Power of 3:00 Lights On Recap and Resource on Trauma Informed Care

November 2018

Spotlight
The Power of 3:00 and Lights On Afterschool

The Power of 3:00 Ambassadors with the Network for Youth Success each put on Lights on Afterschool events across New York State. The Ambassadors gave us an update on how their events went.

Gretchen Smith held an event at the Boys and Girls Club of Rochester. The event was hosted by the Greater Rochester After-School Alliance (GRASA). A press conference was held at the Boys and Girls Club in which Monroe County and the City of Rochester presented a joint proclamation. Also, Senator Joe Robach, Mike Barry, Sandra Doorley, and Sandra Simon spoke about the importance of afterschool programming in Rochester. Three groups of students- from the Boys and Girls Club, the Girl Scouts, and the Boy Scouts- then presented a Teen Tech Challenge to each other, highlighting the importance of STEM in afterschool. Students and parents from the Boys and Girls Club were also given an opportunity to write postcards to elected officials, explaining why afterschool programs are important. Gretchen stated that she thinks “the best part was having the students from Boys and Girls Club write postcards- it was inspiring to see why they believe their afterschool program is important to them!” Gretchen added that it is important to support afterschool programs because “children and youth need a safe and consistent place to continue to learn, socialize, and explore their interests after the traditional school day ends. Afterschool also helps working families to know that their children are being well taken care of.”

Harvey Zuckerman of Mount Vernon, NY had his event on the steps of city hall. This event was district wide, and step and cheer teams performed outside. Invited guests also attended the event, including council members and the mayor. Harvey says the best part of the event was, “seeing the excitement generated by the audience.” To Harvey, the importance of afterschool is obvious, adding “of course it is important to support afterschool programs. Where would kids go when school lets out? What would they do? Would they be safe? Would they be participating in anything to advance their lives?”
Jonathan Yetto hosted his at New Scotland Elementary School in Albany, NY. Two programs run out of New Scotland Elementary, the Boys and Girls Club, which Jonathan is the site director of, and the YMCA, run by another director. Jonathan says that most of the times the children in these programs do not even see each other. For this Lights On event, however, they were able to have the program in the cafeteria with both groups! The children colored lightbulbs and also played games. Jonathan says his favorite part of the event was “at 5 PM when all of our children were given glow sticks and they started waving them around and dancing to music.” Attending the event were two of the governor’s staff who brought the proclamation from Governor Cuomo proclaiming October 25, 2018 as Lights On Afterschool Day in New York. Jonathan states that, “afterschool programming is the connection between school and home. In afterschool, parents are able to further their children’s education as well as know that they are safe when they are done with school.” Additionally, Jonathan made note that most juvenile crime takes place between the hours of 3pm - 6pm. This is because, “during this time students do not have a place to go, but afterschool programs give the children a place,” keeping them safe, engaged, and full from a healthy meal served at program.

Talisa King of Buffalo, NY held her Lights On event at the Buffalo Science Museum. The event was hosted by the After-School Network of Western New York (ASNWNY). Over 150 children showed up to the event in support of afterschool. The event brought together afterschool programs in Erie County and guardians for fun workshops and activities. Along with children and families, local government officials were present at the event. This showcased how important these programs are for youth to the local government. Talisa says that the best part of the event was that “it was inclusive of different community organizations who otherwise may not collaborate.” When asked why afterschool is important to her, Talisa replied, “because it allows children who participate the opportunity to excel and grow academically, socially, emotionally, and learn about health and wellness as well. These are all very important aspects of development.”

Domingo Cruz of ExpandED Schools took a different approach to his event as he chose to do a social media challenge. He ran their challenge for the entire month of October, leading up to October 25. The challenge was around the questions: ‘how has afterschool impacted your life?’ or ‘why is afterschool important to you?’ Participants were given the option of answering this question with words and/or emojis. They would then write #LightsOnAfterSchool and #LightsOnExpandED in the caption or description and tagged 3 other friends to do the same. Various people participated from the tri-state area and even some of ExpandEd School’s partners across the country. He measured the success of the challenge by tracking the impressions each post got. Domingo stated that the challenge was successful, “As we tallied all the posts across all social media platforms, we estimated that the posts got over 12,000 impressions.” Domingo also said that what he thinks was the best part of the event is that they got to reach people who normally may not think of afterschool. He added, “These same people got to reflect on afterschool and the importance of it in their lives. It would have not have not happened had the challenge not excited [them].” When asked why he thinks it is important to support afterschool, Domingo replied, “unlike schools, the afterschool activities our students participate in, focus on narrowing the opportunity gap. The students coming to our programs are a part of experiences that they would otherwise not been a part of had they just attended their schools during the school day. We shape well rounded, dynamic people in our programs. Exposing the students to activities that can shape them as adults.”

Ryan Heath of Syracuse also had a different approach for his Lights On event. He did two different media events. One was an interview on a local tv news station and the other was an interview on the local NPR station. Ryan says that the most important part of his event was using the local media, he added that, “the message hopefully reached folks who would not normally be looking for or paying attention to social media campaigns.” Ryan also stated that afterschool programs are important in a developmental context for young people, “helping them develop important skills that can translate into educational and employment contexts.” To watch Ryan’s interview at the local new station, click here.
Resource:
Trauma Informed Care Webinar Archive

The Wisconsin Afterschool Network has a whole archive of past webinars focused on trauma informed care for afterschool and expanded learning professionals. The webinar series is from last spring, and the material within them is relevant and valuable to providers. The topics include:

- April 12, 2017 Trauma, Brain Development and Learning
- April 26, 2017 Optimizing Attachment and Relationships in Afterschool Programs
- May 10, 2017 Strengthening Children’s Self-Concept through Relational Regulation
- May 24, 2017 Empowering Children through Body and Senses
- June 14, 2017 Self-care and Compassion Fatigue

Click here for more information and a full list of webinars.

Nominate an Outstanding Afterschool Educator!

Each year, PASE honors five outstanding afterschool educators at the annual PASEsetter Awards Benefit. PASEsetter Award Winners are individuals whose commitment, energy, and creativity have had an indelible impact on the children and youth of New York City.

To nominate an individual for a 2019 PASEsetter Award, please complete this online form by Friday, December 14, 2018.

Who is a PASEsetter?

- A staff person at a youth-serving agency in New York City whose primary work is directly with young people in afterschool, in the evenings, and/or during the summers.
- Nominees must be paid staff, not volunteers, working either full or part-time, and have worked a minimum of three years at their current agency.
- A staff person who attended an afterschool program growing up and who is now working in afterschool will be given special consideration by the selection committee.
- No nominations will be accepted from an agency that has had a PASEsetter Award winner within the last three years.
- Executive Directors are NOT eligible.

Learn more by downloading a full award description.
Upcoming Events

11/28: Introduction to Child and Youth Development (NYC)
In this foundational workshop from PASE, participants will learn about the stages of child and youth development to gain a broader understanding of the needs of children and youth. Participants will also engage in activities that support the healthy development of children and youth and will learn how to plan and integrate activities that support various developmental levels and stages. Click here for more information and how to register.

11/29: PASE Explorers: Exploring and Sharing Your Community Story through Projects and Technology (NYC)
Looking for inspiration for your program? PASE Explorers is a great way to expand your programming and offer something new and fun for upper elementary youth. Learn how to implement PASE Explorers in your program. PASE’s project-based global learning curriculum combines community exploration with a final technology project, including an introduction to a free online web design program. Participants will receive an updated curriculum and will be guided through the components of the program. Follow-up coaching from PASE will be made available. Click here to register.

11/29: Cornell University Motivation & Goals Webinar
When and how do young people’s academic, social, and health goals inspire action? This free webinar from 11:00AM – 12:00PM will focus on motivation among adolescents. It will explore how motivation develops over time along with how aspects of young people’s specific social contexts shape what goals they pursue in the moment. Finally, it will consider how to design youth program contexts to best support motivation among young people. Presenter: Kristen Elmore, MSW, PhD, Bronfenbrenner Center for Translational Research, Cornell University. Click here to register!

12/4, 11, and 18: Gender, Sexuality, and the Family in Early Childhood Education (NYC)
We know that children are smart and observant. In the world of Disney princesses, Marvel superheroes, and ubiquitous advertising, how do we support children in exploring gender? How do we teach children the skills to stand up for themselves, to examine the world thoughtfully and critically, and to name and shape their own identities? To explore these questions and gain new resources, the New York Early Childhood Professional Development Institute invites you to a series of workshops on “Gender, Sexuality, and the Family in Early Childhood Education.” The workshops can be attended as a series of three or individually. Follow this link to register.

12/5: Afterschool Webinar- Social Emotional Learning
Social and emotional learning (SEL) has gained popularity as a concept in recent years, and there remains confusion as well as great interest in the meaning and implementation of SEL in out-of-school time settings (OST). During Part I of this webinar series, the Afterschool Alliance is extremely excited to have Elizabeth Devaney from the Children’s Institute at University of Rochester and Deborah Moroney from American Institutes for Research joining to talk about their new book, Social and Emotional Learning in Out-of-School Time: Foundations and Futures. For more information and how to register, click here.

1/8 – 4/23: Supporting Youth Development through STEM
Increase your skills using positive youth development practices to engage youth in meaningful STEM learning experiences. This ACRES series includes 3 modules: Developing STEM Identities and Making Career Connections, Giving Youth Voice and Choice, and Exploring Youth Understanding in STEM.
The group will meet for a lesson and coaching session for each module at 10 AM - 12 PM on Tuesdays from January 8 to April 23, 2019. Use this link for specific dates and to register.

1/23: Advocacy Day, Albany, NY
The Network for Youth Success will be hosting our Annual Advocacy Day on January 23, 2019! Program providers, students, parents, and other supporters of afterschool, summer, and expanded learning programs are encouraged to join us in Albany, NY to meet New York State Assemblymembers and Senators to advocate for New York’s children and families. Click here to register!

3/5-3/18: National AfterSchool Association Convention, New York, New York
Join our community for four days of networking, learning, and inspiration. For more information, follow this link.

3/16: Terra Science and Engineering Fair
Whether you want to explore Cassini’s adventures around Saturn, test water quality in a local creek, or design an app to prep for your next exam, the Terra Northeast Regional Science & Engineering Fair (TNRSEF) enables you to ask questions and find answers! Students in grades 6-12 can come to SUNY Geneseo in March to celebrate all s/he has learned and perhaps even earn an award. More information can be found here.

5/10-5/11: Network for Youth Success Annual Conference, Saratoga Springs
Save the Date! Back by popular demand for one more year in Saratoga Springs! Click here for more information!

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