

BOOST Collaborative Newsletter



Issue: 6

September 2010

*My after school program is important to me because it helps me learn and become a better person.
Jonathan, 13
AUHSD, Buena Park, CA*

In This Issue

[BOOST Calendar](#)

[BOOST Breakfast Club](#)

[BOOST Toolkit for Success](#)

[BOOST Buzz](#)

[Program Highlight](#)

[Staff Highlight](#)

[No Phone Zone](#)

[Research](#)

[In The News](#)

[Funding Opportunities](#)

Letter From BOOST

Dear BOOSTers,

It is that time again...new backpacks, shiny shoes, the latest hairstyles and an opportunity to catch up with old and new friends about our summer explorations! We hope that you have returned refreshed and eager to inspire learning and change with the youth in our programs. As our students return for another successful school year, it is important to keep in mind the many safety issues that need to be addressed, not just on the first day of school, but as on-going learning opportunities throughout the year.

This month's newsletter is full of ideas and the latest resources to help you and your team start off on the road to success!

The BOOST Collaborative Team

BOOST Professional Development Calendar

What's coming up...

The BOOST Collaborative is currently accepting Request for Proposals for our 2010-2011 Professional Development calendar. We invite you to submit a proposal to present a workshop session in Southern California area to support out-of-school time professionals.

If you are interested in submitting a proposal for the 2010-2011 calendar, please [click here](#).

For more information about BOOST Trainings please contact Christine McKenna: christine@boostcollaborative.org or 619-232-6678



[BOOST Collaborative](#)

1666 Garnet Avenue
PMB 126
San Diego, CA 92109
619-23-BOOST
(619-232-6678)

www.boostcollaborative.org

Join Our List

[Join Our Mailing List!](#)

2010 Healthy Behaviors Conference



The BOOST Collaborative and the Center for Collaborative Solutions (CCS) are collaborating to provide enhanced support and lead national K-12 educators in the out-of-school time field to promote healthy lifestyles for youth. As a result of this collaboration, the organizations will provide the first Annual Healthy Behaviors Conference- Changing Lives, Saving Lives December 8-10, 2010 in San Diego, CA.

This conference is part of the BOOST family of conferences and co-sponsored by the Center for Collaborative Solutions, which developed the Healthy Behaviors Initiative that has demonstrated the power of afterschool programs in addressing the childhood obesity crisis. Our Healthy Behaviors Conference carries a level of credibility and quality that will appeal to the leaders supporting youth in the out-of-school field.

To learn more please visit:
www.healthybehaviorsconference.org

Planet BOOST



Do you have a BOOST T-Shirt? Take a picture wearing it in a unique

BOOST Breakfast Club Featured Blog

Ed Reform: A Turning Point for Afterschool?

*Ursula Helminski, Vice President
 Afterschool Alliance, New York, NY*

It's been a hot, hot summer here on the East Coast. But the sweltering temperature is nothing compared to the heated debate going on all around the country as the Administration and Congress take up serious education reform efforts. A lot of big issues are on the table, including major shifts in funding for afterschool programs as well as what happens after school and in the summer.



At the center of the debate is the reauthorization of the Elementary and Secondary Education Act (ESEA), a law that sets policy for much of our school-age education system. The bill will not just impact our programs and jobs. It will affect our children for generations to come. (Consider how much influence the last iteration of the bill, the famous No Child Left Behind Act, has had.) ...

To read more [click here](#).

BOOST: Toolkit for Success

Classroom Management: 10 Tips for Success

1. Have a plan.
2. Gain respect by treating ALL students the same.
3. Address issues immediately and with as little disruption as possible.
4. Don't make an example out of a disciplinary issue.
5. Use humor to diffuse a situation.
6. Keep high expectations & reinforce.
7. Over plan and have a variety of age appropriate activities.
8. Be consistent with your rules.
9. Make rules and consequences understandable.
10. Start fresh everyday expecting students will behave.

If you would like more information on Classroom Management or Positive Discipline, please register to attend the BOOST Collaborative training on Friday, October 15th in San Diego. [Click here](#).

Looking for some new activities to warm up your students the first week of school?

Below are a few icebreakers to get students interacting and learning more about each other.

Take as Much as You Want! - During the first "circle time" activity, have a roll of toilet paper on hand. Explain to the youth that they will need this for the next activity. Tell students that you're going to pass around the roll. Invite each student to take as much as they want. After everyone has had a good laugh over the amount of paper they took, explain how the game

setting and send it to us. We will post your photo in the Planet BOOST Photo Gallery and you will be entered to win free BOOST Conference Registration!

[Click here](#) to find out the details.

BOOST Career Corner



It's time to head back to school but are you still looking for quality staff? Check out the BOOST Career Corner and post your job openings here free of cost.

[Enrollment Specialist](#)

[Arts and Enrichment Director](#)

[Parent Organizer](#)

[Wellness Policy Coordinator](#)

To learn more [click here](#).

Intern Positions at BOOST



BOOST is currently recruiting interns for the fall semester. As an intern in our office you will have hands-on experience working with a team to create staff development opportunities, training, organize conferences, building community partnerships, database development, event planning, non-profit fundraising, assisting with program and resource development, and coordinating media and marketing

works. For every piece of toilet paper the students ripped off, they must tell the group one thing about themselves.

Stringing Together Conversation- Cut string or yarn into pieces of different lengths. (Each piece should have a matching piece of the same length. There should be enough pieces so that each student will have one.) Then give each student one piece of string, and challenge each student to find the other student who has a string of the exact same length. After students have found their matches, they can take turns introducing themselves to each other. You can provide a list of questions to help students "break the ice," or students can come up with their own.

Alphabetical Roll! - After introducing yourself and the program, tell students they have 3 minutes to sort themselves in alphabetical order by last name. After the initial shock and after they succeed, remind them how capable they are to handle their first day, and every day, by asking questions, getting help from others, and working together.

Icebreakers activities courtesy of [Education World](#).

BOOST Buzz

2nd Krawl for Kids Pub Crawl!

It's once again time to Krawl for the Kids...

Please join us on Saturday, September 18th for the "Krawl for Kids II" bar crawl in Pacific Beach, with all proceeds benefiting the BOOST Collaborative Scholarship Fund and YMCA.



Both organizations have a tremendous positive impact on the lives and development of thousands of San Diego children and the tireless professionals who work with them. Through the generous contributions of Pacific Beach establishments Moondoggies, Millers, Thrusters, and Dirty Birds we have the opportunity to have some fun in the San Diego sun while also doing our own part to contribute to these fine programs.

The 1st Krawl for Kids raised nearly \$1000 for the two organizations...let's double that this time around.

The BOOST Collaborative would like to extend their thanks to Kevin Headen for all his efforts!

To find out more or RSVP visit our [event page](#).

Program Highlight

Houston D.I.N.E.s Let's Just Play Day Carnival

Houston DINEs (Dining Information & Nutrition Education) is a new initiative launched by the American Heart Association that encourages awareness about dining information and nutrition education for people when they eat out in Houston. Ar'Sheill Sinclair, Community Outreach Director for the initiative points out that "More often than not, people

outlets on a national level. We are seeking several creative, enthusiastic people to help us grow and serve.

[For more detailed information click here](#)

Resource Center



BOOST is proud to bring you free resources to enhance the quality of your out-of-school time program and professional development needs. We will be adding resources to this section on a quarterly basis.

Here is a sampling of what is offered. Please click on the subjects below.

[Academic Curriculum](#)

[Advocacy/Policy](#)

[After School Administration](#)

[Behavior Management](#)

[Camps](#)

[Character Education](#)

[Community Collaborations/Partnerships](#)

[Community Service Learning](#)

[Depression/Suicide](#)

[Family Support Services](#)

[Health](#)

[Inclusion](#)

[Juvenile Diversion](#)

[LGBTQ](#)

typically consume a vast number of meals outside of the home; additionally they underestimate their daily caloric consumption. Not having nutrition information about menu items easily available typically contributes to weight gain and obesity."

Most recently, Houston DINEs ran a Let's Just Play Day Carnival for all the youth that attend the City of Houston's Park and Recreation summer camps. They led 2,000 students in physical activities and educational demonstrations about what making healthy choices means for their bodies. One of the physical activities they facilitated was Hoola Hooping for Health. Hoola Hoops were provided for hula hooping contests and everyone got involved. On average, a person burns about 7 calories when he/she hula hoops for 60 seconds. Collectively they burned around 2,000 calories! They also used a five pound fat and muscle replica to show children what 20,000 bad calories can look like versus muscle.



The event was quite a success. Students were able to partake in physical activity while at the same time learning about their own fitness. Parents were provided with literature and many reminisced about their own childhoods while they participated in the hoola hooping. This was just the first youth orientated event planned and they are eager to get the word out to Houstonians about choosing wisely while dining out.

To take the AHA Calorie Count Quiz and see what *you* are eating when you dine out [click here](#).

To learn more about Houston DINEs [click here](#).

Staff Highlight

David Nunez CHAMPIONS, Los Angeles, CA

The lights dimmed as brilliant young leaders served fresh popcorn to their families in the Maywood High School auditorium. Only here could his work be fully captured: amidst the challenges of an underserved community, David created a new community center, an inspiring alternative to their East Los Angeles neighborhood. Within the backdrop of a literacy and film discussion, David's afterschool program hosted an unlikely Saturday night screening of Casablanca.



Hundreds of lives are enhanced because David Nunez, now Regional Director of 11 Southern California high schools at CHAMPIONS: Adventure, After School & Sports Programs (CHAMPIONS), instills a commitment to urban education into every aspect of his work. Nunez began his work with CHAMPIONS in 2007 and has since excelled as an exemplary staff member through multi-level program delivery.

[Mental Health](#)[Military](#)[Nutrition](#)[Obesity Prevention](#)[Prevention: Alcohol, Tobacco, Drugs](#)[Prevention: Violence, Bullying, Gangs](#)[Research](#)[Resiliency](#)[Teen Dating](#)[Youth Development](#)

What lies beyond those auditorium doors is no mystery to David. Despite the dominant struggles within East LA, he chose to answer a different calling. David now provides hope and opportunities for young people by serving as a positive role model to those whose stories he understands. To his colleagues and students, David is a creative team member and a charismatic leader who works tirelessly to better our students, schools and communities.

-Nominated and submitted by

Julie Munjack, Executive Director of Strategy & Public Affairs
CHAMPIONS: Adventure, After School & Sports Programs

Do you have a staff member or colleague that goes above and beyond every day? Send a 200 word feature and photo of them to kate@boostcollaborative.org

Oprah's No Phone Zone

Make the Pledge

We would like to take this opportunity to remind you of one *unhealthy* behavior that too many adults and teens take part in - texting and driving. Nearly 500,000 people are injured and 6,000 are killed each year because drivers are talking, texting and e-mailing behind the wheel ([citation](#)).

Affiliate Programs

[amazon.com](#)

BORDERS[®]

Shopping for back to school items?

Go to the BOOST Marketplace page and click on either logo.

BOOST Scholarship Fund will receive 4% of the profits of anything purchased through those links!

[Click here to see the BOOST Marketplace](#)

Follow Us



If you are working with high school youth, please encourage them to make the roads safer and take the pledge to stop texting and driving.

[Click here](#) to make your pledge.

Research

Kids Count 2010

"The broad array of data presented each year in the *Kids Count Data Book* is intended to illuminate the status of America's children and to assess trends in their well-being. By updating the assessment every year, *Kids Count* provides ongoing benchmarks that can be used to see how states have advanced or regressed over time. Readers can also use *Kids Count* to compare the status of children in their state with those in other states across several dimensions of child well-being."



To read more or download the PDF [click here](#).

In The News



Out-of-School Times in the News

8/2/10 The Ashville Citizen Times
[Man runs barefoot across North Carolina to to raise awareness of state budget cuts to a Boone after-school program](#)

8/2/10 The Miami Herald
[Students train in mock court to put teens through real thing](#)

8/6/10 The Baltimore Examiner
[Child Nutrition Bill provides resources to decrease hunger and obesity in children](#)

8/7/10 The Ottawa Citizen
[Mission mural tackles graffiti and street life](#)

8/15/10 The Los Angeles Times
[Chinese teens sample American summer camp](#)

8/15/10 The New York Times
[Triumph Fades on Racial Gap in City Schools](#)

8/24/10 The New York Times
[Eastern States Dominate in Winning School Grants](#)

8/25/10 Education Week
[Mass. Officials Set Anti-Bullying Guidelines](#)

Funding Opportunities

Ordered by Deadline

To see more funding opportunities please [click here](#).

[2010 Subaru Healthy Sprouts Award](#) - **October 1st**

The Subaru Healthy Sprouts Award recognizes and supports youth gardening programs focused on teaching about our environment, nutrition and hunger issues in the United States. Through winning programs, youth will learn the skills necessary to maintain a healthy lifestyle compatible with environmental stewardship and gain an understanding of how their actions can positively impact the well being of their community.

[2010 Subaru Healthy Sprouts Award Website](#)

[Lowe's Charitable and Educational Foundation](#) - **October 15th**

It's almost that easy when you take advantage of Lowe's Toolbox for Education grant program. Lowe's Charitable and Educational Foundation (LCEF) knows how hard you work for your kids and your community and we're dedicated to helping your parent-teacher group achieve even more for your school. Apply for our Toolbox for Education Grant now and build on your already impressive parent group success with Lowe's.

[The U.S. Soccer Foundation](#) - **October 29th**

The Foundation has provided over \$51 million in grants, financial support and loans to help fund programs and projects in all 50

Tell Us What You Want to See



We are interested in highlighting promising practices and innovative programs. Have something that you wish we would share? Want to highlight your program or staff?

E-mail your thoughts to Kate.

kate@boostcollaborative.org

states. Hundreds of thousands of individuals have benefited from the Foundation's support, but the need for our help continues to grow. Our Grants Program supports projects throughout the U.S. that focus on keeping children in vulnerable communities active, healthy and safe from the dangers of the streets.

© Copyright 2008-2010 BOOST Collaborative - All Rights Reserved. Please don't steal our stuff, it's so not cool. And it's against the law.

Email Marketing by

