

CAMPAIGN FOR KIDS 2-16-17

"Building resources for youth and community across the WCSU"



DEAR READER,

In this issue we highlight the ways we are encouraging young people in our community to develop their problem solving skills. If our young people practice positive strategies for approaching a problem, then when they are in a situation, perhaps without a trusted adult nearby, they will have less anxiety about what to do and more confidence in themselves.

In L'After afterschool & summer programs, problem-solving takes many forms as young people figure out how to make an origami creature or which way to connect the battery to make the bulb light up. But math problems may be the most familiar form of problem solving. In this issue, we introduce you to Jeremy Schrauf (page 3), who leads the Math Olympiads program offered in Jamaica and Wardsboro. Olympiads teams participate in an international series of competitions without ever leaving the school. This involves developing strategies such as using visuals to represent parts of a problem. Here are explanations from two Wardsboro students: "Using a piece of scrap paper definitely helps. I wrote out a list of the days of the week and used that to count off the days in the problem." "If you draw stuff in a graph or group you can cross out parts (subtraction) to get the answer."

Another area of problem solving is in social dynamics and conflicts. Both L'After and Thrives support young people to resolve social conflicts through learning how to express feelings and how to make requests of others in kind ways. The Leland & Gray Above the Influence group practices refusal skills so that they are prepared to extract themselves from an unwanted situation. As adults, we model strategies such as focusing on deep breathing and taking breaks. The more options children have in their toolkit, the less they feel stuck when conflicts arise. These are skills they will call upon the rest of their lives in their work and relationships.

ALL THE BEST TO YOU,
KATE, KRISTIN (WRVT) & THARA (L'AFter)



Cyrus Black, 7th grade

PROBLEM SOLVING AT HOME

Tell young people that you believe they are very capable of solving things—give them a chance to fix a broken toy or figure out how much change is due at the store.

Ask questions such as, is this problem like something you have done before? What did you try then? If that didn't work, what could you try next?

Congratulate young people for being willing to try ideas even if they did not turn out as they hoped. And let them know you are proud of them when they trust their own judgment about which direction to take.

WE ARE “ABOVE THE INFLUENCE”

Every year, new middle school students opt to join Leland & Gray’s Above the Influence (ATI) club. The mission of the group, led by West River Valley Thrives, is to rise above the influence of negative social pressures such as drugs, peer pressure or violence. Throughout the school year, this team of inspiring students attends workshops and organizes events for their fellow students. This year, new 7th graders attended a weekend-long training at the High 5 Adventure Learning Center, along with teens from around the County. High 5 staff led students through a series of team building challenges over the course of the weekend, many of which required them to push their own limits and have faith in one another. Students spent the majority of the weekend in the treetops - climbing, swinging and working together to accomplish each challenge. The goal of this training is for students to

discover the leadership qualities within themselves and become empowered to go back to their school or community and make a difference.



Alice Coyne, 8th grade

MEANWHILE...



8th grade ATI students were in Montpelier, reviewing the most recent Youth Risk Behavior Survey (YRBS) results. This survey, completed by Vermont students every two years, provides information on all aspects of student wellness, with an emphasis on drugs and alcohol. This student-led training, called “Getting to Y”, is held annually in the capitol and helps students bring meaning to their own school’s YRBS results. It was this training that prepared 8th grader students to host the data forum with teachers and students at Leland & Gray this month. Next steps include choosing one of the “concerns” identified to tackle this school year. Stay tuned for an upcoming community dialogue!



“Find someone who can do something”
- Emma Stover

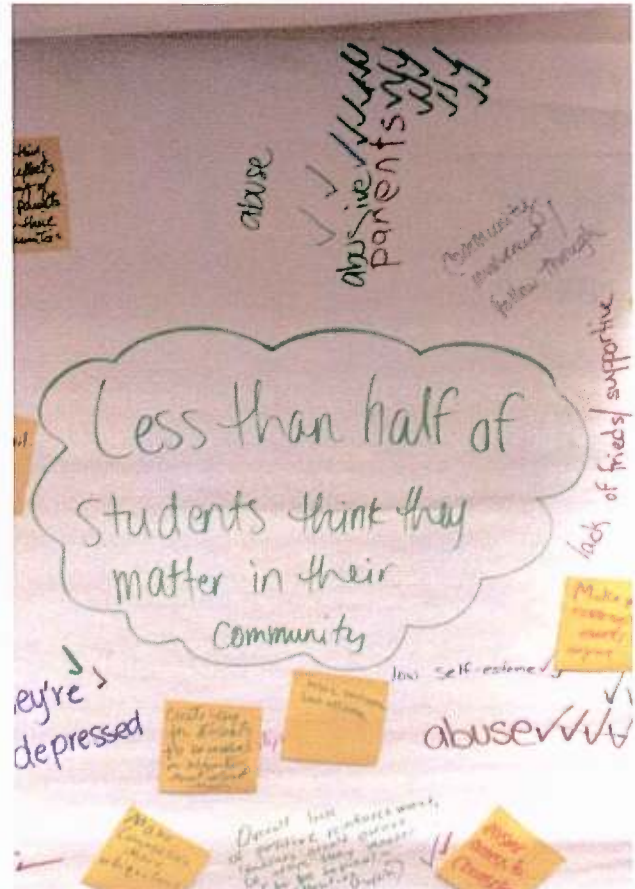
ATI STUDENTS HOST FORUM

As a follow up to this fall's Getting to Y training in Montpelier, the 8th grade ATI students at Leland & Gray led a morning-long retreat at their school, during which approximately 20 students and 10 teachers reviewed the school's 2015 High School Youth Risk Behavior Survey results and worked together to identify areas of concern, root causes, and possible solutions. The ATI group did an impressive job of leading this discussion, taking turns explaining tasks as well as asking lots of probing questions to participants. This data retreat was helpful in identifying both areas of concern for Leland & Gray as well as gauging the topics that students and faculty feel most strongly about addressing.

Some of the concerns identified were high rates of underage drinking, student sentiment that it's okay for their friends to drink, high percentage of students trying to change their weight as well as the fact that only half of students feel they matter in their community. The ATI students will look further at the risk factors discussed (peer pressure, social media, parental attitudes, availability and depression) as well as the suggested solutions and choose on topic on which to focus this school year. Thanks to all who participated!

ROCKTOBERFEST 2016!!!

Every year Leland and Gray Union Middle and High school puts on an event called "Rocktoberfest", to kick off the start of fall. The event takes place here on school campus, where there are many fun activities, such as music, a fire, a bouncy house, dancing and more. Unfortunately, with the fun, comes the threat of the presence or usage of alcohol. Because of this, police officers are hired to ensure the campus stay drug and alcohol free, but they can't pick up on everything. As a member of West River Valley Thrives, I have put together and conducted interviews, where I ask students and teachers about their opinion of Rocktoberfest and how we can keep alcohol away from this sort of party setting.



I began my interviews with a junior student here at Leland and Gray, Riley Faulkner. We discussed the event itself, and how alcohol poses a threat for this type of event. I asked him why students might feel the need to abuse alcohol during a school event like this. He responded and said that alcohol might make someone more social or "The upperclassmen think they are too cool to take part in such childish activities, so instead they might use alcohol to have fun." In addition to students, I spoke with a Leland and Gray teacher, Nika Oakes. I asked her what measures the school could take to lessen the presence of alcohol among students at the event. "Keeping the students occupied with fun things to do and showing them, upperclassmen especially, that you don't need alcohol to have fun."

AUTHOR - JEN CHAMBERLIN (SENIOR)

TEST YOUR KNOWLEDGE ON DRUGS AND DRUG ABUSE BY TAKING THE:

2016 National Drug & Alcohol IQ Challenge

Go to <http://teens.drugabuse.gov/2016IQChallenge>
for an online interactive version.

1 Which of the following is not an opioid drug?

- A. Vicodin
- B. Oxycodone
- C. Codeine
- D. Acetaminophen

2 Among kids ages 12 to 17, how many drank alcohol in the past month? On average:

- A. Very few: About 1 out of 10
- B. Half: 5 out of 10
- C. Most : 8 out of 10
- D. All: 10 out of 10

3 How long does it take MDMA ("Molly" or "ecstasy") to reach the brain?

- A. 2 minutes
- B. 15 minutes
- C. About 1 hour
- D. It doesn't go to the brain.

4 Besides alcohol and marijuana, what is the next most-popular addictive drug used by high school seniors?

- A. Non-cigarette tobacco
- B. Anabolic steroids
- C. "Bath salts"
- D. Molly

5 DXM is the ingredient in over-the-counter cough syrup that can make you feel "high" when used in large amounts, but these other things can happen when you abuse cough syrup (check all that apply):

- A. You can experience confusion or hallucinations.
- B. You can feel sick to your stomach.
- C. Your heart may beat dangerously slower.
- D. You can lose coordination.

NATIONAL INSTITUTE ON DRUG ABUSE



WHAT'S HAPPENING AFTER SCHOOL?

Jamaica

Julie Olsson, a classically trained singer and musician-in-residence, prepares students for their very own "Jamaica's Got Talent" performance.

Leland and Gray

In HEY Help, students serve as peer tutors alongside teachers who help with homework assignments and catch-up in science, math, social studies and English. Since September over 100 students have already participated!

Marlboro

The Crazy 8s Math Club features activities which are crazy fun as well as aligned with Common Core math standards. Bouncing Dice Explosion and Toilet Paper Olympics and more!

Newbrook

In "Train Travelers," students learn all about the network of railways across the U.S. and create train projects based on their own research.

Townshend

Classroom teacher Kristina Jerz leads a computer coding workshop challenging students to not only play technology games but also create their own versions.

Wardsboro

Wacky Winter Science is a whole new way to explore the ice and snow! Think of all the ways water transforms itself in the cold weather. What can you do with snow that you can't do with water? And vice versa?

PROFILE: JEREMY SHRAUF

MATH OLYMPIADS PROGRAM LEADER

Where did you grow up? In rural Ohio. I've been in Wardsboro for almost 30 years.

Now that you are retired, what are you involved in? Among many things, I am a Cubmaster for Pack 448, Chair of the Wardsboro Library Trustees and a teacher with the Wardsboro 4 Winds Natural Science program.

How did you get started doing L'After programs? As an economist, I had a fairly extensive math background...people asked me to do work with a few kids doing advanced math. Pretty soon I was judging science fairs, doing fun chemistry experiments after school and then I was asked to revive the Math Olympiads program at Wardsboro and then Jamaica.

What is your favorite aspect of leading the Olympiads program? I love seeing kids discover they can really enjoy math and then taking on much larger math challenges as they progress to the higher grades. After all, math is a basic tool for life and the better you can do it, the better off you will be.



STRIKE UP A MATCH WITH 3GC!



Eight students from Greenwood School helped Bob, in his nineties, with a spring yard clean-up.

3 Generations Collaboration is an exciting new organization that connects youth and older adults through volunteering and community service in the West River Valley.

3GC matches those who can serve with those who can benefit. Anyone with the ability to share their knowledge, skills, or time should reach out to 3GC and find a match!

Older adults are needed to share their experiences with youth. Tell your story to students who are studying history, or share hands-on activities like woodworking or knitting.

Students and other young people may gain community service hours through activities that help senior citizens, such as yard work, technology help-sessions, or spending time with groups of elders to help them do something fun.

Parents and other adults are needed to make this program a success. Serve as a chaperone or driver, help with data entry or mailings, organize an event, or share another idea you have.

Help make our community a place where everyone can find ways to give and receive, across the generations. Contact 3 Generations Collaboration at team3gc@gmail.com or 802-428-4333 to share your time or ideas.

Answers to the Drug & Alcohol IQ Challenge: D, A, B, A, (A, B, D)