

Thrive update



Enhance Inspire
Inform healthy kids make smarter students

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MAY 2011

insideTHRIVE

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>> Making Time to Relax

As a society, we tend to underestimate the importance of relaxation, much to our detriment. After all, stress is often at the root of a variety of physical (e.g. coronary disease, high blood pressure, weakened immune system, etc.) and psychological (depression, anxiety disorders, substance abuse, etc.) health problems.

While stressful events are often unavoidable, the way we deal with stress can dramatically affect the impact that it has upon us. One effective way is to modify our thinking. Known as Cognitive Therapy, this approach focuses on reducing unhealthy negative thoughts and replacing them with more positive rational ones. Another way is to learn relaxation techniques. The mind is powerful and if we focus on a very relaxing image, the body eventually experiences it as though we're really there. To see for yourself, try this simple exercise:

1. Identify a place that you've been that was very relaxing (e.g. a beach, the mountains). If needed, make one up.
2. List everything that you might see, hear, smell and (tactilely) feel in this special place.
3. Rate your current level of stress from "0" (not stressed) to "100" (very stressed).
4. Find a peaceful place to sit, close your eyes, take a deep breath in and breathe out slowly.
5. Try to imagine all the details that you listed in your mind's eye, while periodically repeating the deep breathing.
6. After 5-10 minutes slowly open your eyes and re-rate your current level of stress. Notice how much more relaxed you feel.

If you have the time and can afford it, an even better idea is to actually go to a relaxing place and enjoy it. While beaches can be a challenge in Colorado, we have some of the most beautiful places to recreate in the country: incredible campgrounds, cabins, lakes, mountains and hot springs, all within a few minutes to a few hours drive.

This is the perfect time of year in which, even over the course of a weekend, you can take a break from the usual grind and treat yourself to a chance to unplug, unwind, and renew.

by Dr. Jan Hittelman
Boulder Psychological Services

>> The YMCA of Boulder Valley Summer Opportunities

The Y offers the programs they do for a reason. Young people need safe and enriching environments to try new things, develop skills, meet new people and show what they're capable of. Achieving and maintaining health in spirit, mind and body makes for a richer life and giving back to neighbors and those in need is our responsibility as neighbors, colleagues and citizens.

The Y defines our areas of focus, the programming you're part of every day, like this:

Youth Development: Nurturing the potential of every child and teen

Healthy Living: Improving the nation's health and well-being

Social Responsibility: Giving back and providing support to our neighbors

Your family can take part in many Y activities this summer. As always, Y members can save on these summer activities and will have access to our Arapahoe Center outdoor pool, scheduled to open the end of April!

Camps: Day Camp • Overnight Camp • Sports • LEGO® Camp • Arts Camp • Cycling • Skateboarding

Sports: Volleyball • Golf • Baseball • Soccer • Flag Football • Basketball • Lacrosse • Hockey & Skating

Swim: Summer Swim Team • Swim Lessons

For more information, or to register for YMCA programs, visit www.ymcabv.org. We offer financial assistance for membership and programs to those that qualify.

YMCA of Boulder Valley - One Membership, Two Locations:

Mapleton Center Y • 2850 Mapleton Ave., Boulder • 303.442.2778

Arapahoe Center Y • 2800 Dagny Way, Lafayette • 303.664.5455



>> BVSD's Lifelong Learning program has something for every kid under the sun

Keep BVSD Lifelong Learning in mind when making summer plans for your child. We're offering a wide variety of half-day (and some full-day) Summer Camps from June through August.

This long-running BVSD program has a reputation in the community for fun, high-quality classes and camps in science, literacy, math, cooking, visual arts, and more. Now, in addition to its regular camp offerings, Lifelong Learning has launched a new track of camps for advanced students called **College4Kids**.

These academically challenging classes will be taught by experienced BVSD teachers and other experts from the community.

Here's a small sample of the camps being offered: *The Amazing Math Race, Field Biology, Clay Play, Primitive Survival Skills, Fun in the Kitchen, Anime Cartooning, Non-Fiction Animal Books, Visual Algebra & Kinesthetic Mathematics, Glass Fusing for Kids, and Fun with DNA.*

We're also offering camps in collaboration with Science Matters (including *Catapults and Backyard Ballistae*), the YWCA (including *Video Genius for Boys & Girls*), Rocky Mountain KidStage (including *Beauty and the Beast*), The Spot Gym (*Intro to Boulderling*), and The Mustang Center (*Horse Play*).

For more information, call Tammy at 720-561-3768 or visit www.bvsvd.org/LLL.

Lifelong Learning

>> Library Updates

Boulder Public Library

One World Many Stories: Children's Summer Reading 2011

School is out at the end of May! With more free time, Boulder Public Library is excited to offer you the chance to travel the world through books for FREE!

Starting May 31, you can stop by Boulder Public Library to pick up your free travel kit, which includes a book for you to keep. Once a week for seven weeks, stop by the Main Library, or the Meadows or George Reynolds branches and get a stamp for each continent you visit.

How do you visit those continents? You read, of course!! A different continent is featured each week. You simply read, write down the titles and stop by any library to get the stamp.

You will get free books and other prizes throughout the summer. If you visit all seven continents, you will get a special Antarctic surprise. Information: Children's Library, **303-441-3099**.

Broomfield Public Library

The Mamie Doud Eisenhower Public Library's Children's Library offers a Summer Reading Program for infants through those entering fifth grade. Kids can read or be read to and receive incentive prizes for their reading. Come in to sign up starting on June 1st. Many exciting story time programs and other performances are offered in June and July.

Visit our website at www.broomfieldlibrary.com for more information.

Lafayette Public Library

Summer Reading for all ages at Lafayette Public Library. One World, Many Stories!

Enjoy great reading all Summer long! Register from home online, or at the Lafayette Public Library starting May 26th through July 26th (prizes available until August 5th). Earn books and other prizes. You can log your reading at the library or online. Watch for weekly programs and story times! www.cityoflafayette.com/library

Lafayette Public Library, 775 W. Baseline Road, **303-665-5200**

Louisville Public Library

Teens are invited to participate in the "You Are Here" summer reading program at the Louisville Public Library. Open to students who are entering the 7th grade and above, the "You Are Here" teen program will enable you to explore different places and cultures within yourself, the world and time & space. But it's not just about reading this summer—the library is also your entertainment center!

Teens will discover lots of special activities for them this summer, including an origami workshop, a Bollywood and mehndi (henna tattooing) event, a letterboxing scavenger hunt, and a rubber duck decorating contest. There will also be game nights and movie showings and interactive displays. Call **(303-335-4845)** or visit the teen website (www.louisville-library.org) throughout the summer or become a fan of the Louisville Loft on Facebook for information about special programs. We will be here all summer long and hopefully you will be here too!

Nederland Community Library

Elementary age readers will travel the globe this summer as Nederland Community Library presents *One World Many Stories* during our 2011 summer reading program. We are excited to hold our program in our new library at 200 West 2nd Street. The community room will be perfect for exploring the world through stories, crafts, and music.

The summer reading program will be held on Tuesdays and Thursdays from 1:00-3:00, June 14-July 21. On June 28th at 1:00 p.m., Indiana Bones will enthrall children with his masterful storytelling skills. Children will be encouraged to keep reading logs, and they can earn prizes for keeping up with their reading over the summer.

Preschool and baby story time will continue on Wednesday and Thursday mornings at 10:30. For more information contact Sara Hersh: nedlibkids@gmail.com or call the library at **303-258-1101**. You can also visit our website at www.nedlib.org for information on all programming at Nederland Community Library. All programs are free of charge.

>> Recreation Center Updates

Boulder Parks and Recreation

Choose from more than 90 Summer Day Camps for youth ages 4-18 years old.

Play. Splash. Learn. Laugh. Explore. Improve. Make new friends. Have fun and smile.

That's what your child's summer is like when they participate in a Boulder Parks and Recreation summer camp.

Camp options include: **Art, Boating, Clay, Dance, Denver Nuggets Basketball, Drama, Gymnastics, Legos, Sailing, Swimming, Sports, Tennis, Volleyball, Water Sports - and more.** Camps run from May 31 through August 12.

We pair talented, enthusiastic staff with the right facility to create the ideal formula for safe, educational summertime fun. Each program is designed to stimulate your child's physical, intellectual and social growth, balancing caring and compassion with challenge and adventure. The result is an ideal environment for friendships, learning, laughter and fun.

Make this summer special for your child – sign them up for their favorite summer camp today! Call or register online at www.BoulderParks-Rec.org or 303-413-7270.

Broomfield Recreation Services

Youth can thrive during the summer with the wide variety of activities offered through Broomfield Recreation Services.

The Summer Youth Pass for ages 4-17 years provides unlimited fun at the Paul Derda Recreation Center, Broomfield Community Center, Broomfield Skate Park, and Bay Outdoor Aquatic Park. This \$100 pass is valid for three months from the date of purchase.

The state-of-the-art Paul Derda Recreation Center offers classes in gymnastics, swimming, yoga, weight training, and wall climbing. Outdoor programs include baseball, C.A.R.A. Track (and C.A.R.A. Cross Country), volleyball, lacrosse and Extreme Teen Bootcamp.

At the Broomfield Community Center youth of all ages can enjoy art education and creative fun through the **Backstory Youth Theater, Tech Activities, Abrakadoodle and Young Rembrandts.** In addition, Broomfield Recreation Services has a Therapeutic Recreation Program that enables individuals with disabilities to participate in all recreation activities as well as specialized programs. Visit www.broomfieldrecreation.com for details.

Bob Burger Recreation Center - Lafayette

Tackle Summer Vacation knowing your kids' days will be filled with positive, healthy fun! Choose from full day **camp programs** or specialized classes. We've got everything from Legos, to art and acting, to sports and gymnastics. There are classes for little princesses, knights, and super heroes. Babysitting and **swim lessons** round out an offering of versatile options. Don't forget camps and lessons are available at the new **Lafayette Skatepark!**

Whether your kids need motivation to create healthy fitness habits or just turn off the TV, our new Teen Outdoor Fitness Bootcamps and Weight Training Classes will guide kids 12+ on safe and fun ways to continue a lifetime of good health. New, specially-priced 3-month Summer or Annual Teen Passes provide an economical way to access the Recreation Center and LaMont Does Pool all summer long.

Visit our website or follow us on Facebook. www.cityoflafayette.com/recreation

Louisville Recreation Center

Keep the kids active and engaged this summer through a variety of programs at the Louisville Recreation Center! There is something for everyone- tennis & running to art, music and robotics! Check us out at www.louisvillerecreation.com.

VOLoCITY (pronounced Velocity) is a part-time teen volunteer program for youth ages 11-15 to build new friendships and important skills. Youth participate in an average of 6-8 trips over the six-week program. Community service trips can be cooking meals, weeding, organizing and any other task an organization needs. Previous favorites have been: Ronald McDonald House, COMPA, Louisville Senior Services, Project CURE and the Community Dog Wash. Disruptive or inappropriate behavior will not be tolerated. All scheduling, transportation and supervision is covered in the program.

Registration number 22040-1, June 27-August 5 \$85 Lsvl Res/\$107 NonRes.






Register or find out more at www.louisvillerecreation.com 303-666-7400.

>> National Dog Bite Prevention Month



**Winney wants everyone to know
May 15-21 is National Dog Bite
Prevention Week.**

She has some tips she would like to share with you!

-  Remember kids, always ask first before petting or approaching someone's dogs. Wait for them to tell you it is ok before coming to say hello.
-  If a strange dog, you don't know, approaches you stand still and don't move! Do not **EVER** run away from a dog!
-  If a dog growls or shows his teeth back away slowly. This is the dog telling you he is upset. He needs time alone.
-  When you are around a dog speak softly, and move slowly. Loud noises and fast movements can scare dogs.
-  When a dog is eating **STAY AWAY!** Don't put your hands near the bowl and don't pet the dog. This can make them angry.

by Boulder Police - Animal Control
303-441-1874

>>Calendar of Classes & Events

MAY 2011

Wednesday, May 11, 6-7:15 p.m.

BVSD's Elementary College Nights

Creekside Elementary, 3740 Martin Dr., Boulder

Brought to you by BVSD Student Success, PEN, BVSD Counselors and BVSD Language, Culture and Equity, these presentations are for parents of elementary school children, aimed at low income families that have seen few, if any, relatives go on to college. The college nights, hosted in collaboration with state college

savings program Collegenest, give parents practical and strategic information, letting them know that there is real hope that their elementary student can eventually attend college, especially if they start planning now. *Children, younger siblings and all family members are welcome, childcare is provided. Snacks provide. \$250 worth of prize drawings for savings accounts from Collegenest. Presentation will be in both Spanish and English.*

Thursday, May 12, 6-7:15 p.m.

BVSD's Elementary College Nights

Sanchez Elementary, 655 Sir Galahad Dr., Lafayette

Brought to you by BVSD Student Success, PEN, BVSD Counselors and BVSD Language, Culture and Equity, these presentations are for parents of elementary school children, aimed at low income families that have seen few, if any, relatives go on to college. The college nights, hosted in collaboration with state college savings program Collegenest, give parents practical and strategic information, letting them know that there is real hope that their elementary student can eventually attend college, especially if they start planning now. *Children, younger siblings and all family members are welcome, childcare is provided. Snacks provide. \$250 worth of prize drawings for savings accounts from Collegenest. Presentation will be in both Spanish and English.*

Monday, May 16, 7-8:30 p.m.

Teen Speak - A Pathways to Parenting Success Workshop

Meadows Branch Library, 4800 Baseline Road, Boulder

Learn strategies to become a more effective communicator and have more of a positive influence on the teenagers in your life. Facilitated by Elizabeth Matthews, LPC and Susan Denison, LCSW. This is free and open to the public.

May 26, 2011

Last Day of School for BVSD Students!

THRIVEupdate for BVSD Parents

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experts and parents

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www.bvsd.com