

THE ROCK

EXPOSURE • GROUNDED • UNPLUGGED

The ROCK's mission is to build hope and resilience in youth based on a foundation of acceptance, support, and respect that results in positive life choices.

Our vision is that all youth have the opportunity to live their potential

NEWS

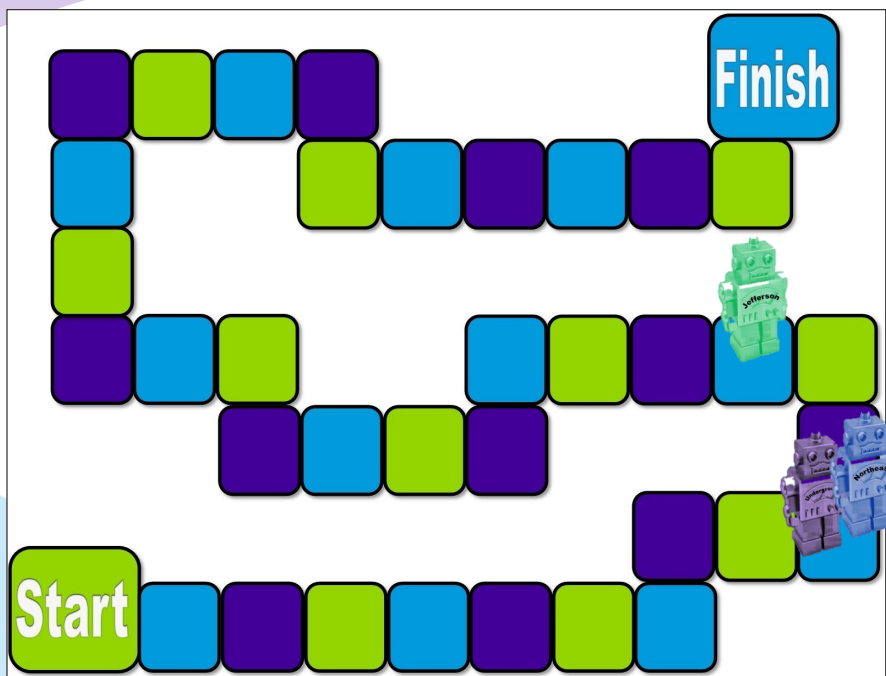
FEBRUARY 2017

It's YOUR Move... **SNACK ATTACK!**

Visit: <https://www.gofundme.com/wuy4c3k-snack-attack>



Make a donation to raise money specifically for snacks for the after school program. The location with the most \$\$ raised at the end of February wins "It's Your Move!" for the month!



So far, our after school students at Jefferson MS have been dominating this competition. January 2017 Coin Wars results:
Northeast \$54.14; Jefferson \$40.20; Underground \$25.23
Come on Northeast & Underground let's blow Jefferson out of the water in February!

From The Executive Director

What is stronger: a pencil or a straw? Which is more resilient? Which is better? The answers are pencil, straw, and it depends.

Resilience, or grit as it is also known, is the ability to remain steady or to bounce back, or the capacity for successful adaptation. For our kids, it's the ability to take life's hits and get back up.

Sure, we all wish that life would be perfect for our kids. Sometimes, when they are young you can almost...and I mean almost...control that. Or at least we try to convince ourselves we can. But can we? In the best of times life is hard and in challenging times it can be downright impossible. You've learned that...now we have to equip our kids to withstand the storms as well.

Some of the characteristics that contribute to strong resilience include: emotional awareness and regulation, impulse control and self-regulation, positive self-perceptions, a sense of meaning, humor, self-efficacy, optimism, empathy and connection, effective problem solving, and flexible and accurate thinking.

This may seem like a daunting list, or traits that people are either born with or aren't; however, the list is manageable and all these traits can be learned and taught.

The ROCK's programs are intentionally designed to help your child develop these traits and to become more resilience.

Look what's coming up with *It's YOUR Move!*

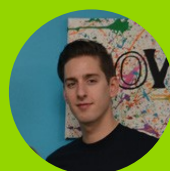
MARCH – Pop Can Fundraiser: Get rid of your pop cans by donating them this month to The ROCK! The location with the most \$\$ raised will take over the month of March!

APRIL – KROGER REWARDS: If you shop at Kroger, pick up a Community Rewards card then go online to <https://www.kroger.com/account/enrollCommunityRewardsNow> and pick "Reaching Our Community Kids" as your charity. OR, if you don't shop Kroger that often, you can always give The ROCK's phone number at the checkout and make your donation that way. The ROCK receives a percentage of everything you buy! April is also the time to renew your Kroger Community Rewards card if you already have one. So be sure to renew during this time. Bring a receipt showing a donation was made to The ROCK to the after school location your teen attends. The location with the most receipts (just receipts, not the dollar amount) wins "It's YOUR Move" for the month of April.

MAY – Restaurant Fundraiser: Let's end the 2016-2017 school year by having dinner together. Watch for details on this fundraiser.

STAFF CONNECTIONS

Team leads have their phones on them at all times during the program and check emails frequently. Feel free to contact them with any questions or concerns, or just to let them know you are on your way.



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ROCKit has launched!

In January, students that participated in ROCKit experienced two environmental science-themed projects. Andrea Foster (Conservation Outreach Coordinator) and Sara Huetteman (AmeriCorps VISTA) from The Little Forks Conservancy (Midland) volunteered their time and materials to help students make seed



balls – a mixture of water, clay, soil, and Michigan native seeds. As students got their hands dirty while forming the seed balls, Andrea taught them the importance of using native seeds and what to expect when the seed balls are

“thrown” into nature.

During a separate project, students made their own crystal using Borax, water, and pipe cleaners. They learned that by dissolving Borax (a crystal) in hot water, it will slowly “fall” as the water cools and land on their pipe-cleaner designs and bond together, forming a larger crystal. Students created stars, hearts, and more creative designs and used food coloring to make their crystal unique. Everyone that participated was given a piece of hard candy which was made with a crystal found in most kitchens – sugar!



In February, we will be offering our very first ROCKit classes, “Science+” and “#Code [Music & Sound]”. Both classes will be 8 weeks beginning the week of February 6th.

Hydrophobic Sand February 1 st @ Northeast February 2 nd @ Jefferson February 3 rd @ Underground	Dow STEM Ambassadors “Milk Rainbow” February 9 th @ Northeast February 13 th @ Underground February 15 th @ Jefferson	National Engineers Week (TBD) February 19 th -25 th
Science+ February 7 th February 14 th February 21 st February 28 th	#Code [Music & Sound] February 9 th February 16 th February 23 rd	

To learn more and pre-register visit <http://www.therock4yd.org/rockit-launchpads>.
February ROCKit Calendar



UPCOMING EVENTS

Sledding at City Forest

WHO: Middle & High School Students
 WHERE: Midland City Forest
 WHEN: Friday, February 10, 2017
 TIME: 6:00-9:00pm
 PRICE: \$8.00
 Permission Slip required.
 Forms available at www.therock4yd.org



HOMEWORK HELP

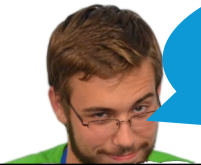
WHO: Teens
 WHERE: Grounded Locations
 WHEN: Everyday Afterschool
 PRICE: FREE
 Students can join The ROCK tutors afterschool to get help with homework!
 Parents and teachers, email rock4ydhomeworkhelp@gmail.com with the name and location of your student if you'd like to contact our tutors!



LEAD

Leadership Exploration and Development
 WHO: High School students
 WHERE: ROCK Homework Room, (GMCC basement)
 WHEN: Thursdays 3:30-4:30pm
 Develop skills, gain opportunities, plan events and parties, & apply your leadership abilities!
 Email Tyler@therock4yd.org

TYLER'S JOKE OF THE MONTH



Why can't a bicycle stand up on its own?
 It's two tired.

Thank you David & Patti Kepler

This past summer (2016) The ROCK had the opportunity to take 15 students over-night camping at Lazy Turtle Ranch in Sanford.

The group fished, kayaked, built shelters in the woods and so much more. It was an awesome 3 days. In order to thank Lazy Turtle Ranch owners, David & Patti Kepler, students made a few gifts for Lazy Turtle Ranch. Turtle stepping stones, bird houses and bat houses were made by the students in our after school program. Patti visited each of our 3 after school programs: Jefferson Middle School, Northeast Middle School and The Underground at The Greater Midland Community Center to receive their gifts and to check out what our students are up to.



Thank you David & Patti!
 Lazy Turtle Ranch is an awesome place.
 We look forward to camping again in 2017!



GET INVOLVED

Volunteers are critical to The ROCK.

We welcome volunteers with a wide range of skills and interests and we have opportunities for both adult volunteers and youth volunteers. If you want to volunteer your time and talent where you can make a difference in the community, visit our website under “Give” and fill out an application, or email kylie@therock4yd.org.

We cannot do it with you!

PASS

Positive Alternative to School Suspension



The ROCK's PASS program began on January 24, 2017. This pilot program, funded by the Midland Area Community Foundation and in partnership with Midland County schools, offers an alternative to mainstream suspensions. Select middle school students will attend programming at The ROCK instead of serving their suspension at home. Here, they will work on skill-building components such as understanding and leveraging personal character strengths, increasing problem solving and goal setting skills, developing a growth mindset, developing well-being, increasing resilience, developing social emotional intelligence, increasing self-control, developing communication skills, increasing gratitude, working on personal responsibility, core values, respect for self and others, self-control, personal responsibility, and critical thinking. Students will also do homework, exercise, and develop a personal success plan to bring back to their schools to ensure future realization of the work they've done.

Numerous studies have shown that exclusionary discipline often sets the stage for student disenfranchisement, academic failure, dropout, and potential criminalization. This runs counter to the State Board of Education's mission and goal that all students graduate prepared for careers, college, and community.

While this program is new and unique, the data behind it is well researched. Per the Michigan Department of Education: “Numerous studies have shown that exclusionary discipline often sets the stage for student disenfranchisement, academic failure, dropout, and potential criminalization. This runs counter to the State Board of Education's mission and goal that all students graduate prepared for careers, college, and community. Further, based on a preponderance of research, the U.S. Department of Education links school attendance with academic success and links exclusionary discipline with lower school performance and higher rates of students' academic failure.”

We look forward to a successful pilot, running through the remainder of the school year.

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