

THE ROCK

EXPOSURE • GROUNDED • UNPLUGGED

NEWS

MARCH 2017

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.

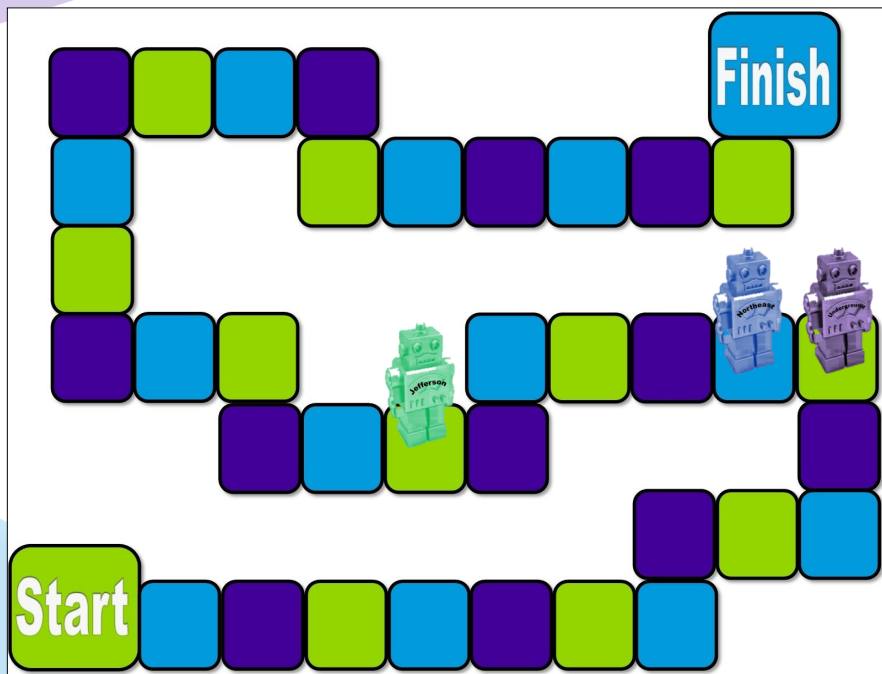
Our vision is that all youth have the opportunity to live their potential.

It's YOUR Move... Bottle & Can Drive



Get rid of your pop cans by donating them to The ROCK!
There will be drop boxes at each location

The location with the most \$\$ raised at the end of March wins "It's Your Move!" for the month!



February 2017 Snack Attack results:

Jefferson \$860; Northeast \$530; Underground \$385

The Underground is declaring they will win in March!



Focus Unlocking Potential

The ROCK's Exposure programs have always focused on group learning—students working together and having discussions as part of a journey of discovery.

More recently however, it had become apparent that there is also a need for one-on-one learning. As such, The ROCK, with help from a group from the Master of Applied Positive Psychology program at the University of Pennsylvania, developed a program called Focus which provides tools and direction to encourage individual teens to unlock their potential through an intentional process.

Students from a wide variety of skill sets and interests could benefit from Focus, whether it's the middle schooler who is struggling or the high schooler who has it all figured out and is looking for an edge.

The program consists of:

- 8-12 weekly/regular meetings – length to be varied based on individual needs
- Each meeting approximately one hour
- Each teen is paired with their own Personal Trainer
- Flexible meeting locations: school, ROCK, etc.

Participation in the full program costs \$300, including up to 12 sessions with a ROCK Personal Trainer, a workbook, and certificate of completion.

Alternatively, the cost per session is \$30.

Full and partial scholarships available.

Please contact The ROCK for any further questions or to sign up a student.

Tyler Porter | tyler@therock4yd.org | 989-835-2542

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

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 (989-835-2542) 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.

ATTENTION JEFFERSON MS PARENTS!

There will be **NO** program at Jefferson on **Tuesday, MARCH 7th** at the request of Jefferson Middle School. We are sorry for any inconvenience this has caused. If your student has a bus pass to The Greater Midland Community center he/she can take bus number 60 to The ROCK Underground. If your student doesn't have a bus pass and needs transportation to attend The Underground, contact Lacey by 1:00 pm on Tuesday, March 7th at 989-835-2542 to reserve a ride. (limited number of rides available)

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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Let's Do Good Together!

April 2, 2017



The ROCK Center for Youth Development will take part in Good Deeds Day

ROCK students are doing good on international Good Deeds Day. Join us Sunday, April 2 at the Meijer store in Midland where ROCK students will carry your groceries out to your car! Students will be putting into practice the simple idea that every single person can do a good deed, be it large or small, to improve the lives of others and positively impact the world. ROCK students will be carrying out Meijer customers' groceries from 1-3 pm.

Good Deeds Day is a global movement that unites over 75 countries around the world in doing good deeds. Since 2007, millions of people and thousands of organizations and businesses worldwide have united together every year to do good and volunteer.

Crossing all borders and cultures thousands of businesses and organizations from more than 75 countries, including MTV Global, ABC Network Studios NYC, NASDAQ, Pope Francis, and many more have taken part. For more information about Good Deeds Day visit: www.good-deeds-day.org

So join our teens at Meijer on Good Deeds Day and let them help you start your week off right!

Summer is Just Around the Corner!

It's never too early to start planning

The only remedy to a Michigan winter is to make this summer THE BEST ever. Summer is coming...we promise. It's time to start thinking about what you would like your pre-teen or teen participating in. Take a look and see what The ROCK is offering this summer.

SUMMER CAMPS

June 19-22 Zombie Camp

THE ZOMBIES ARE BACK!!! We need help to save Midland from the outbreak. This week teens will learn many different skills to take on zombies. We will work together as a team to protect not only the people of our town but learn how to take care of the land. Archery lessons, nerf battles and MORE! Are you ready to be a defender?

June 26-29 Pokémon Camp

It's time to hunt Pokémon. We will create our own Pokémon characters, make pokéballs and challenge teens in Pokémon trivia. Get ready for all the challenges that you'll encounter.

July 10-13 Cooking Camp

Are you ready to be a Teen Chef? We will be in the kitchen learning to create some fantastic dishes. Guest chefs will come and share with us plus we will visit a few chefs in their own kitchens in Midland. We will create a cookbook for teens to take home to share with family and friends!

July 17-20 Mad Scientist Camp

Are you mad about science? This week we will be put on our lab coats as we try different hands on experiments. You will be exposed to radioactive fun!

July 25-27 (Camp starts on Tuesday this week) Around the world Camp (\$50)

Have you ever wanted to travel the world? This week we will try food and play games from different countries. Guest speakers will come and share about their home country. Let's check out Google Earth and travel this big planet.

July 31-August 3 Treasure Seekers (Bring a bike and helmet)

This week we will head out on bikes and do some geocaching, spend time on the rail trail, learn about navigational techniques and search for treasures that are hidden all over Midland.

August 7-10 Space Camp

This week will be out of this world as we train to be astronauts and travel to outer space. Join us as we explore space science, launch rockets, and learn more about the planets in our galaxy.

All Camps are for 6-12th grade students

Monday—Thursdays 8am-6pm (Except Around the World Camp)

Cost is \$65 per week (Unless otherwise indicated)

Breakfast, lunch and snacks are included

Registration required (form online at www.therock4yd.org)

SUMMER EXCURSIONS

July 28 Binder Park Zoo Overnight Adventure (\$100)

Have you ever wanted to go on an African safari? Join us as we spend the night in Wild Africa at Binder Park Zoo. Not only will it be an excellent nocturnal adventure, we will get to visit the animals again the next day!

August 14-16 Camping Trip (\$130)

LET'S GO CAMPING!!!! We will go to Lazy Turtle Ranch in Sanford for 3 days and 2 nights. We will fish, kayake, swim, practice archery, build shelters, enjoy campfires and much... much... more!

For more info on camps or excursions contact

Lacey at 989-835-2542 or lacey@therock4yd.org

Reaching Our Community Kids

PO Box 2143, Midland, MI 48641-2143

Corporate office located at GMCC, 2205 Jefferson Ave.

rockon@therock4yd.org

www.therock4yd.org

989.835.2542

UPCOMING EVENTS



GUARDIANS OF THE GALAXY 2 MOVIE

WHO: 6-12 grade students

WHERE: NCG—Midland 6540 Cinema Dr.

WHEN: Saturday, May 6, 9:00am

PRICE: \$5 movie ticket

(Must register and pay in advance)

Need extra \$\$ for concessions

Play trivia with us before the movie & win prizes

Email lacey@therock4yd.org

for more information & to register



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!



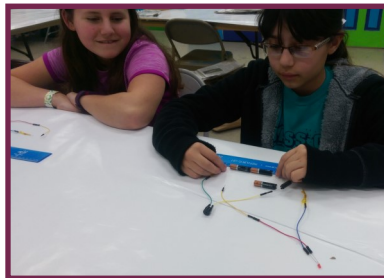
GEMS (Girls Experiencing Mentoring)

WHO: Middle & High School Girls

WHERE: ROCK Homework Room, GMCC basement

WHEN: Thursdays 4:00-5:00pm

Come hang out with a group of awesome girls as we do fun projects, talk about relevant issues, and support each other through those crazy teen years!



ROCKit

Last month at ROCKit students got their hands dirty with hydrophobic sand, were visited by Dow STEM Ambassadors, and recognized National Engineers Week by becoming construction and electrical engineers.

Hydrophobic sand, or "magic sand", is a fine sand treated with a water repellent fabric protector such as Scotchgard. The fabric protector causes the sand to repel water and remain dry even when submerged in water. Each student received their own sample of sand to explore in water to see how it reacts. Dow STEM Ambassador volunteers visited each after-school location to teach students about surface tension using two different projects. In the first project, students were asked to form a hypothesis about how many drops of water, and soapy water, can fit on the surface of a penny. Each person then tested (and sometimes retested) their hypothesis. Lastly, students were given a bowl of milk and were asked to place several drops of food coloring in the milk. As soon as the kids touched a cue tip with soapy water to one



of the drops of food coloring, a "milk rainbow" appeared. This effect is caused by (fat) oils in the milk and the soap interacting with each other.

To recognize National Engineers Week, students were challenged to design a structure strong enough to hold several heavy books using rolled up newspaper and duct tape. Some students also created a very basic electrical circuit using insulated wires, AAA batteries,

resistors, and LEDs.

To learn more about ROCKit and view upcoming events visit

<http://www.therock4yd.org/rockit>.



ROLLER SKATING

WHO: 6-12 grade students

WHERE: Roll Arena—Midland

2909 Bay City Rd

WHEN: Friday, April 21 7:30-10pm

PRICE: \$5 admission/\$4 skate rental

(Or bring your own skates)

Email lacey@therock4yd.org

for more information



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

for more information

