THE ROCK

EXPOSURE • GROUNDED • UNPLUGGED

NEWS

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

It's YOUR Move…

CHANGE WARS!

We'll be collecting change for The ROCK Grounded Program.

Look for the change jar at Northeast MS, Jefferson MS or The ROCK Underground (GMCC) and drop in your pocket change.

The location with the most $$ at the end of January wins "It's YOUR Move!" for the month!

(Jefferson has the lead so come on Northeast and The Underground, let's catch up!)

From the Executive Director

We are excited to share with you two new programs that are starting this month. PASS and Focus.

The Positive Alternative to School Suspension Program (PASS) is a collaborative effort between the four Midland County School Districts (Bullock Creek, Midland Public, Coleman, Meridian), and The ROCK. The program will provide skill building and structure for some middle school youth who get suspended from school.

Focus is a one-on-one program to provide tools and direction to encourage individual teens to unlock their potential through an intentional process.

For more information please contact The ROCK.

TYLER'S JOKE OF THE MONTH

You'll never believe who I bumped into on my way to the eye doctor!

Everybody!

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

FEBRUARY – GoFundMe Campaign: We will have a GoFundMe campaign to raise money strictly for snacks for our after school programs. The location with the most $$ raised will win for the month of February!

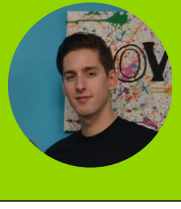
MARCH – Pop Can Fundraiser: Get rid of your pop cans by donating them this month to The ROCK! The location with the most $$ raised will take over the month of March!

APRIL – KROGER REWARDS: If you shop at Kroger, pick up a Community Rewards card then go on line 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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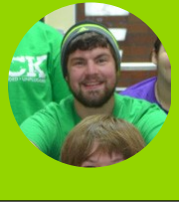

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Volunteering in 2016:
A year in review

Pat & Chuck McCourt volunteer to check in guests at our annual fundraising dinner in March.

Bree Flores volunteering at the Girl's Lock-in.

2016 was a great year for volunteering at The ROCK!

Over the course of the year, we logged **over 3,000 hours** of volunteerism at The ROCK Center for Youth Development—our highest number yet!

There were two folks in particular that made this such a fantastic year for volunteerism. First, we have been very fortunate to have Ben Martinson with us through AmeriCorps VISTA as a Capacity Development Coordinator. He has been working hard, revamping existing programs and data collection systems, as well as implementing our awesome STEM program, ROCKit!

This year we also had our first ever CMU intern, Tara Irrer. She immersed herself in all things ROCK, working directly with kids in our Grounded program, sitting in on an Exposure class, helping with administrative and office tasks, and participating in Unplugged events. Tara finished up her internship in December and is now a college graduate!

Tara and Ben represent just two of our almost 200 volunteers. Some people, like our board and committee members, or our office and administrative helpers, also served consistently year-round. Some folks helped out for special events, like our fundraising dinner or the lock-in. Others helped out here and there, whether it was to help organize a meeting or event, to help with our online auction, or simply to spend time with the kids in our various programs.

Whatever the case, whether it was for 1 hour or 600 hours, each of our volunteers are incredibly important to The ROCK. Thank you all! We look forward to seeing even more volunteerism in 2017!

ROCK*it*
Fueling Your Future

ROCK*it* has launched!

It was only several weeks ago when we launched the first *ROCKit* learning experience at ROCK's Grounded after-school program. Since then, **over 150 students** briefly (and willingly!) became *Biochemists, Blend Technicians,* and *Fluid Mechanic Engineers.*

Students got a taste of the type of *Science, Technology, Engineering, and Math* (**STEM**) projects that ROCKit will be delivering the remainder of the school year. At least 2-3 times per month kids at Grounded will get to **experience STEM concepts**. Whether they directly participate, or watch from afar, **they'll see science happening out in the open**, right in the middle of each after-school location.

In the latest project, we were inspired by the "Archimedes screw" and challenged teams to transfer (colored) water from one location to another as fast as they could. Kids learned that water will be pushed "up" the vinyl tube, wrapped around a piece of PVC pipe, simply by turning it. *We even had one student providing suggestions on how to improve the design*!

As soon as kids started piling into the cafeteria at Jefferson Middle School, we heard statements such as, "***Whoa, what's that?!***", "***How does that work?***", **and** "***When can we start?!?!***". Some of these kids are so excited to try something new, and to learn – whether they know they're learning or not. **We even had one student ask if she can make one at home.**

Earlier this month, kids learned how to make their own batch of Slime with special guests from ***CPI Fluid Engineering*** and munched on Skittles while creating colorful snowflakes in the project, *Candy Chromatography.*

During ***Winter Break Blitz***, kids were introduced to computer programming by creating simple games using a programming language called **Scratch** and a free website called **Google CS First**. Kids also learned how **3D printers** works by watching one in action, using a 3D design app, and by using a 3D printed model to decorate cookies – similar to how a 3D printer works.

In 2017, **ROCKit will continue to spark kids' interest in science, technology, engineering, and math (STEM)** by exposing them to projects designed to fit the Grounded after-school environment and bringing in real-world demonstrations from STEM-centric organizations in the community.

By doing STEM projects and experiences "out in the open", we hope to activate interest in kids that aren't typically engaged in Science & Math classes during the school day. In addition, ROCKit provides an outlet for kids who already have an interest, by continuing to explore ideas.

Visit the ROCKit webpage for more information and upcoming events – http://www.therockc4yd.org/rockit.

UPCOMING EVENTS

ROCK-IN

WHO: Teens
WHERE: GMCC
WHEN: January 21, 2017
TIME: 10:00pm
PRICE: $10.00
We'll pull an all-nighter swimming, playing games, watching movies, dancing, eating, and so much more!
Pre-Registration is required.
Forms available at www.therockc4yd.org

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.therockc4yd.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 rockc4ydhomeworkhelp@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@therockc4yd.org

Are You Ready for The

ROCK-IN?

This year The ROCK's lock-in will include both the girls and guys at the same time on Sat., January 21 starting at 10:00 pm til Sun., January 22 at 7:00 am at The Greater Midland Community Center. Cost is $10.00.

This year's ROCK-IN will include:

- ☞Nachos & pop
- ☞Movies
- ☞Swimming
- ☞Rock wall climbing
- ☞Singing karaoke
- ☞Inflatable obstacle course and…
- ☞Gymnastics
- ☞Video games

MUCH…MUCH…MORE!

GIRLS vs. GUYS

Once again the race is on! Who will win this year's challenge? At the end of the lock-in the winners will be announced and the losers…well, bring your friends and find out!
Pre-registration required—forms available at www.therockc4yd.org
Email forms to lacey@therockc4yd.org or drop off at The ROCK Office

<u>Don't forget…</u>
Swimming suit and towel
$10 to get in
Extra money for snacks
For more information contact Lacey at (989) 835-2542 or lacey@therockc4yd.org

YOU WON'T WANT TO MISS THE 2017 ROCK-IN!