

KIDS ZONE

Neighbors For Kids

February 2014 Edition

Extra Programs at Kids Zone

Kids Zone is proud to have extra programs as part of the overall schedule. We have after school tutoring, CATCH, and Surfrider water quality testing that are incorporated along with classes.

The after school tutoring is a program that concentrates on math, literature, and language arts. Help with homework comes first followed by workbook sheets in areas needing to be strengthened by the student.

CATCH is a program designed to help keep kids healthy and to learn how to make healthy

choices in life. CATCH includes physical activities, nutrition classes, and learning new recipes for meals.

Surfrider Foundation has a monthly program that the kids participate in here at Kids Zone. Two volunteers with Surfrider come into Kids Zone and help the students conduct water quality testing on samples from local waterways and locations from ocean beaches.

These extra classes and opportunities help to keep the students focused and are what helps make Kids Zone a well rounded after school program.

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- **Graphic Designer**
-Chris Byrum
- **Editor**
- Jenny Green
- **Reporter**
- Canyon Jackson
- Katie McGary

New Staff!

Our newest staff member here at Kids Zone is Michal Crouch. Michal's position here at Kids Zone is the Head Cook, who is using USDA recipes to make delicious healthy meals for our students.

She is no stranger to working with kids or kitchen, as Michal has worked for various school districts on and off for nearly 20 years, as well as having her own restaurant in Elko, NV for a few years.

If you ever come to Kids Zone and meet Michal, you will quickly see that she is a highly involved staff member in many facets of Kids Zone. Not only is she active here at Kids Zone, she is also a 4-H Leader with the Siletz Valley Farm Club.



After School Tutoring



Since 2007, free tutoring and academic support have been key services provided to the students as part of the Academic Excellence and Achievement Program (AXAP). After each student receives a comprehensive assessment, they receive tutoring binders in math and reading. Homework assistance is given priority. If there is no homework students follow individualized lesson plans in math and reading. Students are also given quiet time where they can gain their focus before class. One student Ayden Woodard says, "I like being able to learn without being interrupted." Another student, Rain Howe says, "I appreciate getting finished with my homework." There are two teachers who administer the tutoring help, Vivian Arends and Gary Pedersen. We are also fortunate to have a strong team of volunteers working in AXAP.

Surfrider Foundation

Kids Zone has partnered with Surfrider Foundation's volunteer-run, water testing education and advocacy program otherwise known as the Blue Water Task Force. This local chapter uses this program to teach the students about water quality testing and water quality problems. The kids participate in real hands-on applied science techniques. In fact, they are using the same methods and protocol as the Department of Environmental Quality and Environmental Protection Agency. The kids along with BWTF are testing water to measure bacteria levels at both marine and freshwater beaches. They use testing tools consisting of Quanti-trays, incubators, and 10 mL of sampled water from each site. They then compare them to federal water quality standards established by the EPA. Main areas tested for the Depoe Bay team are Canyons, D-River, Gleneden Beach, Depoe Bay Harbor, and Roads End.



CATCH CATCH is an evidence-based childhood obesity prevention program focusing on two rural counties in Oregon-Lincoln and Linn County. CATCH stands for the Coordinated Approach To Child Health. CATCH sites, including NFK's, provide ongoing health education, sports and fitness games, and monthly "Pick of the Month" Tasting Tables. These monthly activities showcase a special fruit or vegetable, provide a cooking class and then a chance for children to taste each produce introduced. For example, February's Pick of the Month is Lentils which includes recipes that teach kids how to prepare slow-cooked beans, as well as the importance of protein and fiber in our diet. CATCH also does promotion of health and maintenance of a healthy weight for children by increasing the consumption of fruits and vegetables among children and improving health, fitness and quality of life through increased physical activity among children in these two rural counties. The CATCH program has been supported by Samaritan Health Ser-



The Teen Corner

Lack of Teen Exercise

By Canyon Jackson and Katie McGary

Teen exercise is becoming more and more of an issue in the United States. A study on exercise in high school students showed that only 12% of the students got enough exercise. According to a *Global Post* poll some teens may not find it fun, are not aware of the benefits, or not have a role model to encourage them². Many sources claim lack of exercise is the biggest health issue for children and teens today.

Another possible cause for this lack of physical activity is the new era of technology. Teens now spend 7.5 hours on media daily³, with only 29% of high school students meeting the required 60 minutes of daily exercise⁴. Teens may even be participating less in Physical Education classes in school than they should. "Kids would rather slack off and hangout with their friends than get the physical education they need." says Jerimiah Gower, *Kid Zone* teen.

Nutrition likely plays a big part in the problem as well. Since the 1980s, adolescent obesity rates have more than tripled, and they're eating more high-calorie low nutrient foods such as fast food⁵. The increase in these foods has led to higher daily fat and calorie consumption, which decreases the 'feel' to be active. Overall, there are many problems relating to teen activity and nutrition levels, and it's a growing problem for America.

1- <http://teens.webmd.com/news/20110616/only-12-percent-high-school-students-get-enough-exercise>

2- <http://everydaylife.globalpost.com/reasons-lack-exercise-teens-8128.html>

3- http://articles.washingtonpost.com/2013-03-13/news/37675597_1_teens-cellphones-video-games

4- <http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>

5- http://www.jhsph.edu/research/centers-and-institutes/center-for-adolescent-health/_includes/Obesity_Standalone.pdf

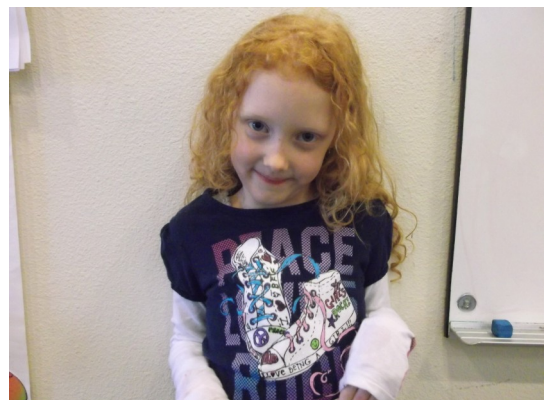
Kids Zone's Kid of the Month!!

Name: Stella Dietrich

Career: Teacher

School: Taft Elementary

Grade: 1st



Kids Zone Neighbors For Kids

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"Neighbors For Kids is an equal opportunity provider"

NEIGHBORS FOR KIDS

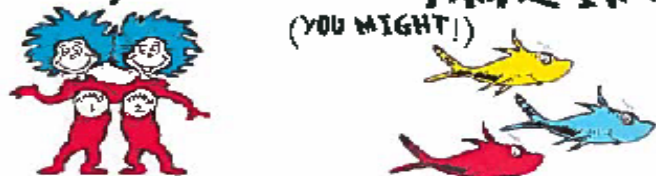
Mission Statement: Neighbors For Kids' mission is to provide youth in our region with educational enrichment, positive youth development, and recreational activities; all in a safe environment which focuses them toward healthy lifestyles and leads them to become responsible, contributing adults.

Our staff and volunteers are dedicated to helping kids reach their full potential.

We are always interested in new volunteers, so please give us a call, if you'd like to apply to become a volunteer—working with youth groups is a great way to spend your time!

Neighbors For Kids would like to thank our donors and sponsors for supporting the Kids Zone Program's educational activities. In 2014, NFK's programs have been generously supported by M.J. Murdock Charitable Trust, The Collins Foundation, Fred W. Fields Fund of The Oregon Community Foundation, Trust Management Services, LLC, The Safeway Foundation, LCSD's 21st Century Community Learning Center - O.C.E.A.N. Project, Samaritan Health Services, Lincoln County Community & Economic Development Grant Project and individuals from the community.

JOIN US FOR FAMILY LITERACY NIGHT!
YOU MAY JUST FIND IT AMAZING!
(YOU MIGHT!)



WHEN: TUESDAY, FEBRUARY 25TH
6 AM - 7:30 (ISH) AM

WHAT: WE'LL FEED YOU, READ ALOUD AND
SHARE A TON OF FUN STUFF!

WHERE: KIDS ZONE, OF COURSE!

WE ARE CELEBRATING DR. SEUSS'S B-DAY
WITH A WEEK LONG SCHOLASTIC
BOOKFAIR (OUR FIRST ONE EVER!) AND
OUR FAMILY LITERACY NIGHT. THE
ATTACHED FLIER GIVES A SNEAK PEEK AT THE
BOOKS THAT WILL BE AVAILABLE FOR
PURCHASE. PARENTS ARE EXCITEDLY
ENCOURAGED TO ATTEND AS KIDS WILL BE
SHARING SOME OF THEIR LITERARY
BRILLIANCE DURING THE EVENING!



BOOK FAIR

SNEAK PEEK!

Scarlet
The Lunar Chronicles #2:
Scarlet
Cinder, the cyborg mechanic, returns
in the second thrilling book of the
best-selling Lunar Chronicles.
#367167
LEX: 780L
Special Price: \$8.99
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Completely updated stats of
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of pop culture, sports, celebrities,
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Bad Unicorn
Max discovers that Princess
the Disruptor's deranged
unicorn is hiding him.
She needs a rescue!
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