

Working Together to Increase the Availability and Quality of Afterschool Opportunities Statewide

May 2009 E-News - to access this and previous e-news please visit www.mtafterschool.org/afterschool_archives.htm

May is National Physical Fitness/Sports Month and National Bike Month. Incorporate simple activities such as, hula hooping, jump rope, daily walks, or a program kickball tournament into your daily activities. Consider modeling good physical fitness behavior to the children in your program by riding a bike to work. To read more about the benefits of one hour of physical fitness a day, go to <http://www.cdc.gov/Features/PhysicalActivity>.

Afterschool Coalition

The schedule of the next conference call will be announced at a later date via email. If you are interested in receiving information and/or becoming part of the coalition, please contact Riann via email at rgillespie@montanachildcare.org.

SAVE-THE-DATE for the 10th Annual Afterschool Training Conference

The 10th Annual Afterschool Training Conference has been scheduled for April 8-9, 2010 at the Red Lion Colonial Hotel in Helena, MT.

Montana Learning Center

The Montana Learning Center at Canyon Ferry Lake is again holding its registration for its annual summer mathematics and science camps. For more information, go to: www.MontanaLearning.org. Need based scholarships for the high school camps are available and donations are welcome. Sponsor a student. Invest in the future! The Montana Learning Center is a 501 (c)3 non-profit corporation for the advancement of mathematics and science.

FUNDING

Montana Board of Crime Control

The Montana Board of Crime Control offers Safe & Drug Free Schools & Communities Grants. To read more information on qualification and how to apply, go to: <http://mbcc.mt.gov/grants/schedule/schedule.asp>

Charitable Grants from the Murdock Trust

The M. J. Murdock Charitable Trust seeks to enrich the quality of life in the Pacific Northwest by providing grants and enrichment programs to non-profit organizations that seek to strengthen the region's educational, spiritual, and cultural base in creative and sustainable ways. To apply and find more information, go to <http://www.murdock-trust.org/>.

RESEARCH

The Value of Daydreaming

If you notice that a child in your after-school program appears to be lost in thought and not paying attention to the activity or work at hand, don't be too quick to reprimand. A study published in a recent issue of the journal "Proceedings of the National Academy of Sciences" found that daydreaming might actually aid the brain with solving problems. The study tracked participants' attentiveness and performance during a routine task. According to LiveScience.com, the results showed that the brain's "default network, which is linked to easy, routine mental activity," and "executive network - associated with high-level, complex problem-solving," were both in use. To read more about this study, go to: www.livescience.com/health/090513-daydream-brain.html.

TRAINING

At-Risk Conference: Autism

August 3-4, Billings, MT

This year's conference will focus on older children with autism and will cover a variety of topics including Asperger's Syndrome, anger management, supporting children with autism in regular classrooms, estate planning for children with autism, life skills education for transition years, sensory integration, social skills and social behavior, medications, the Hanen program, video modeling and social behavior modeling, the stress model, co-treat and social groups, the PLAY project and much more. You will also hear startling statistics on adolescents and adults with autism from the National Longitudinal Transition Survey.

For more information or to register, call 896-5890

SWIS Training and 2009 MBI Summer Institute

June 22-26, Bozeman, MT

The MBI Summer Institute emphasizes positive behavior supports and interventions. It is designed to motivate and provide the skills for individuals, schools, and communities to unite in nurturing competent, caring and responsible youth. Topics for this years training: RTI, Family/Community, Safe Schools, Nutrition, Drop-Out Prevention. To register, go to: <https://toto.msu.montana.edu/cs/mbi/registration>

RESOURCES

Community Afterschool Forums

Helena Region: Helena Empowering Youth Network (HEY!NET) meets the 2nd Wednesday of every month at the Front Street Learning Center Conference Room. Contact Sandi Smith with OPI or Drenda Carlson with Youth Connections for more information.

Billings Region: Contact Kristin Lundgren at 406-252-3839 ext 13 or Kristin.lundgren@unitedway.org for information on BOOST and their meetings and events.

Havre Region: Contact Tim Brurud at the Boys & Girls Club of the Hi-Line for information about the next afterschool meeting.

Kalispell Region: Mission Valley Regional AfterSchool Program Network has had monthly meetings in Polson. For more information contact Jenaya Webster.

Missoula Region: For the next scheduled meeting for The Youth Development Network, contact Nina Cramer at 406-721-3000 ext 1023. Students, educators, and community members are encouraged to get involved!

Other meetings or training dates to share? Email Riann at rgillespie@montanachildcare.org with details.

Fun, Free and Academically Enriching Activities/Resources

Maintaining Balance

Does your program provide opportunities to ensure that the individual and developmental needs of the children are being addressed regularly? A checklist to help ensure that balance is maintained is offered in "Links for Learning: A Curriculum Planning Guide for After-School Programs." Please visit www.schoolagenotes.com to obtain a checklist to assess your program.

Mixing Math and Memory

This game can be adapted for any age. Provide each child with a pencil and paper. Explain to the children that they are going to write as many items in the category you name as they can in one minute. For example, have younger children name spotted animals and older children prime numbers. After the minute is up, have the children compare similarities and differences in their lists. Tie this game in with activities that you are working on in your program such as geography (list state capitals) or grammar (list homonyms).