

To support the educational and social needs of school aged youth and their families.

Early Risers Before School Program

No before school program on October 23rd or 24th- No School!

Themes for October:

Fall
 Going Green
 Halloween

The month of September was full of new faces, new friends, and new experiences! The Early Risers (before school) program focused on getting to know each other, learning about the importance of their site families, and building community with each other. Ask your student what makes his or her site family special!

In October, AmeriCorps-Go Green Iowa will be working with the Early Risers program to look at ways to reduce, reuse and recycle with a Halloween spin. The Halloween theme will continue through the month as students focus on literacy and math by applying hands-on learning and connections to what they are learning in the classroom, and making sure they are prepared for the school day to begin!

We know that family support is crucial to children growing and learning, so please let us know if you have any questions or concerns!



Parent to Program Connection

The 2014-2015 St. Mark program year is off to a great start! It is wonderful to hear the giggling, chattering students at our sites. A couple months ago St. Mark staff met and decided to focus on *safety* as their number one priority this program year. Our goal is to ensure students and staff feel safe at sites, the sites we serve are safe and our programming, language, service is safe for all!

This summer myself and the Program Coordinator, Melanie Dill, had an opportunity to attend a Conscious Discipline training, it was amazing! Conscious Discipline integrates social-emotional learning, discipline and self-regulation, so you spend less time policing behaviors and more time teaching vital life skills. We had the opportunity to bring back great some great knowledge, tools, etc. for staff and students at sites. Some examples are, using positive language, offering students a safe place to focus on feelings, breathing techniques, student jobs/rituals and considering each site a 'site family'. We will continue to implement additional pieces of Conscious Discipline to our sites when appropriate for students and staff to ensure a safe and positive environment.

If you have any questions please feel free to give one of us a call. Thank you for all you do!!



-Amanda Avenarius, Director of Programs

Step Up After School Program

No after school program at Lincoln on October 7th and 22nd

No after school program at Audubon on October 22nd

No after school program (all sites) on October 23rd or 24th -No School!



September finished up with new friends, faces, and focusing on working together with their site families. The Step Up program jumped right into getting active and some sites even got involved in creating items to sell at the St. Mark Annual Dinner on September 11th!

Coming up in October for Enrichment: Mississippi River Museum will be presenting "Let's go Fishing" and "Civil War History" to all after school programs; John Deere will be sharing some engineering hands on activities at Audubon Elementary on October 15th.

Kid's Corner



Baked Apple Chips

Ingredients

- 2 apples, cored and thinly sliced
- Cinnamon to taste

Directions

Preheat oven to 275 degrees.

Line a cookie sheet with parchment paper and place the pieces of sliced apple on top.

Sprinkle with cinnamon (to taste).

Bake at 275 degrees for two hours. After 60 minutes, turn them over so they bake evenly. You should check on them after 60 minutes and every 30 minutes after that because oven cook times vary and you don't want to burn them. Once they look nice and crispy remove them from the oven and allow to cool.

Upcoming Events!

Family Engagement

Family Math Night: October 21st-6-7:30 at St. Mark Youth Enrichment

Family Field Trip: November 8th-Mindframe Theaters
Stay tuned for details!

Sponsor Angels

Please watch for a letter in mid-October to register your children to participate in the Sponsor Angel program. This program provides brand new warm winter clothing to students in St. Mark programs!

Jingle Bell Hop

December 14th-Grand River Center

More details will be coming in the next few months!
Mark your calendars!



Billing: If you have questions regarding your billing statement, please contact Executive Assistant, Linda Schmitt at 563-582-6211 Ext. 101 Please send all payments to St. Mark Youth Enrichment. Do not send or drop off checks to program. Thank you!