



21st Century Afterschool Program

Welcome to a new year of afterschool excitement!!!

We are so glad to have you and your child on our 21st Century Afterschool Program learning team! All signs point to this being our best year yet! We have so many great events in store for our group of young scholars. This semester your child will be strengthening their literacy, physical, social and cooperative skills through motivating and inspiring learning activities. Keep tuned for emerging details on what's trending in the afterschool program by connecting with our Lead Afterschool Teacher, Mrs. Hadley or by following us on Facebook at www.facebook.com/21CCLC.SERRC

First Family Event!
Saturday, Sep 26 in the
Library TBA
Theme: Bears

Field trip to the Heritage
Center. Thursday, Oct 8.
Permission slips to come.

Parent Orientation and
Lights on Afterschool. A
great chance to see what our
afterschool program is all
about. Week of October 12.

Come Play and Learn!



21st Century Afterschool Program



Off and running into a new year of afterschool learning!

We have just begun our eighth week of amazing 21st Century Afterschool learning. What a fantastic start to the afterschool year!

So far this year our students have had the opportunity to visit the Heritage Center, take virtual field trips to the Alaska Zoo, and enjoy two Family Events...not to mention the fantastic activities that our staff members develop each week to encourage meaningful exploration and thoughtful interactions.

Over the past month Mrs. Tollman and Ms. Kelly taught students about Go, Slow and Whoa foods to encourage healthy choices. Mr. Shepherd led a lively discussion on onomatopoeias such as sizzle and woof. Ms. Evans helped students to identify a wish that they would like to achieve. In Compass Learning, Ms. Ramirez guided students through online literacy activities as they practiced keyboard and mouse skills.

Saturday Nov 7 share your school spirit by attending a volleyball game with the 21st Century Afterschool Program. Details to come.

Thursday, Nov 12 Special Guest Tyler from the National Parks Service will be visiting with the Blue and Yellow Groups!

The 21st Century Afterschool Program will be closed on November 25-26 in honor of Thanksgiving.

Thanks a Bunch

A big 21st Century Afterschool Program thanks to all of the parents and community members who made our Family and Community Welcome Event a HUGE success! A special thanks to Ms. Harris for sharing insightful tips on strengthening family relationships.



If you would like to share your special interests please see Mrs. Hadley for opportunities to volunteer.



Sleep...it's a beautiful thing and here's why.

- Sleeping helps you to learn. Through the process of consolidation your brain practices skills while you sleep.
- Sleep can reduce stress.
- Sleeping helps with creativity. Your brain reorganizes and reconstructs memories while you sleep, which may result in more creativity.
- Sleep helps with hyperactivity, inattention and impulsive behavior.

How families can help

- Establish a regular bedtime and a routine. This will set your child up for a successful day.
- Power down an hour before bed. Light exposure can have an impact on suppressing melatonin making it more challenging to fall asleep.

Play and Learn at Home Monthly Challenge

Did you know that smiling is known in all cultures as a sign of happiness and acceptance? Or that smiling affects our mood—helping us to feel less stressed out and more motivated, positive and optimistic?

This month's 21st Century Afterschool Program's Family Challenge is to share a moment with your child that makes them smile. Then tell us about it. Please help me to reach my goal of hearing 10 family smiling stories in the month of November. Keep track with me on <https://www.facebook.com/21CCLC.SERRC>.



It's Polar Bear Week at the Alaska Zoo, and we got to meet the resident polar bears up close and personal in today's 21st Century Afterschool Program's virtual field trip.

We learned that polar bears have amazing adaptations that make them the ultimate Arctic survivor. Please ask me what I learned today. This will reinforce my knowledge and you just might learn something new about polar bears.

Parents, did you know you can check out the polar bears at the Alaska Zoo from home? Watch polar bears live with the live polar bear cam.

<http://alaskazoo.org/live-polar-bear-camera>





Come Play and Learn!

21st Century Afterschool Program Thanksgiving Special Edition

Happy Thanksgiving!

The 21st Century Afterschool Program would love to extend the warmest Thanksgiving wishes to all of our families. Thank you all for your support and words of encouragement as we continue to celebrate afterschool learning throughout the year.

Being thankful has many benefits such as: increase happiness, positive behavior in school, brighter outlook on the future, strengthens relationships, and can have a positive impact on the immune system.

What great reasons to be grateful for all that we have!
Here are just a few of the smiling faces that make us thankful each and every day.



Play and Learn at Home Holiday Challenge

Another added benefit to being grateful is improved sleep habits such as being able to fall asleep faster and staying asleep longer.

This weekend sit down with your child before bed and make a list of the reasons to be thankful and see if you and your family sleeps better.

I would love to hear what you and your child are thankful for

<https://www.facebook.com/21CCLC.SERRC>.



I am **THANKFUL**
FOR...

A _____
B _____
C _____
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Come Play and Learn!

21st Century Afterschool Program Winter Holiday Special Edition

Warmest wishes this holiday season

Thank you all for your support and encouragement throughout the fall semester. Over the past few months our students have grown so much through activities that encourage in-depth thinking, healthy choices, enjoying life and being a positive member of a learning team. We have had the pleasure of building positive relationships with our afterschool students and their families, and we look forward to growing even more in the New Year.

Important Holiday Information



The 21st Century Afterschool Program will be closed Thursday, December 17 through Monday, January 3.

We will reopen our learning doors on Tuesday, January 4.

Family Holiday Challenge

Winter Activity BINGO

This Winter Holiday enjoy activities that encourage cooperation, exploration and family time together. In the 21st Century Afterschool Program tic-tac-toe game, cross out three in a row to get a small prize, and complete all nine activities for a chance to win a big prize. As you complete an activity, be sure to X it out. Bring back the BINGO game below to Mrs. Hadley on Tuesday, January 5 for your prize.

Frozen Bubbles*	Go caroling or sing a song that makes you smile	Build a snowman or go sledding
Snow Paint*	Have a hot chocolate party (with friends or family)	Make snowflakes*
Write Ms. Kat a letter*	Read a favorite book to someone special	Play a board or card game

*Frozen Bubble: Combine: 1.5 cups water, ½ cup dish soap and ¼ cup white corn syrup (or try store bought bubbles). Bundle up and let the experiment begin. Don't have a bubble wand? Try cutting off the end of a pop bottle and dipping that in the bubble mixture.

*Snow paint: Combine: 1 cup salt, 1 cup flour, and 1 cup water. Use this fun paint to create a winter wonderland. When the paint dries it makes a white gritty texture that looks like snow.

*Make snowflakes: check out this 3D Snowflake how to video <http://www.wikihow.com/Make-a-3D-Paper-Snowflake> for a new take on an old favorite

*Ms. Kat LOVES to get letters in the mail. If you write to me, I will write back.

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