

21st Century Community Learning Centers Afterschool Newsletter

East End United Community Center

January 14, 2021

Volume 3, Issue 1

Trinity Scott Closes Out the Year with an Award

In a year that was tough on all of us, it was certainly important to celebrate the accomplishments. Many students fought through obstacles to stay active in the afterschool program this fall, and those most engaged were rewarded with Student of the Month awards.

In October the SOM winners were Robert Cumberland (AG South), Tierney Sutton (AG North), and Franklin Thompson (Margaret Bell). November's SOM recipients include Olivia Shriver (AG South), Jayden Jones (AG North), and Alexis Bragg (MBM).

In December the 21st CCLC Afterschool Program was limited to virtual participation only, and Margaret Bell Miller Middle School's Trinity Scott (pictured right) stepped up as the most active participant to win the last Student of the Month award of the calendar year. All Student of the Month winners are rewarded with a choice of a Steelers football or colored pens, and Trinity chose the pens.

Trinity said a benefit to an eventual return to in-person programming is that she will regain a quiet atmosphere in which to be creative. "I really look forward to having more ideas for videos and more inspiration for my writing and drawing," Trinity said.

As chance would have it, Trinity also won the 21st CCLC Afterschool Student of the Month in December of 2019. Trinity, like a lot of people, is eager to begin seeing her friends on a daily basis again. "I haven't talked to most of (my friends) since school let out and I miss them a lot," Trinity said.



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Pepper and Soap Science Experiment

This experiment comes courtesy of funlearningforkids.com which contains enjoyable learning activities for students in Grades 1-8:

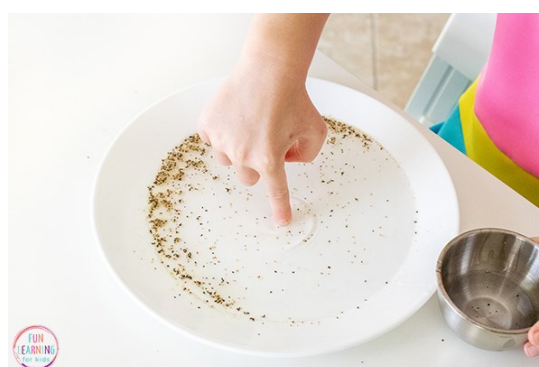
1. To start, get a plate and fill it with enough water to reach the edges, but not overflow it.
2. Add dish soap to a small bowl to dip your fingers into later.
3. Liberally add pepper to the water. Experiment with different amounts of pepper to see if using more or less will change the outcome of the experiment.
4. Now dip your finger in the soap and immediately touch the water in the center of the plate. You should see the pepper move quickly from the center of the plate to the edges.

When you add dish soap to the water it lowers the surface tension of the water. The water molecules try to stick together and move away from the soap while carrying the pepper with them!

This also gives a great visual as to why we use soap to wash our hands. Pepper is a representation for the germs on our hands and soap causes those germs to scatter.

Pepper and Soap Science Experiment Supplies...

- Plate
- Dish Soap
- Small Bowl
- Fresh water
- Black Pepper



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New Year: New Goals!

To kick off the 2021 virtual afterschool year Mrs. Deurlein posted a 13-minute video titled *New Year, New You: Basics on Resolutions* to the 21st CCLC Afterschool Program Google Classroom.

The video features the history and background information on New Year's resolutions, highlighting that New Year's resolutions started with the ancient Babylonians about 4,000 years ago. "As a history nerd, I always like to find out why we do things, where the idea originated from," Mrs. Deurlein said. "I didn't know anything about resolutions and was very surprised to see that they dated back so far! Part of me thought it was just a ploy by the health industry to get us to sign up for gyms and diet plans."

Speaking of which, in the video Mrs. Deurlein specifies that the most common type of New Year's resolution is focusing on dieting and exercise, and suggests that students looking to zero in on a fitness plan contact EQT REC Center General Manager Louis Pellegrini.

Students can use the Google Form associated with Mr. Pellegrini's weekly virtual fitness and exercise videos to ask him for tips and advice.

Mrs. Deurlein said that discussing why resolutions fail is the most important part of the video. "We so often give up on our dreams because we do not plan them out or set our sights too high," Mrs. Deurlein said.

"SMART (specific, measurable, attainable, realistic/relevant, timebound) goals help us to challenge ourselves and achieve what we aspire to. Goal setting is an incredibly crucial 21st Century and career development life skill that our students need to develop in order to be successful and happy citizens."

Some common types of New Year's resolutions featured in Mrs. Deurlein's video are meeting new people, earning money, reducing stress, getting better sleep, being more organized, and learning a skill or hobby.

Students can receive assistance in developing New Year's resolutions by answering the questions and identifying the SMART goals Mrs. Deurlein has posted on the 21st CCLC Afterschool Program Google Classroom.

Tips for Parents Trying to Fill the Role of Teacher

These pieces of advice are for parents trying to teach children during Covid-19 school closures. These tips were shared by Oona Hanson, educator and parent coach, in an article by Terri Peters on today.com

1. **Take it easy on yourself:** We don't have to strive for perfection or imitate what others are doing.
2. **Let them get bored:** Imagination, creativity, and self-discovery blossom during boredom.
3. **Lean into reading:** Whenever possible, let kids choose their own books.
4. **It's OK if you hate math:** There are many high quality online resources for math, such as Kahn Academy and Bedtime Math.

5. **Don't forget home economics:** This is the perfect time for kids to learn key life skills, such as cleaning, cooking, laundry and pet care.

6. **Give them choices:** You can let kids have a say in how, when, and where they do their work.

7. **Be intentional with screen time:** It's helpful to separate screen time for school from screen time for leisure.

8. **Go old-school:** Make space for some low-tech activities such as art supplies and writing letters.

9. **Model self-care:** It's important to take care of our own mental health (medicine, comfort food, walks, etc.)

10. **Let kids feel their feelings:** Acknowledge their fears and frustrations and worries and just be with them.

Basketball Competitions and Science Kit Experiments Will Take Place

When in-person afterschool programming returns, students will compete in basketball challenges and utilize brand new science kits.

The basketball challenges will feature the popular basketball game Knockout in which participants try to score a basket before the person behind them. Knockout increases common basketball skills such as free throw shooting and rebounding, and the winner at each site will be rewarded a brand new Spalding Pro Tack Indoor/Outdoor Basketball.

The basketball challenges have become an annual tradition at our afterschool sites. Last winter featured the inaugural competition, and the festivities will continue in years to come.

Although the pandemic has created many hardships there have been some benefits. One of which is the ability to allocate funds towards areas not previously feasible.

An example of this is science kits purchased for afterschool use from homesciencetools.com.

There are a variety of kits at each of our schools: Bridges & Skyscrapers, Crime Scene Science, Investigating Electricity, Coronavirus Education, Hydropower Science, Climate & Weather, and Candy Chemistry. There are 15 kits of each subject matter at our three schools, and each kit features dozens of experiments.

There is also a brand new Home 1000X LED Microscope at each site to aid in the vast array of experiments in each kit.

