

Thrive update



Enhance Inspire
Inform healthy kids make smarter students

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MAY 2010

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>>Summer

The end of the school year - it has a life of its own and we all seem to get caught up in the demands, timelines, and all too hectic pace. Another challenge of the school year is trying to address all of the unexpected issues that require us to provide feedback and/or discipline for our children on everything from school responsibilities, risky behaviors, and household chores to even larger life lessons involving morals, values, ethics and overall good judgment. No wonder we feel so exhausted this time of year!

Share. Sit down with your child(ren) regularly throughout the summer and schedule time to go for a walk, share a meal, and/or go on vacation. Make a real effort to simply share and catch up.

Understand. Listen to your kids about what is important to them. Talk to your kids about what is important to you.

Motivate. Now that they have some time off from having to follow a set curriculum at school, encourage your kids to discover their own unique interests and passions. Is there something they've always daydreamed about doing but haven't yet tried, like riding a horse or juggling or painting? Tap into those dreams!

Mentor. They need to know that we will always be there to support them and that we welcome them to seek us out whenever they'd just like to talk. Look for opportunities to express your unconditional love for them, which is what they need most of all.

Empower. With the fast pace of our lives, it's often easier to do things for young people rather than with them. Think of yourself as your child's empowerment coach – start small, provide choices that mean something to them.

Refresh. Make this summer a time of rejuvenation and strengthening of the relationship that you have with your child. It's a time to make sure our children know how much we love them and to provide genuine praise for the very many things that they do right.

As we catch our breath from the school year and find opportunities to relax with family, summer is a great time to reconnect with our children in a positive way: We hope you and your families have restful, refreshing and revitalizing summer breaks.

Have a great summer and see you in August!

by Leisha Conners Bauer
Boulder County Healthy Youth Alliance
and Dr. Jan Hittelman
Boulder Psychological Services

>> Summer Reading Adventures

Take advantage for free summertime reading programs to encourage your child to read for FUN over the summer. Sharing an appreciation of reading is something families can share. There are opportunities, prizes, and parties at the local public libraries for families and students from kindergarten through 12th grade.

Boulder Public Library

Want to make reading fun this summer? Children of all ages can "Make a Splash" while reading and coming to a variety of programs. Storytimes abound! Also, creative writing, digital photography, and storytelling workshops along with science and environmental programs about water, creek walks, dance, music and family game nights are only a few choices. At the end of the summer all participants will be invited to a special free pool party! Teens can "Make Waves" throughout the summer by reading, participating in our letterbox scavenger hunt, joining our creative writing and acting workshops, and coming to our outdoor movie nights. Get free recreation swimming pool passes by participating! Families and groups can join us in our first annual family and group summer reading club. Accumulate minutes as a group or family to add into the fun! Five families will receive a special surprise!

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 storytime programs and other performances are offered in June and July. Visit our website at www.broomfieldlibrary.com for more information.

Lafayette Public Library

Dive into a good book with the Lafayette Library's free Summer Reading program! Register online beginning May 27th at 10:00 a.m. and have a splashing good time reading, playing and winning cool prizes. This year features programs for babies through adults, with a special emphasis on grades 1-3 (Make a Splash), grades 4-5 (Make Waves!) and grades 6-12 (Dive into a Good Book). Go to www.cityoflafayette.com/library for details and to register. The Lafayette Public Library is located at 775 W. Baseline Road in Lafayette.

Louisville Public Library

"Make Waves @Your Library" this summer by enrolling in the Louisville Public Library's Teen Summer Reading program! Open to students who are entering the seventh grade and above, the Make Waves program is a reading incentive opportunity to encourage teens to explore the wonderful world of reading, books, arts & crafts and public library resources.

Special events this summer include a Summer Reads book expo, writer's workshop, movie nights, a songwriting seminar, bottle cap jewelry, game nights and more. There will be something scheduled every week for teens so be sure to register, check our website or become a friend of the Louisville Loft on Facebook for details throughout the summer.

Nederland Community Library

Nederland Community Library is going to use CSLP's Splash and study water and the oceans. Wednesday afternoons we will have a program for elementary level kids from 1:00-3:00 p.m. starting June 9 and ending on July 14. It will be held near the library, in the shopping center. Kids will learn about the properties of water. We will also take a look at fresh water and ocean life. There will be daily craft activities and sing alongs. We will have three adults to support the program so we will be able to vary the activities to target different age/ability levels. Kids can participate by coming to the program, reading on their own, or both. There will be time and book logs for students to fill out. All participants receive prizes. See you there!

>>Summertime Reading

Summer! It's the season for rest, relaxation, rejuvenation, travel and adventure. No matter what your family's plans are, summer is an opportunity to explore new worlds through reading together. The rewards of creating a "season of reading" will have a dynamic ripple effect for years to come.

Reading books, newspapers and magazines "for fun" benefits kids and parents alike. For children, it builds positive, lifelong skills and attitudes, broadens world views and boosts self-confidence. For parents, it brings more understanding to the relationship, stimulates everyone's imagination, and helps you communicate that reading is important in life, not just in school.

Here are some suggestions on how to create a "season of reading":

- Allow the kids to choose the reading materials for the family. Set an appropriate time limit and then carve out some time to talk. Discussion provides a more keen insight into your children's comprehension, critical thinking and emotional responses.
- Choose a theme. Is there a vacation destination, a sport or new activity in the future, a movie which has been inspirational or provocative? After choosing a topic by consensus, each person researches that topic. This can be a long-term or a weekend project.
- Read out loud. No one is ever too old to enjoy listening. The best practice is to take turns, switching with younger readers more often than older ones.
- Stick to printed materials, rather than reading information on the internet. Don't forget to confirm comprehension of words and ideas and discuss opinions without judgment.
- Encourage **ALL** types of reading. Menus, magazines, newspapers, cook books, comic books, street signs and printed directions are examples of perfect places for a love of reading to bud and blossom.
- Use resources such as your local public library. It's free, air-conditioned, and there's no charge for parking.

Taking the time to read together will enhance everyone's summer, and create lasting benefits. In addition to increasing reading skills, your family will learn more about the world, and more about each other.

by Iris Lee

Director of Dreamcatcher Direct Instruction Centers
Member Boulder Psychological Services

>>Summertime Possibilities at Local Recreation Centers

Broomfield Recreation Services

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

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

Classes in yoga, weight training, and wall climbing bring participants indoors to enjoy the state-of-the-art Paul Derda Recreation Center. Teens can participate in day trips through Cirque Summer Camp and Teen Adventure Series activities, or enhance their sports team performance through the NEW Youth Conditioning class. Sports camps are available for ages 4-12 in soccer, baseball, flag football, cheerleading and basketball. And, for the first time ever, a Boot Camp program is offered for ages 14-18 years. In addition, Broomfield Recreation Services has a Therapeutic Recreation Program that enables individuals with disabilities to participate in all Recreation activities, and specialized programs as well.

All youth can stay active and healthy during the summer months with Broomfield Recreation Services!

Visit www.broomfieldrecreation.com for details.

Lafayette Bob Burger Recreation Center

When school is out, don't let your kids sit around playing video games – keep them moving, active and engaged!

Day Camp begins June 1 and includes swimming, field trips, arts, games and more. Other week-long Specialty Camp themes: Lego®, Mad Science, robots, engineering, ecosystems in outer space, cooking, arts, princess, jump rope, sewing, soccer, lacrosse, baseball, basketball, football, and volleyball.

July is Recreation Month – download our calendar for activities and coupons for the Recreation Center and LaMont Does Outdoor Pool. www.cityoflafayette.com/recreation. Also, a new skatepark is coming to Lafayette.

- Follow us on TWITTER (<http://twitter.com/lafayetterec>) and FACEBOOK (<http://www.facebook.com/LafayetteRecreation>)
- Check out our **Upcoming Classes and Activities** (<http://www.cityoflafayette.com/Page.asp?NavID=1465>)
- Sign up for **The Buzz at Bob's** monthly e-Newsletter (<http://www.cityoflafayette.com/FormPage.asp?FormID=177>)
- Lafayette named a “Best Community for Youth”

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—jump rope and running to chess 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. Transportation from the Louisville Recreation Center to the volunteer locations will be in the City of Louisville's vans.

Registration number 22040-1, July 5-August 13 \$85 Lsvl Res/\$107 NonRes

Register or find out more at www.louisvillerecreation.com

Continued on page 7

>>Campouts and other Spring Rites of Passage

In late spring as the school year winds down and seniors prepare for graduation, the sheriff's office sees an increase in large parties, campouts, and other "rites of passage" in the rural areas. For the past several years, senior campouts resulted in hundreds of kids making their way to a pre-determined spot in the mountains. The parties last all night with accompanying dangers from campfire, fights, and medical issues resulting from exposure and the heavy use of alcohol and/or drugs. We've also seen several accidents as a result of exhausted and sometimes "hung over" kids driving back down the canyons the next morning.

A big risk to these events is that they are remote and far from adult supervision, (that being the point I guess). They are also far from medical help and police resources. Very few deputies patrol the backcountry. When they find these events, it's difficult for one or two deputies to confiscate alcohol, issue summonses, and contact parents where cell phone coverage isn't available.

Experience has shown that our best course of action in these events is to have a "greeting party" of deputies waiting for the guests to arrive. If we can be there waiting to confiscate any alcohol and to turn the kids around before the party grows too large and anyone gets in trouble, it prevents a whole host of later issues and keeps everyone safe, (but maybe not too happy!) Our goal is not to make arrests or issue tickets, but truly to prevent a tragedy.

For all of these reasons, we really depend upon the help of parents and school administrators. If you notify us when you learn about one of these large rural parties, we will take proactive steps to try and close it down before it gets started. These events are most frequently advertised via texting and social media sites. If you hear that your teen wants to attend, we ask you to discourage them from going in any fashion you can and, perhaps, arrange for an appropriate alternative that will be fun, involve their friends, and keep them safe.

by Sheriff Joe Pelle
Boulder County Sheriff's Department

Q&A with Dr. J

Q: *How can I help my adolescent have a fun, productive, and safe summer?*

A: Summers can be a unique challenge for parents of adolescents. On the one hand we want to honor their desire for making more of their own decisions regarding summer activities, as the shift to independence is a key developmental task for adolescents. On the other hand, we still need to encourage healthy choices and ensure that their summer includes opportunities to enhance their social and emotional development.

When adolescents are bored and have nothing productive to do, this often leads to an increase in engagement in a wide range of at-risk behaviors. Specific concerns include experimentation with drugs and alcohol, engaging in risky behaviors that can result in physical injury, and unsafe sexual behavior.

Research has shown us that when adolescents under the age of 15 experiment with drugs and/or alcohol, their risk of developing addiction and/or psychiatric issues later in life significantly increases. We also know that summers can often represent a shift in new and increased experimentation with drugs and alcohol for young adolescents. It is important to strike a balance between well deserved down time and participation in fun, structured activities.

Consider a respectful, collaborative discussion with your adolescent about summer plans and activities. Let them know that while you want to see them doing some structured activities, it is important that they feel good about what those specific activities may be. Take advantage of the activity information in this month's Thrive newsletter as a springboard for these

discussions. Whether it's getting a job, recreational activities with the family, participating in an art class, signing-up for a one-week camp, or working on home projects with Mom and/or Dad (and getting paid?), try to create a balance of down time and structured activities. Periodically checking in with them over the summer can also be beneficial.

Helping your adolescent proactively develop an effective summer plan now will be more effective than waiting until problems emerge over the summer and attempting to deal with them reactively.

You can submit your questions directly to me by phone (720-217-3270), fax (720-381-6089), email (Jan.Hittelman@gmail.com), or regular mail (1527 Pine Street, Boulder 80302).

I hope to hear from you soon.

by Jan Hittelman
Licensed Psychologist

>>Calendar of Classes & Events

MAY 2010

Becoming a Love and Logic Parent

Stephanie Bryan, LCSW, CAC III

Thursdays, June 10 - July 8, 6:30-9:30 p.m., Dreamcatcher Direct Instruction Center, 5440 Conestoga Ct. (just NW of 55th and Arapahoe), Boulder. To register, call Stephanie at 303-397-0646 or visit the website at www.REALparenting.net

Interested in joining a Parenting Book Group?

Please Stop the Rollercoaster: How Parents of Teenagers Can Smooth Out the Ride is a guide for busy parents of teenagers who find themselves unsure of their changing role. PEN volunteers have organized parenting discussion book groups for the past two years using this resource. Using a well established format, the discussion groups help parents examine and discuss important issues they are likely to face, using a book that offers a wealth of practical, succinct information. For more information, contact Fawnda Hathaway at fawnda@comcast.net or 303-604-2547.

BVSD Lifelong Learning Summer Camps for Kids Ages 6-12

Classes from June to August. We are offering classes in Math, Literacy, Science, Horse Play, Intro to Boulder, Cooking, Art and more. Classes are taking place at the following schools: Aspen Creek K-8, Broomfield High, Monarch K-8, Monarch High, Horizons K-8, Flatirons, Foothill, Superior and Douglass Elementary and other locations. Scholarships are available for classes being offered in BVSD classrooms; please call Julie at 720-561-3768 for an application.

Please visit www.bvsd.org/LLL and click on Kids Summer Camps.

To view a digital version of our catalog, please click BVSD Lifelong Learning Summer 2010 Kids Catalog. <http://issuu.com/bvsdlll/docs/kids2010?viewMode=magazine>

Attention Aspiring Filmmakers

Boulder's Walk & Bike Month organizers encourage local students who are aspiring filmmakers to submit entries to the 4th Annual Bike Shorts Film Fest by May 26. You will be notified by June 10 if your film entry (less than 10 minutes preferred) will be shown on June 23 at Old Main on CU's campus as part of the film fest. No cost to submit an entry. Submissions to: Community Cycles, "Film Submissions," 2805 Wilderness Place, Suite 100. Call Sue Prant at 303-564-9681 for information.

THRIVEupdate for BVSD Parents

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Look for us on the web!
www.bvsd.com

>>Calendar of Classes and Events

MAY 2010

Families invited to Boulder's B360 bike event

Boulder's Walk & Bike Month organizers also invite BVSD families on **June 6 from 3 to 5 p.m.** to join the **free** B360 ride, a casual ride for all aged and ability of cyclists. The ride starts and ends at Scott Carpenter Park, located at Arapahoe and 30th Street, and cruises through the city's cycling and pedestrian paths. Stick around afterward for refreshments, a picnic and prize drawings. Contact Annie Noble, 303-441-3242, for information.

BVSD Community Opportunities for Youth Directory

Looking for summer activities for your child? BVSD's Community Opportunities for Youth (COY) Directory is available at: www.bvsd.org/coy. The directory is filled with enriching activities and services that support the health and wellbeing of children and youth. Categories include athletics, camps, health & support services, tutoring and the arts. If you would prefer a paper copy of the directory in English or Spanish, contact Marla Riley at 720-561-5250, marla.riley@bvsd.org.

Boulder Parks and Recreation

Choose from more than 70 Summer Day Camps for youth ages 3-15 years old.

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

That's what your child's summer will be like when they participate in a Boulder Parks and Recreation summer camp. Camp options include Art, Boating, Cheerleading, Dance, Drama, Legos®, Sailing, Sports, Tennis and Water Sports.

We pair talented, enthusiastic staff with the right park or recreation facility to create the ideal formula for safe, educational summertime fun. Each program is designed to develop specific skills while stimulating your child's physical, intellectual and social growth. We achieve this by 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 – find their favorite summer camp and sign them up today – our camps are filling fast! Call or click to see all we have to offer: www.BoulderParks-Rec.org or 303-413-7270.

YMCA of Boulder Valley

Voted Best Camps five years in a row (Boulder Weekly), the Y is where children come together for adventure, archery, swimming, arts & crafts, field trips, and new friendships!

Y camp is a fun and happy place to enjoy the summer. A variety of programs are offered for children ages 3-17, with programs designed just for teens. Financial assistance is also available for those that qualify.

Want to take part in Summer Sports? The Y offers Football, Basketball, Baseball, Figure Skating, Hockey, Lacrosse, Soccer, Frisbee and more!

What better place to hang out with your family than the Y's new outdoor family pool at the Arapahoe YMCA. Opening May 29, the pool will have slides, kiddie pool, splash park, diving boards, sand volleyball and swim lessons for all! Now is the time to become a Y member! Stop into either of our YMCAs, join today, and have fun all summer long! Visit our website: www.ymcabv.org

Arapahoe YMCA, 2800 Dagny Way, Lafayette, 303.664.5455

Mapleton YMCA, 2850 Mapleton Ave, Boulder, 303.442.2778

Follow us on Facebook (<http://www.facebook.com/pages/YMCA-of-Boulder-Valley/367700272287?v=wall>)