



After School Announcements

Bringing together those who serve Maine youth

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Deb Chase,
Director
778-7575
Deborah.Chase
@maine.edu

Amanda Chappell,
Administrative
Assistant
778-7576
Amanda.Chappell
@maine.edu

252 Main St.
Farmington, ME
04938
Fax: 778-7512

Welcome to those who joined the Network at the Maine School Management Association conference. We met a lot of great people who are eager to start or expand out-of-school time programs in their communities and schools. May you meet and learn from the many terrific people who are currently a part of the Network.

Amanda

Quality/ Advocacy

OSTRC LISTSERV
VOL #32, October 2006

The OSTRC highlights Philadelphia-area OST programs which exemplify best practice and creativity. We are glad to announce the latest Featured Program, Neighborhood Bike Works! By using donated bicycles as a tool to reach youth, NBW encourages teamwork, experiential learning, respect for one's self and one's community, and other positive youth development outcomes. Through hands-on lessons, students learn about bike safety, bike repair, and health & fitness. For more information, visit:
<http://www.sp2.upenn.edu/ostrc/features.html>.

New AAP Report Promotes Play
From Exchange Everyday November 2, 2006

A new report from the American Academy of Pediatrics (www.aap.org/stress) says **free and unstructured play is healthy and - in fact - essential for helping children reach important social, emotional, and cognitive developmental milestones as well as helping them manage stress and become resilient.** The report, "The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bonds," is written in defense of play and in response to forces threatening free play and unscheduled time. These forces include changes in family structure, the increasingly competitive college admissions process, and federal education policies that have led to reduced recess and physical education in many schools.

Whereas play protects child ren's emotional development, a loss of free time in combination with a hurried lifestyle can be a source of stress, anxiety, and may even contribute to depression for many children, the AAP report states. The report reaffirms that the most valuable and useful character traits that will prepare children for success come not from extracurricular or academic commitments, but from a firm grounding in parental love, role modeling, and guidance.

Still, many parents are afraid to slow their pace for fear their children will fall behind. They feel like they are running on a treadmill, but worry they will not be acting as proper parents if they do not participate in a hurried lifestyle. The report suggests that reduced time for physical activity may be contributing to the academic differences between boys and girls, as schools with sedentary learning styles become more difficult settings for some boys to navigate successfully.

In this Issue...

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Resources which are outlined have come from our members and partners.

There is still room in our training on November 15 from 7:30 to 4:00 at the Augusta Civic Center. Please contact the Network office for a registration form!

Resource Development

Maryland's business leaders convened in Baltimore to celebrate the successes of The Maryland Mentoring Partnership. For more information on **corporate or workplace-based mentoring** programs, including how to **start a program** in your company, please visit www.marylandmentors.org or www.mentoring.org.

The After-School Program Clearinghouse at www.mentoring.org/afterschool is designed to provide after-school program coordinators with the tools and resources needed to **add a mentoring component to their programs and to strengthen new or existing after-school programs**. The site also includes many resources from national organizations for out-of-school time.

WAMC Northeast Public Radio's award-winning production team, programming related to gender equity in traditionally male-dominated educational paths and careers has produced, **Powerful Signals: Transforming The Role of Women and Girls In Science and Engineering**. Funded by the National Science Foundation, the two-part radio series consisting of audio diaries and long-form feature stories can be heard anytime on WAMC's Women in Science website. Each part will be available in October on compact disc (free, while supplies last) for students, educators, researchers, parents, guidance counselors, or anyone who wants to use the **programming to encourage girls and young women to pursue a career in science and technology**. For more information on the project, to hear audio of the stories, or find out more about how to get a free compact disc, visit the WAMC Women In Science, Technology, Engineering & Mathematics ON THE AIR! website at www.womeninscience.org. Or, call the WAMC Women In Science ON THE AIR! info line at 1-800 323-9262, x169 or by email at dwertheim@wamc.org. Also, visit the website to hear past WAMC programming on women in science.

<http://www.chapinhall.org/> Is a great **website for research publications and issue briefs** on children, families, community, education and more. **Reports and briefs are free** with registration (registration is free, just create a user name and password after entering your name and address [you can opt-out of mailings]). You can **browse titles for free without registration**. **Subjects include:** Juvenile Justice, Bullying, Public Libraries as partners, Mentoring, youth participation in programs, intermediary organizations and youth programs, literacy, grassroots advocacy, community collaborations, and much more.

Workshops

Understanding Human Behavior Tuesday, November 14, 2006 6:00 p.m. - 9:00 p.m. Presented by Ray Fannin, Jr., M.D. In this three-hour workshop, Dr. Fannin presents a model to help us understand why children (and all of us) behave in certain ways. Department of Health and Human Services, 200 Main Street, Lewiston Cost: Free FMI: Jeanine Brown Phone: (207) 626-5285 Fax: (207) 626-5088

Brain Gym® for Stress Reduction and Whole Brain Learning Presented by Beth Stoddard, MBA. Brain Gym facilitates the integration of body movements, exercises and techniques that can increase the learning capacity in others and us. Thursday, November 16, 2006 (two days) 9:00 a.m. - 4:00 p.m. Department of Health and Human Services, 17 Eastward Lane, Ellsworth. Free. FMI Jeanine Brown Phone: (207) 626-5285 Fax: (207) 626-5088

Workshop on tax-exempt Organizations: "Confidently Operate Exempt Organizations within the Law" Presented by the National Business Institute. December 5th, 8:00-4:30, Portland. \$339. FMI: www.nbi-sems.com for live seminars, on-line training and resources.

Intro to Grantwriting- Feb. 22, 2007 9:00 am - 3:00 pm This full-day, introductory SkillBuilder, brought to you through a collaboration between the Maine Philanthropy Center and the Maine Association of Nonprofits, will guide participants through the most common components of a formal grant proposal and is recommended for individuals with little or no grant writing experience., lunch will be provided Fee: Member: \$50, NonMember: \$100 Location: Central Maine Medical Center, Lewiston Address and Directions Course ID: MPC-42 Call 207-780-5039

Grant Writing I March 7, Wed, 9am-12pm Cost: \$65 includes materials Central Maine Community College, 1250 Turner Street, Auburn Course #: CCS 078-01 Call 207-755-5280

Purpose:

To enable every child to have access to quality, inclusive, affordable after school programming that meets the needs of the child, the family and the community.

Vision:

Every school-age child in Maine will have access to quality; inclusive, affordable programs during out-of-school time that meet the needs of the child, the family and the community.

Network Goals:

- 1. Foster statewide, regional, and local partnerships through clear communication among policymakers and providers, in order to coordinate services across the state.*
- 2. Assist in securing resources needed to develop new after school programs and sustain existing programs.*
- 3. Assist with training, technical assistance and coordination to ensure that programs are inclusive, high quality, and meet the needs of children, families and communities.*