

Brunch Bunch Network

SAC News & Happenings

Volume II, January 2004. Brought to you by the Sarasota Family YMCA
Gold Seal Project.

Dear Friends,

I hope that everyone had a great holiday season and that this newsletter finds everyone well. With the New Year, I plan to continue to provide you with helpful information for you and your staff and hope that you will continue to attend our Brunch Bunch Network meetings. As always, I am open to your ideas and suggestions for topics.

In response to recent requests, our upcoming meeting on January 12th, from 10 to 11:30 a.m., at the Venice Gold Seal Project office, will focus on children who have been diagnosed with ADD and ADHD. Tracy Jaekel from the Florida Center will be presenting information and answering your questions. This will be a "must see" presentation. Please RSVP now by calling me at 492-9005 ext. 2 or e-mailing me at pyoussef@sarasota-ymca.org. I look forward to seeing you there.

Have a great 2005!



Trish Youssef
Accreditation Mentor

"Coming together is a beginning, staying together is progress, and working together is success." -Henry Ford

Get Connected

Join the SAC-L listserv. It is an online discussion group specifically designed for school-age care professionals to share ideas, resources, concerns or questions. To join go to <http://ecap.crc.uiuc.edu/listserv/sac-l.html>.



Facts on Bullying

Did you know that bullying has reached epidemic proportions in American schools? The statistics are startling. Ten to fifteen percent of children are bullied regularly. Research shows that bullying in school tends to increase through elementary grades, peak in middle school, and drop off by the 11th and 12th grades. Once believed to be a normal part of childhood, it is now understood that bullying has serious physical and mental health consequences and needs to be taken seriously. For those of you who missed it, Barbara Coloroso's presentation "The Bully, The Bullied and The Bystander", in November, was very eye opening and informative. She linked bullying to school shootings, specifically to the fatal incident at Columbine High School. Because Ms. Coloroso believes in the importance of getting information out to the public, she gave permission to copy her handouts. I have attached them so that they can be used to address bullying in your programs and help in developing anti-bullying policies. This is a great time to introduce anti-bullying themes and activities into your curriculum.

Bullying Prevention Activities

Have each child write down a bullying situation on a piece of paper or list them on chart paper. Have the children discuss ways to handle the situations without fighting.

Have the children develop a set of anti-bullying rules.

Read stories about bullying and discuss how the situations were handled.

Have children create a mural showing various situations where bullying takes place. Have the children write cartoon word balloons showing what the characters would be saying or thinking if the situation were handled correctly.



Training Opportunities

The Florida Children's Forum has a number of training events scheduled for the New Year:

After-School Solutions Seminar-February 5th in Tampa.

After-School Administrators Seminar-March 19th in Sarasota, at the Flanzer Jewish Community Center. Hosted by the Gold Seal Project.

S.P.A.R.K. (Sports, Play and Active Recreation for Kids) Institute- April 7th and April 8th in Tampa.

After-School Symposium: Play with a Purpose!-April 8th and April 9th in Tampa.

Survive the Summer 2005-May 7th in Orlando.

You can get more information on their website at www.flchild/trainingevents.com or by contacting Jenn Faber at (239) 489-4386.

The **National AfterSchool Association** (formerly known as NSACA) **Conference 2005** will be held in San Antonio, Texas, February 24th-February 26th. For more information go to www.naaconference.org/ or contact NAA at 800-606-0061.

Cooperative Games

Cooperative games are games that focus on participation, challenge and fun rather than defeating someone. Try some of these games where everybody is a winner:

Positive Reinforcement

One person is selected to leave the room and should be out of earshot. The rest of the group chooses some action it would like the absent person to perform. When ready, the group calls the person back in. The means of reinforcement is clapping. By clapping louder or softer, the group influences the subject to do whatever action the group wants.

Continuous Story

The rules are simple. One person creates a story line and everybody in turn adds a few sentences until the story is complete or everybody gets tired.

Word Whiskers

A word whisker is a time-filler word like "uh," "er," "um," "you know," etc. The object is to try to talk for 30 seconds without using a word whisker. Not talking more than three seconds is also a word whisker.

-from *Games*

