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.
Thanks a Bunch

A big 21st Century Afterschool Program thanks to all of the amazing teachers who will be planning and implementing inspiring activities throughout the year.

• Lead LSP Mrs. Hadley
• Ms. Lynda
• Mrs. Ramirez
• Mrs. Tollman
• Mr. Shepherd
• Mr. Gilbert
• Ms. Evans
• Ms. Kelly
• Mrs. Allen
• Mrs. Dougal
• Mrs. Cooper

Once again The NANA Corporation has partnered with us to provide healthy snacks. Thank you for keeping our kids mentally and physically healthy.

Thank you to all of the parents and community members who support afterschool learning. We could not do this without you. If you are interested in volunteering for an event or sharing a skills with our students please see Mrs. Hadley.

September is Attendance Awareness Month

Why is attending going to school/afterschool regularly important?

• Academics suffer when a child misses 18 or more days of school. That’s just a couple days a month!
• Too many absences can affect the whole class causing lost opportunities to learn.

Here’s how families can help!
• Establish a habit of good attendance early on.
• Keep sick kids home, to limit the sharing of germs.
• Help your child to focus on the positive aspects of school to get them excited about attending and learning.

Play and Learn at Home Ideas

What do elves learn in school? The elf-abet!

Did you know that laughing can help to build the immune system? Or that jokes can help to lesson anger, stress or irritation? Jokes can also help to overcome conflicts.

This month’s 21st Century Afterschool Program’s Family Challenge is to create or share silly jokes. We would love to hear yours. Please submit a joke that tickles your funny bone to your 21st Century Afterschool Tutor. If your joke makes us giggle you might see it in the next newsletter or on our Facebook page!
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.

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.
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 21<sup>st</sup> 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.

<table>
<thead>
<tr>
<th>Frozen Bubbles*</th>
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<th>Build a snowman or go sledding</th>
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<td>Have a hot chocolate party (with friends or family)</td>
<td>Make snowflakes*</td>
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<td>Write Ms. Kat a letter*</td>
<td>Read a favorite book to someone special</td>
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*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 dies 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](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.

Kat Souser
805 W 3<sup>rd</sup> Ave.
Anchorage, AK 99501
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Kat Souser
805 W 3rd Ave.
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This semester in the 21st Century Afterschool Program your child is busy busy busy learning all about weather. Students are learning about the water cycle and how to measure temperature through books, interactive videos and activities. Special guest appearance by Park Service’s Mr. Tyler has reinforced the weather lessons with his captivating presentations.

We continue to emphasize multiple aspects of healthy life choices through daily play and identifying GO snacks. The Purple Group would like to thank the Middle School Cheerleaders for teaching them two cheers earlier this month! The Blue Group made meaningful connections between literacy and movement while reading “Polar Bear, Polar Bear What Do You Hear?”

Last month we participated in a Fire and Stay Put Drill that went very well. Mr. Shepherd reports “students did a tremendous job following directions carefully.”

A BIG 21st CCLC Shout Out to the 50 students who have attended 30 or more afterschool sessions. WAY TO GO SUPER LEARNERS!!!!!! Keep an eye out for students reaching 60 days.

The 21st Century Afterschool Program is excited to get up and get moving this semester with a Roller Skating Event in March and NANA Nordic Skiing in April!
Make Dinner a Game

Try some of these fun games and dinner activities with your young learners.

*Can you Remember?* Have your child close their eyes and try to remember something from their surroundings such as the color of your shirt or what vegetables are on their plate.

*Would you rather...?* Take turns asking “Would you rather...?” questions. Then explain your reason.
...have a pet worm or skunk?
...be a rabbit or a moose?
...live in the sea or on the moon?
...smell like cheese or a skunk?

*ABCs of Gratitude.* Go around the table and share something you are grateful for, but in alphabetical order.

*Rose, Thorn and Bud.* Take turns sharing something positive or funny (Rose), something negative or difficult (Thorn) and something you hope will happen tomorrow (Bud).

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Conversation, that’s what’s for dinner

Most American families are starved for time together. Why not spend dinnertime reconnecting? Research has found that regular family meals are:

- A real vocabulary-booster
- Helpful in building resilience in children
- Linked to lower rates of obesity and eating disorders
- Helpful in building self-esteem and increase school achievement

Want to know more? Check out The Family Dinner Project at http://thefamilydinnerproject.org/

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Play and Learn at Home Monthly Challenge

This month’s 21st Century Afterschool Program’s Family Challenge is to invite your child into the kitchen and help prepare a family meal. Perhaps they can mix or measure ingredients, follow recipes or read nutrition facts. The best part will be spending quality time and sharing a laugh with your child.

We would love to hear about your culinary adventures this month. Please share your experiences at www.facebook.com/21CCLC.SERRC
Come Play and Learn!

21st Century Afterschool Program
Spring Break Special Edition

Happy Spring Break
21st Century Afterschool Families!!!

Big news in the 21st Century Afterschool Program - We have 54 students who have attended 30 or more sessions and 20 who have attended 60 or more sessions! In fact, our attendance is so strong that we are well on the way to breaking last year’s 30 day attendance number of 63.

A BIG 21st Century Afterschool THANKS to all of the parents who encourage their child to continue learning after the bell has rung.
Mark the Date

April 4-8: We will be partnering with NANA Nordic to learn how to ski.
May 4: End-of-Year Celebration Dinner and Student Presentation. Keep an eye out for your invitation.

Important Spring Break Information

Afterschool programing will be closed March 15-17 for the holiday. We will reopen our learning doors Tuesday, March 22. See you then.

Name: ________________________ Use the letters in the following phrase to create as many new words as possible:

Have a Great Spring Break

| _________ | _________ | _________ |
| _________ | _________ | _________ |
| _________ | _________ | _________ |
| _________ | _________ | _________ |
| _________ | _________ | _________ |
| _________ | _________ | _________ |
| _________ | _________ | _________ |
| _________ | _________ | _________ |
| _________ | _________ | _________ |
Come Play and Learn!

The 21st Century Afterschool students and staff have worked hard all year cultivating minds, bodies and spirits. This year could not have been possible without the tremendous support of the Kotzebue Community and Parents. Thank you for letting us be part of your child’s afterschool adventures.

Learning Adventure Ideas

Create a Comic Strip to develop creativity, writing and humor. Go online and try ComicLife to create free digital comics.

Plant a garden and discuss nutrition, the life cycle and the importance of good soil.

Give math meaning by tracking daily temperature, calculate grocery costs or learn fractions while cooking.

Get outdoors and explore. Nature can provide a beautiful setting for meaningful exploration.

Do something nice for someone. It will help your child to see that they matter and can make a difference in the world.

Summer Growth

A recipe for helping your child grow this summer.

1/2 cup adventure – children love trying new things
2 Tbls support – when kids feel supported they develop more confidence to explore who they are and what they are capable of doing
1 tsp encouragement- when children receive praise for their effort they develop the ability to see that they are in charge of their own learning and are capable of much more than they thought possible.
a pinch of laughter- days filled with joy create happy memories
a dash of failure- when we fail it is an opportunity to learn and develop a healthy mindset that failure does not define a person

Combine ingredients, mixing with plenty of love. Enjoy this warm and fuzzy feeling that comes from helping your child to grow into someone spectacular.