase represents another small piece of Kyrene's efforts to close a projected \$5.3 million shortfall in the 2012-13 school year.

[>>](http://azcentral.com)

Job Opportunities

**HAVE AN AFTERSCHOOL JOB OPENING
TO POST IN OUR NEWSLETTER?**

[Post it here>>](#)

Free Arts for Abused Children of Arizona

Director of Programs

[Read more>>](#)

Catalina Foothills Community Schools

C.A.R.E Program Office Coordinator

[Read more>>](#)

Ear Candy Charity

Part-Time Administrative Assistant

[Read more>>](#)

Tempe Kidzone

Lead Preschool Teacher - 2 Year Old Classroom

[Read more>>](#)

Volunteer Southern Arizona

Youth Program Coordinator

[Read more>>](#)

Chandler Unified School District

Community Education Manager

[Read more>>](#)

Paradise Valley Unified Mascot Club Program

Program Manager

[Read more>>](#)

[View the full list of available positions and descriptions on our website>>](#)

Funding Opportunities

***New opportunities in red**

Active Schools Acceleration Project

Deadline: April 2, 2012

ChildObesity180 and Partnership for a Healthier America will provide grants of up to \$100,000 to school-based programs and technological innovations that promote physical activity for children.

[More information>>](#)

Funding for College/K-12 Partnerships to Serve Out-Of-School Youth

Deadline: April 30, 2012

Gateway to College is offering start-up funds for partnerships between colleges and K-12 school districts to implement the Gateway to College dropout recovery program. Awards of \$325,000 - 440,000 will be given out over 2-3 years.

[More information>>](#)

Youth Advisory Board Service-Learning Grants

Deadline: May 4, 2012

Every year, the State Farm Youth Advisory Board funds up to \$5 million to youth-led service learning projects to solve issues important to State Farm and communities across the United States and Canada. Grant requests can range anywhere from \$25,000 - \$100,000, and are completed online ONLY through the Youth Advisory Board website, found here: www.statefarmyab.com/apply. Education institutions and nonprofits are both eligible to apply. Funding areas include: Financial Literacy, Access to Higher Education/Closing the Achievement Gap, Community Safety and Natural Disaster Preparedness, Environmental Responsibility, and Societal Health and Wellness Issues.

[More information>>](#)

Action for Healthy Kids Grant

Deadline: May 5, 2012

If your after-school program is affiliated with a school, consider applying for a grant from the Action for Healthy Kids. To be eligible, schools must participate in the National School Lunch Program and National School Breakfast program and must have a free or reduced price meal eligibility greater than 50 percent. Priority selection will be given to schools with student enrollment greater than 500 students. Applications must be submitted online at www.surveymonkey.com/s/SchoolGrantForHealthyKids.

[More information>>](#)

21st Century Community Learning Grant RFP Announcement

Deadline: May 7, 2012

21st Century Community Learning Centers Grant funding is available for academic out-of-school time programs through the Arizona Department of Education. The grant provides funding for students to receive academic enrichment classes and opportunities in core academic areas such as reading, writing and math. Eligible organizations include any public or private organization that serves students who attend schools where at least 40% of the students qualify for free/reduced meals. Any organization that is not a school must partner with the school serving the students targeted for assistance. The application will be available on March 5th on the ADE Grant Management Enterprise under Fund Alerts.

[More information>>](#)

Captain Planet Foundation Grants

Deadline: May 31, 2012

The mission of the Captain Planet Foundation is to fund and support hands-on, environmental projects for children and youths. Through environmental education, they believe that children can achieve a better understanding and appreciation for the world in which they live. Generally, the range of grants awarded by the Foundation is \$250 - \$2,500 for innovative programs that empower children and youth around the world to solve environmental problems in their neighborhoods and communities.

[More information>>](#)

Tony Hawk Foundation Skatepark Grants

Deadline: July 2, 2012

The Tony Hawk Foundation provides grants of \$1,000 to \$25,000 to encourage and facilitate the design, development, construction, and operation of high-quality public skateparks serving at-risk youth in low-income areas across the United States. 501(c)(3) public charity or a state or local agency (including

public school systems or public projects) are eligible.

[More information>>](#)

Navy and Marine Corps STEM Education Grants

Deadline: September 20, 2012

U.S. Department of Defense will give out multiple grants of \$200,000 to city or township governments, independent school districts, public institutions of higher education, tribal organizations, nonprofits, for-profits, small businesses to foster an interest in, knowledge of and study in science, technology, engineering and mathematics nationwide to ensure an educated and well-prepared naval and national STEM workforce by engaging students in STEM-related hands-on learning activities with Naval relevance.

[More information>>](#)

[Find more resources and funding opportunities on our website>>](#)

Awards, Contests & Fellowships

Trend Micro's 2012 *What's Your Story* video contest

Deadline: April 3, 2012

Unleash the videographer in your program's youth by having them enter Trend Micro's 2012 What's Your Story video contest. Entrants must create and upload an original video, no longer than two minutes, that addresses one of three issues: taking action against bullying; keeping a good reputation online; or being cell smart. The videos can be created in any style - a serious confessional, an educational lesson or a funny re-enactment. One \$10,000 grand prize and six \$500 secondary prizes will be awarded. The contest is open to residents of the United States and Canada (excluding Quebec) who are 13 and older.

[More information on the categories and how to register>>](#)

Youth Encouraging Healthful Habits

Deadline: April 16, 2012

Suggest to a young person you know that he or she apply to serve on the Alliance for a Healthier Generation's Youth Advisory Board for the 2012-2013 school year. Board members serve as ambassadors for the Alliance, share feedback on empowerME programs and activities and lead service-learning programs related to preventing childhood obesity and encouraging young people to develop lifelong, healthful habits. Applicants must be between the ages of 8 and 17 and live in the United States (including U.S. territories) when membership begins in July. They must be willing to share their unique experiences and opinions to shape the programs of the Alliance's Kids' Movement to make healthy living the norm, not the exception.

[Learn more>>](#)

Young Native Writers Essay Contest

Deadline is April 30, 2012

The Holland & Knight Charitable Foundation in partnership with the Smithsonian Institution's National Museum of the American Indian is proud to announce the 2012 Young Native Writers Essay Contest. This essay contest is open to Native American high school students currently enrolled in grades 9-12. Five first-place winners will receive a \$2,500 college scholarship, an all-expenses-paid "Scholar Week" trip to Washington, D.C., to visit the National Museum of the American Indian and other prominent Washington, D.C. sites. Deadline is April 30, 2012

[More information>>](#)

Trainings & Conferences

Afterschool Bullying Prevention 101 Training

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strategies to maintain enthusiasm among staff and youth all summer long.

Take away tools and activities to minimize learning losses over the summer by infusing academic principles in high-energy activities.

These trainings qualify for education credit from the Arizona Department of Health Services.

(All workshops are from 9 AM - Noon)

Tuesday, April 10 in Flagstaff
Wednesday, April 11 in Phoenix (FULL)
Thursday, April 12 in Tucson
[Register online here>>](#)

Questions?

602.496.3308 or info@azafterschool.org

USDA Summer Food Service Program (SFSP) Webinars

Hunger and poor nutrition are among the biggest obstacles to student success, stunting not only children's educational development, but also making them more likely to miss school days due to sickness and other health issues. One of the many ways afterschool providers can fight hunger, especially among children, is through the federal Summer Food Service Program (SFSP). The program provides funding to feed low-income children ages 18 and under when school is not in session.

[Visit the USDA's SFSP webpage for a list of upcoming webinar dates>>](#)

[Click for a list of state food nutrition contacts>>](#)

Far Ago & Long Away- Why Read Aloud?

Saturday, April 14, 2012, 10am-12pm

@ Child & Family Resources, Inc. 715 N. Main St., Suite D, Kingman, AZ

Current research in reading now indicates, "The single most important activity for building the knowledge required for eventual success in reading is reading aloud to children." This workshop focuses on techniques for reading aloud, choosing books to read, and reading books that reflect the culture and home language of the children. Register for free by calling 866.987.2469 or email

projectmetoo@blake.easterseals.com

The Many Colors of Us: The path Towards Cultural Competency

Tuesday, April 17, 2012, 6:30pm-8:30pm

@ Easter Seals Blake Foundation, 6420 E. Broadway Blvd, Suite A100, Tucson, AZ

Understanding the cultures of the children and families we serve requires more than words and good intentions. The journey towards cultural competency requires the willingness to experience, learn from those experiences, and act. Register for free by calling 866.987.2469 or email

projectmetoo@blake.easterseals.com

Science for School Ageds

Saturday, April 21, 2012, 9:00am-12:00pm

@ Quincy Douglas Public Library, 1585 E. 36th St., Tucson, AZ

Participants will learn about inquiry skills, Arizona content standards and activities to do with students.

This will be a hands-on workshop with activities. Participants will also have the opportunity to discuss the role that science plays in their classrooms and ways to build on what children are learning during the school day. Register for free by calling 866.987.2469 or email projectmetoo@blake.easterseals.com

Power Struggles in School Age Care

Saturday, April 21, 2012, 11:30am-1:30pm

@ Quincy Douglas Public Library, 1585 E. 36th St., Tucson, AZ

Come learn to turn power struggles into learning opportunities. This workshop will focus on techniques for avoiding power struggles and providing school age children and teachers with a healthy control over their environment. Register for free by calling 866.987.2469 or email projectmetoo@blake.easterseals.com

2012 Arizona Directors Conference

Saturday April 21, 2012 @ Rio Salado College, Tempe

The conference theme is Best Practices in Early Childhood Program Management. Limited to 100 participants, this conference has been designed especially for early care and education program Directors, Managers and Administrators. This conference will provide 6 clock hours of training in Management and Administration.

[Register here>>](#)

APEX Great Seminars

Rio Salado College, in collaboration with KAET/ASSET (Arizona State University), is initiating a coaching model for early childhood professional development. These seminars will take place once a month and are being offered as professional development opportunities for early care and education professionals. Each Seminar has been designed to provide participants with information, knowledge and skills that will enhance their practice in the field of early care and education. *Participants will receive a Continued Education Certificate (CEU) for attending each seminar. The CEU certificate can be used to meet ADHS, DES and CDA National Credentialing training requirements.*

April 21st & 28th, 9:00AM-11:00AM: [PBS KIDS Super WHY! Learning Adventure Tool Kit](#)

May 19th, 8:30AM-4:00PM: [The Arizona Family Child Care Conference](#)

Boost Conference

April 25-28, 2012, Palm Springs, CA

The BOOST Conference, presented by Boost Collaborative, is one of the nation's largest, most recognized and comprehensive conferences for afterschool and out-of-school time professionals. Set in a retreat-like atmosphere, this extraordinary event will rejuvenate your passion and boost your direction for quality programming. Register today for an invigorating blend of:

- * Keynote presentations by Milton Chen & Sir Ken Robinson
- * Networking and teambuilding opportunities
- * Exceptional workshop presenters to learn and grow with and the latest trends and research in out-of-school time programming
- * In depth learning sessions through our 1-day Pre-Conference Academy
- * Opportunities for targeted conversations and learning through Inspiration Stations
- * Legacy Summit sessions to support working with older youth
- * Connections with over 125 Exhibitors sharing the newest resources, products and services to enhance your programs
- * Options to earn college credits and CEU's
- * All-inclusive opportunities to experience guest speakers, authors, special events, and entertainment that will inspire you to create change
- * Healthy meals and plenty of sunshine in beautiful Palm Springs, California

[Details and Registration here>>](#)

Afterschool for All Challenge: Transforming Research into Action

May 8-9, Washington, D.C.

The [Afterschool for All Challenge](#) brings together program staff, community leaders, youth, parents, educators, advocates and elected officials from across the country to discuss the hottest topics in afterschool and meet face to face with policy makers about the importance of federal support for the

afterschool programs that keep our kids safe, inspire learning and help working families. This year we'll be exploring the evidence base for afterschool-how before-school, afterschool and summer learning programs can and are supporting a wide range of positive outcomes for kids, families and communities. Afterschool experts and professionals working in the field will be on hand to discuss the latest research and describe how programs are already putting it to work for continuous improvement.

[Register](#) by March 31 for the early registration rate of \$150 per person.

The Three S's of Outdoor Play- Safety, Supervision, and Skill-Appropriate Play

Saturday, April 28, 2012, 9:00am-11:00am

@ First United Methodist Church Preschool, 1020 S. 10th Ave., Safford, AZ

Come learn why safety and supervision are so important during outdoor play. We will learn effective ways to supervise the children, hazards to look for on the playground, and some fun activities to do with children outdoors. Plan to have some fun and learn how to enhance your outdoor classroom! Register for free by calling 866- 9TRAIN9 or email projectmetoo@blake.easterseals.com

Music & Movement Activities for Young Children

Saturday, April 28, 2012, 8:00am-10:00am

@ Ft. Mojave Child Care Center, 1599 Plantation Rd. #C, Mohave Valley, AZ

Children love to sing about their world and move to music. This workshop will teach participants how to help children learn and grow through music and movement activities. Register for free by calling 866.987.2469 or email projectmetoo@blake.easterseals.com

6th Annual Youth Leadership Day

Tuesday, May 1, 2012, 9:00 am - 4:00 pm

@ Grand Canyon University in Phoenix, Arizona

The Arizona Governor's Youth Commission invites youth groups and their leaders from across the state to attend a variety of leadership development workshops and to celebrate their accomplishments of Global Youth Service Day. This year's event will focus on developing youth passion and fostering commitment to meaningful community work. Registration begins on April 2, 2012. For questions, please contact: Carla Friedman at gyc@az.gov

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[Register](#) by March 31 for the early registration rate of \$150 per person.

M&Ms of School Age Behavior

Thursday, May 17, 2012, 6:30pm-8:30pm

@ Young Minds Preschool, 1881 S. 4th Ave., Suite A, Yuma, AZ

School Age staff need to have the ability to foster cooperation and provide guidance. They also must teach effective conflict resolution strategies. It is important to utilize positive guidance techniques to help

children to follow the rules and limits necessary for their own and the group's safety and well-being. Register for free by calling 866.987.2469 or email projectmetoo@blake.easterseals.com

CPR & First Aid Class

Tuesday, May 22, 2012, 8:00am-2:00pm

@ Child & Family Resources, Inc. 201 S. 3rd Ave., Yuma, AZ

You will learn the basics and fundamentals of CPR & First Aid for children and infants. This class is offered free for new D.E.S providers. This class is offered to the public for a fee of \$40. Space is limited. Register: Call 928.783.4003

Splash, Splash- We're having a Blast

Saturday, June 16, 2012, 8:00am-10:00am

@ ChildTime, 7090 N. Thornydale Rd., Tucson, AZ

Ever wonder what to do with those older children all day? Come find out how much fun school age programs can be. You will learn new activities, themes, and games for outdoor play. Come and have fun as we explore fun activities to do with school-agers! Register for free by calling 866.987.2469 or email projectmetoo@blake.easterseals.com

NIOST Summer Seminars 2012

July 23-27, 2012, Boston, MA

The National Institute for Out-of-School Time - NIOST -- (www.niost.org) has an exciting lineup for the 2012 Summer Seminars! Energize your leadership skills and network with other youth-serving professionals in the OST industry! Find the training seminar that is right for you... [APAS \(Afterschool Program Assessment System\)](#) for those interested in program self-assessment, [OST Systems-Building in a New Age of Education Reform](#) for those involved in city or regional collaboration, [Using Data for Program Improvement and Reaching Positive Outcomes](#) for those already performing program self-assessments, [HOST - Promoting Healthy Active Out-of-School Time](#) to introduce the new national standards into your program, or Delve deeper into your leadership skills in our new [Session 3 - The Courage to Lead: A Retreat for Personal Renewal](#), a one-day retreat at the beautiful Wellesley College campus.

[More information here>>](#)

Community Events

STEM Speed Connection

Wednesday, April 11, 2012, 5:30pm-6:45pm

@ Arizona Science Center, 600 E. Washington St. Phoenix, AZ 85004

Arizona Science Center and the Arizona Department of Education 21st Century Community Learning Centers are hosting their bi-annual networking event. Discuss ongoing science, technology, engineering and mathematics programs in our community and how you can make STEM CONNECTIONS in your community. Learn about exciting, information STEM opportunities and how you can support programs like these anywhere in Arizona. Please RSVP by April 6th to Kaely Keller at 602.716.2000x2565 or kellerk@azscience.org

Global Youth Service Day

April 20-22, 2012

The Arizona Governor's Youth Commission invites youth groups across the state to join together to conduct service projects in the focus area of education, an area critical to Arizona's future, *to demonstrate the power* and value of the collective impact of Arizona's youth. Please email registration by Wednesday,

February 8, 2012 to: Carla Friedman at gyc@az.gov.

Submit Your Proposal for the HandsOn Greater Phoenix's 19th Annual Serve A Thon

Saturday April 28, 2012

The 19th Annual HandsOn Greater Phoenix Serve A Thon brings together 1500 corporate, civic and individual volunteers for a day of hands-on community service projects at locations across the Valley. Working in partnership nonprofit organizations, under-resourced neighborhoods and schools, teams of volunteers will clean up neighborhoods, brighten classrooms, paint murals, revitalize homeless and domestic violence shelters, plant gardens and much more! The effort will provide 15,000 hours of service and leave a lasting mark on the community and those in need.

This is the opportunity of a lifetime to leverage resources and volunteers. HandsOn will do a complete site visit with your organization, identify needed supplies and resources for the projects, recruit the volunteers and oversee the project. **Less than 35** projects will be chosen for this event!

[Submit your proposal here](#), email proposals to Todd Byard Todd@handsonphoenix.org or fax to 602-973-9233. Contact HandsOn Greater Phoenix at 602-973-2212 if you have any questions or need any additional information.

Future for KIDS Youth Sports & Fitness Camp

Saturday, June 9th, 2012

8:30am to 1pm (Registration at 8:30am, camp begins promptly at 9am) @ ASU Football Practice Field (Rural & 6th Street). The camp features fun sport and fitness rotations, photos and autographs with celebrity athletes and team mascots. ASU's New Head Football Coach, Todd Graham, will be the special guest speaker along with NFL athletes. Each participant will receive a free camp shirt, healthy lunch and snacks. Open to youth ages 6 to 13. Visit www.futureforkids.org or Call (480) 947-8131 for more information and to reserve your space.

Game Design Workshop

July 16 -20 & July 23-27, 9:00am - 3:30 pm

The University of Arizona School of Information: Science, Technology, and Arts is offering a summer workshop on game design for students entering grades 6-12 on the U of A campus. For more information or to register, [click here](#)

Free Summer Health Careers Camp

July 12-21, 2012

High school students interested in an in-depth look at healthcare careers still have time to apply for Midwestern University's eight-day Health Careers Institute for High School Students. Each day from 9:00 am to 4:00 pm during this exciting hands-on program, Midwestern faculty and advanced students will teach workshops in anatomy, physiology, and introductory skills for various health professions, with a special focus on how to prepare for college and what to expect from each profession. Applications for the annual summer event, which will take place on the Midwestern University Campus in Glendale, must be postmarked by **May 1**. Call 623-572-3353 to request an application, or visit the event page at www.midwestern.edu/azhealthcareersinstitute.

Resources, Research & Reports

Check out the NEW United Way Worldwide Out-of-School Time Toolkit!

Over the past three years, United Way Worldwide, with the support of JCPenney, has provided grants and technical assistance to local United Ways to help them build and strengthen out-of-school time opportunities in their communities. This toolkit builds on those efforts and leverages the work of previous United Way grantees-particularly their lessons learned, tools, and resources focused on collaboration and coalition building, engaging key stakeholders and developing and communicating strategies to improve youth access to high-quality programs in their communities. The toolkit is designed to help United Ways, working as part of broader out-of-school time coalitions, adopt a systemic approach to improving out-of-school time quality, access, sustainability, data collection and evaluation, and alignment and coordination, rather than piecemeal approaches focused on individual programs or funding streams. [Access the toolkit here>>](#)

For more information about United Way Worldwide's Out-of-School Time work including this toolkit please contact Cortney Harris at cortney.harris@unitedway.org.

Khan Academy - Free Online Learning Resource

Khan Academy, recently featured on [60 Minutes](#), is a not-for-profit with the goal of changing education for the better by providing a free world-class education to anyone anywhere. All of the site's resources and materials are available to you completely free of charge. Youth can make use of their extensive video library, practice exercises, and assessments from any computer with access to the web. Coaches, parents, teachers, and afterschool providers have unprecedented visibility into what their students are learning and doing on the Khan Academy, such as the ability to see any student in detail, a real-time class report for all students, and better intelligence for doing targeted interventions.

[Find out more about Khan Academy>>](#)

Featured Activity

Dance Freeze

Age Group: K-5

Length of Activity: 10 min+

Developmental Goal: To increase aerobic fitness through ongoing dance

Before You Start:

- Designate an open area free of obstacles. If objects are present that cannot be moved, point them out and remind everyone that they must be careful not to touch another person or object.
- Have the radio or music player ready with an appropriate station or music selection.

How To Play:

- In this activity, everyone dance as the music plays.
- When the music stops, each player must freeze immediately and hold that position until the music begins again.
- If a player does not freeze immediately, s/he does 10 jumping jacks during the start of the next round and then rejoins the dance.
- Since this is an aerobic game, it is better not for players to get "out."

Variations:

- Assign players as a look-out and have them pick out a unique dance move. When the music

stops, they demonstrate the move for everyone; the group tries the new move at the start of the next round.

- Rather than have players do 10 jumping jacks, have them do something else (push-ups, a balance challenge, act as DJ, etc.)

Source: Playworks <http://www.playworks.org/make-recess-count/games/dance-freeze>



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