

**November  
2011**



**Back to  
School!**

*Off the streets and on to life.*

Autumn always poses an interesting conundrum. It's a lovely season filled with crisp air, changing leaves and fields of bright orange pumpkins. Despite its beauty, fall is also a time to say goodbye to summer, put on the snow tires, get out the shovels and prepare for another Rochester winter (And the Bills!). Parents heave a sigh of relief when the kids go back to school and the kids, well, we all know they've generally got mixed feeling about heading back to class.

But, our "Quad A Kids", those fortunate enough to go to Schools #4, #16 and #34, go back to school happier than most because they know they get to return to the world's most wonderful afterschool program! **And you make it possible.**

We opened our doors on our seventh year of keeping our kids "off the streets and on to life" this month. And it just keeps getting better and better. We are at capacity in all three schools, with a waiting list in two of the schools. The programs have been improved upon, tweaked, and in some cases are brand new. Take a look.



### **An Olympiad Teaches Gymnastics at Schools #4 & #34**

Maria (Filatova) Kourbatova of KOUR Gymnastics is a retired Soviet gymnast who competed at the 1976 and 1980 Olympics. She won a Gold medal at both as part of the team competition for the USSR. She also medaled four times in World Championships. She was compared to Olga Korbut for her enthusiastic, expressive floor exercise routines and her difficult acrobatic skills. She was one of the first female gymnasts to successfully complete a double back somersault on the floor in 1975. Our children will have an opportunity not only to be introduced to gymnastics, but to study with the best!

### **PATHS Expanded to all Programs**

Last year we introduced you to PATHS (Promoting Alternative Thinking Strategies) as a stand-alone program which facilitated the development of self-control, positive self-esteem, positive peer relations, emotional awareness and interpersonal problem-solving techniques. All these skills work to reduce classroom disruptions and community violence. The techniques taught in the PATHS classes have been so successful that they have been incorporated into all activities this year. We are achieving our program development dream of bridging PATHS concepts with school wide Positive Behavior Supports (PBS.)



**To donate or learn more, go to [www.QuadAforKids.org](http://www.QuadAforKids.org)**

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## Staff Training Sessions



One of Quad A's practices, which sets us apart from many other afterschool programs, is the training we require of our teaching and support staff. The continuity of our training sessions ensures that our children will be served in the most positive ways possible. This year's sessions included: Principles of Childhood Development; Project Based Learning; Effective Lesson Planning and Delivery; Nutrition and Health Needs of Children (CATCH); Homework Help; Program Management and Positive Behavior Supports. This two day training program is also a useful tool for staff members to get to know one another and to work cohesively.

## Increased Emphasis on Homework Assistance

Each spring, we do a parental survey that asks for feedback on our afterschool program. A request for more homework assistance was important to most. In response, we have set aside more time for homework, increased staff involvement, and implemented a performance tracking system. The homework coordinator (a building teacher who works for Quad A) reviews the children's performance charts weekly. For those with poor or slipping performance, the homework coordinator works with student, parents, day teacher, and Quad A staff for successful homework completion. Children with successful homework completion are rewarded via positive behavioral supports. While mindful of the fact that afterschool is "fun time," we are also motivated to pay attention to the children's academic needs in a more structured environment. Quad A listens to what the parents and the children want, evaluates the requests and partners with them to bring the best outcomes to our kids.



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