

You're receiving this email because of your relationship with Alternatives for Youth.

You may [unsubscribe](#) if you no longer wish to receive our emails.



# youth matters

a newsletter of alternatives for youth

## in this issue

**Spotlight**

**[They're Baaack!](#)**

**[AFY: FYI](#)**

**[No "Kid"ding...](#)**

## volume 3: issue 6

June 2010

### Dear Alexa,

Summer has officially started at Alternatives for Youth. Many of our programs are on break for the summer, but our building is bustling with the sounds of kids in our Summer Program. This is such a fun time of year for us - seeing old and new faces participating in so many different summer activities.

While our programs are on break, our administrative team continues to work behind the scenes and Program Directors prepare for the fall. With a number of budget changes, the summer offers a good time for us to review the work of the school year and design how to serve youth in the best capacity in the fall.

We hope you are enjoying all the best things of summer!

### they're baaack!

#### AFY's Summer Program

On May 27, AFY's Celebrando la Familia Program held the annual Summer Program Kick-Off BBQ at AFY's building. AFY staff and 17 teen assistant volunteers treated youth and their families to dinner and registered 64 elementary school kids for the Summer Program. We are so excited to welcome back the kids this year and to see many familiar faces!



Through the annual Summer Program, elementary and middle school students are provided with a safe, caring place to go for the summer as well as academic preparation for the coming school year and field trips that build their real world experiences and make the summer memorable. Over the next eight weeks, the younger youth will participate in reading and math tutoring on Mondays and Wednesdays. New this year, the youth will also participate in [Girls Circle](#) activities on Mondays and Wednesdays. Girls Circle is an evidence-based curriculum that encourages adolescents to enhance judgment and critical thinking skills for wise and healthy choices, to hold on to their true voices, and counter trends towards self-doubt to enhance self-esteem.

On Tuesdays and Thursdays, the youth will do a wide variety of activities designed to keep them active and to expose them to new cultural experiences. This year, activities include swimming, Olympic Day and visiting the Denver Museum of Nature and Science, Denver Zoo, Skate City, Denver Aquarium, and Longmont Museum.

While the younger children may seem the focus of the program, behind

## quick links

[Calendar of Events](#)

[AFY's Supporters](#)

[No "Kid"ding Articles](#)

[More about AFY](#)

## follow us on:



## spotlight: karen vera



**About:** Karen Vera, a Longmont native, is the oldest of three kids. She is going to be a sophomore at Skyline High School in the fall.

**AFY Program:** Karen has been involved with Alternatives for Youth's Summer Program for four years. For the last three years, she has served as a Teen Assistant.

**Why AFY?:** Karen continues to be a part of the Summer Program because "it's fun working with a different people and meeting new people." Each year she sees old friends and meets new ones. The youth working in the Summer Program come from different cultures, and Karen appreciates the variety of what the other youth like and sharing ideas with them.

Karen also likes working with the younger kids even though it can be a challenge when they don't want to do what she tells them. The younger kids "look up to you and like what you like." Last week, Karen got a huge complement from one of the younger kids. A boy ran up, gave her a hug and told her, "I love you."

**What Karen's Learned:** Karen admits she's usually pretty quiet except when she's with friends. However, once she started with the Summer Program, she "learned how to work with others" and is now less shy. In addition, the Summer Program's Director, Mary Vigil, has noticed that "The Summer Program has really helped Karen in school with her self-esteem. She has a focus now to finish school and go to college."

**What Keeps Her**

the scenes are 17 middle and high school students working as teen assistants with the children, acting as mentors, coaches, roll models, chaperons, teachers and friends. Teen assistants give up eight weeks of their summer to work with the program five days a week. In exchange, they gain invaluable experience working with children four days a week, time on Fridays to work together on leadership training, a positive peer group to have fun with during the summer, college and career goal development, and pre-employment training, including applying for jobs and interviewing skills.

This summer, we are so excited to welcome back younger youth who attended last year, many teen assistants for their second, third and fourth year as teen assistants and children of parents who attended the Summer Program when they were school age. Through generous grants from the Denver Post Season to Share, Longmont Branch of the American Association of University Women, Namaste Foundation and Women's Foundation of Colorado, we are again able to offer the Summer Program for a full eight weeks and to keep the cost low at \$100 for the program and discounts for multiple children so that it is accessible to all families.

**afy: fyj**



### Program Updates

With summer break here, many of our programs take a break from serving youth. Our Program Directors take the time to get organized after the school year and to plan for the fall. Our administrative staff continues to work throughout the summer, updating budgets, completing grant reports, and

preparing for the next school year. Following are updates about our core programs:

**Celebrando la Familia's** Summer Program had a packed kick-off barbeque on Thursday, May 27, hosting parents and students and signing up over 60 elementary school students. Teen Assistants completed applications and interviews and were hired the first week of June. All the youth arrived at the AFY building on Monday, June 7 to begin the eight-week program. Over the next two months, youth will have tutoring in English and math, learn valuable life skills, and take trips to a variety of activities. The teen assistants will chaperon, mentor and tutor and participate in leadership training, learning about options for college and career, and developing employment skills. See the Summer Program article above for more information.

Our **NorthStar, Attendance Advocate and Clearview Educational Center** programs will resume in August. Program staff are taking the summer to rest, travel, and gear up for the 2010-2011 school year.

**iThrive Longmont** continues to move forward with plans to begin a pilot program to provide services to adolescents struggling with substance abuse and their parents. We plan to begin the low cost program this summer. The Longmont Asset Coalition, which oversees the program, continues to seek expanded funding for the program and to design marketing materials. For more information, visit the [iThrive Longmont website](#).

no "kid"ding...

**Busy:** During the summer, AFY's Summer Program keeps Karen busy and, as she said, "out of trouble." Karen is part of Skyline High School's girls soccer team during the school year.

**Dreams:** Through her work with the Summer Program, Karen is "more interested in school and college and more involved in the school and community." She wants to go to school to become a nurse after high school so that she can be in the medical field and help people.

## afy board of directors

**Greg Wagner**  
*Board President*  
Chief Probation Officer, Longmont Municipal Probation

**Dr. Jack Hay**  
*Board Treasurer*  
Retired Assistant Superintendent, St. Vrain Valley School District

**Rick Beisel**  
*Board Secretary*  
Special Program Attorney, Denver Housing Authority

**Tom Chenault**  
*Board Member*  
Owner, Buzz Coffee

**Lupe Cortez**  
*Board Member*  
Manager, Advance Auto Parts

## Did You Know?

For many families, with school out and the warmer weather, summer is the perfect time to take a trip. Summer trips are great for family bonding, relaxation and making memories. But they can also be a time of stress and tension for kids and work for parents so that parents end up feeling like they need a vacation after the vacation. Did you know that with some planning, you can ease some of the stress and work and make the trip more enjoyable? Try these tips for your next trip:



- **Get everyone involved.** Whether your child is a toddler or teenager, involving them in the trip planning can be fun and get them excited. Teenagers especially respond to being involved in the planning, giving them some sense of control as well as participation. Involving everyone also allows you to plan something fun for everyone.

- **Prepare.** Preparation may be the biggest thing you can do for making a trip more enjoyable. There are many ways you can prepare to make a trip go more smoothly, including:

- Prepare your kids for what's ahead. Talk about the car or plane ride, what you'll see, and who you'll visit.
- Share expectations - yours and your kids - about what you'll do on the trip and what kind of behavior you expect.
- Prepare for physical needs. Have snacks and drinks or a plan for purchasing them. Consider what kind of rest you and your children need and plan activities around it.
- Prepare for entertainment needs. Kids have their capacity for being able to sit patiently and quietly. Plan activities if their capacity will be exceeded. Consider bringing movies, books, activity books, coloring, music and toys.
- Prepare for the travel. If you're traveling by plane, double check the departure time and what time you need to be at the airport. If you're driving, have directions AND a map, just in case.
- Prepare for breaks on the way there and when you get there.
- Pack enough and the right clothes and equipment (clothes, snacks, diapers, swim suits) for the journey and your stay.

- **Don't do too much.** When you visit a new place, there can be a lot to do and see. Choose those things that are best for your kids and family and consider how much you all are able to do in one day.

- **Take a surprise.** A new toy or other diversion on a long trip can be a life saver when kids start to get antsy. Something as small as a special treat can also go a long way.

- **Have a few tricks up your sleeve.** You are bound to encounter a delay or challenge on your vacation. Have some tricks ready to handle these situations such as songs with hand motions, car games, games you can play in an airport, and fun stress relievers.

- **Break some rules.** One of the funnest things about being on vacation is allowing the kids to do things they aren't usually allowed to do. This might be jumping on the beds, watching a little more television, eating sweets, or staying up late.

- **Keep it fun.** No matter what you encounter on your trip, keep it fun and remember that one of the best parts of a vacation is spending time together, no matter what you encounter.

**Carmen Ramirez**  
Board Member  
Program Coordinator  
and Mediator, City of  
Longmont Community  
Relations Program

**Kathy Sanner**  
Board Member  
School Resource  
Officer,  
Longmont Police  
Department

**Connie Syferd**  
Board Member  
Assistant  
Superintendent for  
Student Achievement,  
St. Vrain Valley School  
District

- **Take time to record the memories.** Perhaps on your way home or soon after you get home, take time to record memories of your trip. Take pictures while you are on vacation and have the kids collect memorabilia (menus, maps, business cards, stickers, etc).

- **And if a trip away from home isn't doable this year, consider a staycation.** Many of the tips above still apply. Check out local visitors bureaus for unique and new places to visit (we have so many things to see in Colorado!) and take time off and stay in the convenience of your own home. Just remember to leave the chores until your vacation is over!

You can find more information about making summer travel fun at the following websites:

[Best Staycation Ideas](#)

[How to Have a Fun, Family Staycation!](#)

[How to Reduce the Stress of Traveling with Kids](#)

[How to Travel with Kids \(and without the Stress\)](#)

[Tips for Stress-Free Travel with Kids](#)

Happy travels!

*Note: Websites are provided for information and do not indicate an endorsement by Alternatives for Youth. You can find past No "Kid"ding . . . Did You Know? articles on our website by [clicking here](#).*

Alternatives for Youth, Inc.'s mission is to promote academic persistence and success of youth by instilling values that lead to positive choices and positive community impact and by encouraging social, cultural, and self development. Since 1978, Alternatives for Youth has been providing services to youth and their families in the Longmont community. Last year, over 1,000 youth and their families received services through Alternatives for Youth, including after-school homework clubs, parenting education, an alternative school for expelled youth, positive recreational activities, youth leadership opportunities, academic enrichment activities, and service learning activities.

**Thank you for your support!**

Alexa Van Dalsem

Resource Development Director

Alternatives for Youth

## get involved!

**Yes! I/We want to help young people succeed! I/We wish to support Alternatives for Youth's work in helping youth succeed by:**

**Volunteering**

**Making a gift donation of: \$**

**Name:**

**Address:**

**Phone:**

**City, State, Zip:**

**E-mail:**

**You can make a secure credit card donation to Alternatives for Youth using GivingFirst or Google Checkout at [www.alternativesforyouth.org/contribute.html](http://www.alternativesforyouth.org/contribute.html). To make a donation by check or cash or to volunteer please return this form to Alternatives for Youth, 24 Ninth Avenue, Longmont, CO 80501 or call 303.776.8184.**

**Alternatives for Youth is a 501(c)(3) non-profit. Donations to Alternatives for Youth are tax deductible. We do not sell or trade our mailing or e-mailing list to anyone.**

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to alexa@alternativesforyouth.org by

[alexa@alternativesforyouth.org](mailto:alexa@alternativesforyouth.org).

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Alternatives for Youth | 24 Ninth Avenue | Longmont | CO | 80501