

# KNOW Y SCHOOL AGE SERVICES EMPLOYEE NEWSLETTER Winter 2018 Edition



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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## Welcome to the YMCA



### Suzy Filardo

Suzy has been working in the Youth Development field for ten years, starting her career as a high school History teacher in Boston MA. Longing for a more holistic approach to education, Suzy left the traditional classroom role to begin her Y career at the YMCA of Greater Boston as the Youth Development Director. A relocation West to Portland Oregon, allowed her to develop her professional passions and goals at two non-profit organizations. Her professional passions include working towards providing post-secondary access for all, and developing hands-on, inclusive, social-emotional curriculum for underserved youth. Suzy is excited to be back at the YMCA and to call Texas home. Outside of work, she enjoys spending time with family walking her dog Simon.

### Deanna Lewis-Shorts

Deanna believes all children can be life long learners if provided with a nurturing environment and positive encouragement. She joined the YMCA as Program Director, with over 20 years of teaching and administrative experience in early childhood and elementary education. Deanna is looking forward to building relationships with our children and school communities, expanding summer and holiday camp opportunities for families in the areas served, and impacting every child's life with a variety of inspiring and healthy programs.

### Roderick Harris

Roderick graduated from Tarleton State University with his major being Kinesiology. Roderick comes to the YMCA from the City of Dallas, Parks and Recreation Department where he has been the Recreation Specialist and Recreation Assistant since May 2016. Roderick is excited about joining the YMCA family and is excited to jump into all the fun at Lakewood Elementary Afterschool.



# School Age Services Executive Director

## Jodi Newman

This Thanksgiving, I was reflecting on all of the blessings in my life. I count my Y Family as one of those blessings! I'm so grateful for the work each one of you do daily, and the impact you're making on the lives of our children. As we look forward to 2019, I want to share a few exciting changes with you!

The YMCA is now offering free childcare for our PT staff. If you have a child attending one of the schools we serve with Afterschool Programming, and there is availability to register in that program, your child can attend for FREE! We also offer discounts additional children! Ask your Senior or Program Director for more information.

Our Day Camp wages have been approved for 2019 and I'm please to announce that our starting pay will reflect an increase for all levels of staff, so we hope you'll make plans to join us for Summer of 2019! Stay tuned for an announcement in January regarding this topic.

Our referral bonus is still in play! Keep in mind that the more folks you refer, the more money you'll have in your pocket for those Christmas gifts—and—you're giving the best gift: A chance to become part of our awesome family!

May your holiday season be blessed, and may you experience JOY and PEACE as you spend time with those you love.

Sincerely,

Jodi Newman

## YMCA SAS Benefits

### YMCA Retirement Fund:

Have you opened your 403B Smart Account with the YMCA Retirement fund? Contact Susie Desilets at [sdesilets@ymcadallas.org](mailto:sdesilets@ymcadallas.org)

***Account Balances Have Never Gone Down***

Your savings with the fund are protected from market volatility.

***Earn Interest Over Time***

Account Balances with the fund earn interest daily. Through the powers of compound interest, those accounts grow faster over the years.

***It All Adds Up***

The table below shows how additional savings might grow over 10, 20, and 30 years. The calculations are based on 24 paychecks per year & an annualized interest of 5% compounded daily.

SAVING MORE FROM EACH PAYCHECK

Additional Savings per Paycheck	Growth over 10 Years	Growth over 20 Years	Growth over 30 Years
\$10	\$3,100	\$8,300	\$16,700
\$25	\$7,800	\$20,700	\$41,900
\$50	\$15,600	\$41,300	\$83,700
\$100	\$31,200	\$82,600	\$167,500

### School Age Services Employee Benefits:

- Free YMCA Membership
- Free Educational Trainings
- CPR Certified
- Free Child Care for 1st child and discounts on additional children
- Referral Bonus
- Competitive Pay Rates
- 20% off Programming
- Hours are Monday-Friday with 3-4 Saturday Commitments per year

\*Contact your PD if you have questions

## Spotlight on Safety

### Did You Know???

As we know some high-risk locations and activities can't be avoided, it is important for all staff to know how to monitor and supervise these settings to make them as safe as possible for youth.

The first step to preventing abuse in these situations is locating the high-risk locations and recognizing the high-risk activities youth participate in at your organization. Examples:

High-Risk Locations: Isolated rooms, shared bathrooms, stairwells, closets, vehicles, secluded areas, showers

High-Risk Activities: Transportation, field trips, bathroom breaks, mixed age groups, playgrounds where children can hide from staff

After identifying the high-risk locations and activities at your site be sure to review ways to prevent incidents from occurring in these high-risk areas or with the high-risk activities. Set some rules for students and make sure all staff and children are aware of the rules when they pertain to the areas or activities. At the YMCA our number one priority is to keep children safe! How will you help keep children in your programs safe?

# School Spotlights

## Ogle-Frisco/McKinney



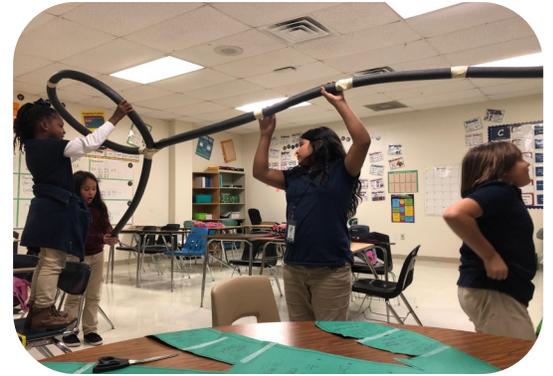
At Ogle Elementary, Alecia and Grayson have formed a great working environment and team. This year is Alecia second year at Ogle. She continues to deliver successful programming by integrating all after-school components in her curriculum such as STEM, culinary, centers and enriching activities. As soon as you step into Ogle Elementary the parent table is displayed and organization skills are visible. Grayson came to the YMCA after-school program after working at our summer camp and showing great potential in working with children. His genuine interest in helping kids and coming along-side to guiding them is best shown by his quick response to their needs, interaction, commitment and drive to make the best of their after-school program.

## Johnston-Irving

It's a bird, it's a plane, it's SUPER JOHNSTON Staff. The staff at Johnston Elementary are always on time, creative with activities and ready for an awesome day! We are so excited for all the fun activities that Mr. Kevin and Mrs. Shantell bring to the staff at Johnston to make an impact on the children's lives.



## FFA



The YMCA School Age Services has partnered with Faith Family Academy of Waxahachie and Oak Cliff to offer 21<sup>st</sup> Century ACE afterschool programs to serve at least 250 students throughout this school year. The students receive academic support from the teachers of Faith Family for the first hour of the program and then they enjoy some enrichment activities that help students explore and engage with one another while learning all at the same time.

## Park South-Dallas

We are so proud of our Park South Team! A team of all new staff have worked cohesively as a team to help build relationships with both parents and students. As you walk down the halls of Park South Afterschool you will see all the students Thanksgiving Turkeys that share how important the YMCA is to them



## Pinkerton-Coppell



The staff at Pinkerton are a great example of what teamwork looks like. Each staff person knows what their part is to make sure things are set up, cleaned up, during attendance time, and while facilitating activities with the kids. They also do a great job helping train new GL who are hired to work as subs for us and will also step in to do what is needed if one of their staff members is out sick. This is the second school year this team has been together too!

## Shawnee Trail-Frisco



Please join us in giving a shout out to Amariah and Susan, the team at the Shawnee Trail YMCA afterschool program in Frisco. Amariah and Susan's incredible team work has established Shawnee Trail as an organized, warm, and engaging environment for the youth who attend. The Site Director, Amariah, has seamlessly transitioned to her new role as Site Director and has introduced new physical activity games and curriculum to keep youth excited to attend program every day! Both Amariah and Susan excel at facilitating and organizing curriculum activities and have built a strong bond with the families they serve at Shawnee Trail. Thank you Amariah and Susan for the work you do!

## NeSmith-Community



We are so thankful for the awesome team at NeSmith Elementary! The collaborative efforts to encourage every child to engage in a variety of STEAM projects, or try a new sport or fitness activity brings excitement to each week. Mr. Andre, Mrs. Cherie, and Ms. Allie plan together to provide a safe, fun, and positively creative environment for the YMCA NeSmith children.

## Rattan-Anna



Building relationships is priority for Rattan Elementary staff, and they do it well. The staff take it upon themselves to greet every school employee, start conversations with them and make sure they feel a part of the YMCA after-school family. Maddie, Coby, Tanner, Shane and Cinita have the passion and drive to make each day the best for the members by providing them interactive and stimulating program curriculum. Driving a team of five, Maddie has developed herself as a leader and has created a welcoming atmosphere with her staff, kids, and parents. Coby has also developed leadership skills and actively seeks to build relationships with the school faculty and after-school parents. Tanner is a good listener and encourages kids to try new things. Cinita is great at class management and likes teaching hands-on activities to the younger kids. Shane is a good organizer and her has voice quality to direct the kids attention to a certain activity. With each of their skills, the Rattan Elementary staff run the club smoothly.

# Fun Winter Activities Around DFW

1. Enjoy some exciting college football bowl games. The [Zaxby's Heart of Dallas Bowl](#) on Dec. 26 at Cotton Bowl Stadium, and the [Cotton Bowl Classic](#) on Dec. 29 at AT&T Stadium.
2. Attend the [Lights All Night](#) festival on Dec. 29-30 at Dallas Market Hall. This two-day EDM festival will showcase some of the top DJ's and musical acts like Bassnectar, Marshmello, Porter Robinson and more!
3. Check out all the holiday lights and displays around Dallas. The city is glowing in festive lights all around town, from the world's largest light maze at [Enchant](#) to the magical 3D displays at [Dallas Zoo Lights](#), check out our list on where to see the best [lights](#) in Dallas!
4. Don't miss the [Journey to Space](#) exhibit at the Perot Museum of Nature of Science that closes on Dec. 31. This hands-on and interactive exhibit lets you get up close and personal with the sights and sounds of all things space.
5. Enjoy an indoor winter wonderland at [ICE!](#) at the Gaylord Texan through Jan. 1. This walk-through holiday attraction features two million pounds of ice sculptures, ice slides and more.
6. Celebrate the New Year at [Day 1 Dallas](#) on Jan. 1 at Fair Park. This annual family-friendly event will include kids' activities, live music, food and a fireworks show.
7. Be amazed by Lightwire Theater's production of "[A Very Eclectic Christmas - Max's Holiday Adventure](#)" on Jan. 1 at the Winspear Opera House. Lightwire Theater has been featured on America's Got Talent and is known for their unique combination of skill and grace as told through the technological innovations of moving light characters.
8. Take the kids to see the [Trains at NorthPark](#) – a 1,600-foot elaborate configuration of tracks and scenes with more than 750 railcars. This exhibit is on display through Jan 7.
9. Visit the Meadows Museum to see the extraordinary paintings of Francisco de Zurbarán in an exhibit titled, [Jacob and His Twelve Sons](#). It's the first time any such series of paintings by Zurbarán has been presented in the United States, so be sure to see it before it leaves on Jan. 7.
10. Explore the newest exhibition at the Nasher Sculpture Center titled, [Tom Sachs: Tea Ceremony](#). This exhibit centers on an immersive environment representing a traditional Japanese tea ceremony and it's on display through Jan. 7.
11. Celebrate the life and legacy of Martin Luther King Jr. at the [MLK parade](#) on Jan. 15.
12. Head to the Dallas Museum of Art for the [Truth: 24 frames per second](#) exhibit, on display through Jan. 28. The exhibit brings together 24 pioneers of film and video focused on pressing contemporary themes like race relations, political unrest, sexual identity and the media.
13. Enjoy [A Night at the Meyerson](#) at the Morton H. Meyerson Symphony Center on Feb. 11. The concert will feature hundreds of choral and orchestra musicians from all over the United States.
14. Celebrate Mardi Gras in Dallas at the 10<sup>th</sup> annual [parade](#) in Oak Cliff on Feb. 11.
15. Treat your loved one to a Valentine's Day getaway in Dallas on Feb. 14. Stroll through the butterfly house at Texas Discovery Gardens or have a date night at [Reunion Tower](#) with their romantic couples' package.
16. Make plans to attend the [Chinese New Year Festival](#) at Klyde Warren Park on Feb. 17. Presented by the Crow Collection of Asian Art, the festival will have art demonstrations, food, live music and fireworks.
17. See the [Mourning a President](#) exhibit at the Sixth Floor Museum at Dealey Plaza through Feb. 19. The moving exhibit explores how a grieving nation paid its respects and the elaborate plans of John F. Kennedy's funeral showcasing photos, film and remembrances from around the world.

## Development Opportunities & Training Dates:

### Dallas Afterschool Trainings:

Dallas After School has great fun and interactive trainings that professionally develop you! Ask your Program Director if you would like to attend any of the Dallas Afterschool Trainings.

### Save the Dates:

- Winter Conference Jan 26th
- Summer Day Camp May 18th

### Coming in January:

- Catch
- Policies & Procedures
- Mini Business Services & Curriculum

## How to Stay Healthy During the Holidays

**#1 Stick to your routine as best as you can**—Although you may get off track, having a solid plan in place is the greatest strategy to stay healthy throughout the holiday season. To give your metabolism a boost, ensure to include protein with your breakfast and get active at least five times a week. Incorporating protein in most of your meals is the best choice to staying healthy through the season. These proteins are full of nutrients for the energy your body will need and can be quite delicious.

**#2 Exercise in the morning**—During this busy season, moving your body first thing in the morning helps you stay stress-free, which can help you during your day. Completing your workout early in the morning ensures that nothing comes in between you and your fitness goals during the day. A quick fifteen minute walk or toning routine will be a great boost to your day's energy levels. Incorporating [diet and weight loss](#) activities with your morning exercise also helps keep you fit through the holiday season.

**#3 Find balance**—Holidays mainly mean –enjoying yourself with family and friends. Ensuring you don't deprive yourself some of the things you love most in your life during this season could be of great benefit to your health. Ensuring you keep track of the important things before and after the season is the answer to staying healthy. By sticking to a health plan, it gives you a little wiggle room for an indulgence here and there.

**#4 Bring healthy treats to the party**—Although most gatherings already have a pre-set menu, it's always advisable to request to bring a dish if possible. This way, you have the opportunity to somewhat stick to your [healthy diet plan](#). Bringing your own meal also gives you a chance to swap between different meals that you feel are in consistent with your dish. Therefore, your dish serves as a reference on what to consume.

**#5 Eat**—Before attending a dinner or night event, ensure that you eat adequately and healthy. Sticking to small nutrient-rich meals throughout the day have great benefits on your health. Some of the nutrients-dense foods include lean protein, greens, a few of healthy fats and fruits. This helps you in providing your body with the necessary fuels during the day to ensure you do not go overboard at the dinner or night event.

**#6 Drink up on the right things**—For your body to function properly, you have to remain hydrated throughout the day. When the weather outside is chilly, and you are preoccupied with the entire holiday bustle, you tend to forget to take in the water that your body seriously needs. Always make sure to have water nearby!

**#7 Start a new tradition**—Since the holidays are a time to make new memories, ensure you create something new to look forward to each year. Design a new holiday plan that best suits your health needs and that way you can always look forward to each year.  
<https://www.womenschoiceaward.com/7-ways-to-stay-healthy-through-the-holidays/>