



Backpack Newsflash



A NEWSLETTER FROM THE CB CARES PARENT NETWORK • Sponsored by Fulton Bank



BOOMERANG YOUTH RECOGNITION AWARD

October's Asset of the Month was #31. **Young person values good health habits.** He/she takes measures to keep their body healthy. This might include being physically active, making healthy nutritional choices, or taking pride in avoiding risky behaviors which might have significant impact on their overall well-being.

District-wide recipients of the October Boomerang Youth Recognition award are:



Ryan MacLeod
1st grade
Barclay

Ryan is physically active throughout the year- through engaging in many different sports and at home, he loves riding bikes and his scooter and playing ball of any kind in the yard. Over the past years, Ryan has become aware of the nutritional content in foods. He reads the labels on everything and knew all about the green, yellow and red food choices on the school menu when it came home and agreed that choosing only green selections would be the best choice to buy lunch each week. He always makes sure that everyone has their seatbelt buckled. When he was younger, he used to tell his Dad and the neighbors to "buckle up, be safe, go slow" whenever he saw them getting in the car to drive. Lastly, Ryan enjoys learning about the body, its parts and how they function. He is very conscious of his responsibility to take care of himself. He is learning what he has to do to stay healthy and is proud of the choices that he makes.



Brynn Connor
8th grade
Tamanend

Brynn takes valuing good health habits to the highest level. She was nominated by her teachers, an 8th grade lunch supervisor, and her field hockey coach. Words that describe her include active, athletic, and independent. Teachers have seen Brynn choose healthy snacks over unhealthy ones. She is not influenced by what others are eating, and she encourages those around her to make healthy choices. She packs a healthy lunch daily and Brynn's positive lifestyle decisions are also reflected in her career as an athlete. She is involved in multiple sports, and in addition, is an excellent role model in her wellness class. Her healthy habits and behaviors at home have been reaping benefits for her at school. She consistently gets a good night's sleep which shows in her enthusiasm and participation in all of her classes. Finally, Brynn has been recognized for having an excellent outlook on life. Her terrific health habits have not only provided her with physical benefits but also with a very positive attitude.



Nicole Tanner
11th grade
CB West

When Nicole turned 14 years old, she decided she wanted to feel better and have more energy. She started to exercise at the CBFYMCA on a regular basis and began to quickly see positive changes. In March of this year, Nicole volunteered at their Bucks 5K Race. Inspired, she decided to take full advantage of her membership there and had a fitness evaluation. A personal trainer set her up on a challenging workout regimen and currently she takes several fitness classes. In May of this year, Nicole wanted to learn more about how to keep her body healthy and enrolled in a nutrition course for teens. She learned about whole foods and making healthy eating a priority and now she often makes nutrition-filled dinners for her family. In addition she has submitted recipes' makeovers for magazine contests! Nicole sets a wonderful example of how to take care of her body, for her peers. *As an aside, Nicole won the Boomerang Award for a different Asset when she was in 7th grade at Lenape!

November's Asset is #26. **CARING.** Young person cares about others. They place a high value on helping other people. He/she thinks about ways of helping others and is motivated to initiate kind and thoughtful acts. **NOMINATIONS SHOULD BE SUBMITTED TO YOUR SCHOOL BY FRIDAY, NOVEMBER 19TH**, earlier than usual because of the Thanksgiving holiday.

Nominations can come from ANYONE- parents, relatives, teachers, other school staff, neighbors, friends of a student who demonstrates the asset, etc. Everyone who is nominated will receive a special gift from CB Cares!

CB Cares is a nonprofit organization that provides programs and resources to the Central Bucks School District and community.



YOUTH TO COMMUNITY (Y2C)

October brought opportunities at some familiar venues, where we showcased several new performers. We began the month at Borders Bookstore and Café in Warrington, performing during their annual Teacher Appreciation Day. We returned to Borders for a Sunday afternoon concert on October 10th, and on that same day, we performed at The Market at DelVal in

Doylestown Township. On October 16th we were at Saxbys for our monthly music night. For that evening, we incorporated poetry readings into our event (see photo of one of our teen poets). We had the addition of new musical talent for the evening—one of our “regulars” brought along her brother and another fine guitar player! Look for us in upcoming months, as we present holiday music at various locations.

If you are a student looking to sing, play an instrument solo or with others, or read poetry or short prose, please send us an email and we will get in touch! For more information, contact Barbara Gross at 215-489-9120 or email bgross@dh.org.



Sami Mineroff, reading her poetry
Words and Music Café at Saxbys



Alden Braverman with Sarah and Corey Marchesini
Words and Music Café at Saxbys



SK8 STR8
Skatepark Event
11.13.10
Totally Free

Live Music, Rockin'
Refreshments & Give-a-ways
1—3pm

Event sponsors:
CB Cares
CB Drug Free Community Project
CBFYMCA Teen Center/Sk8park
2500 Lower State Street
Doylestown, PA

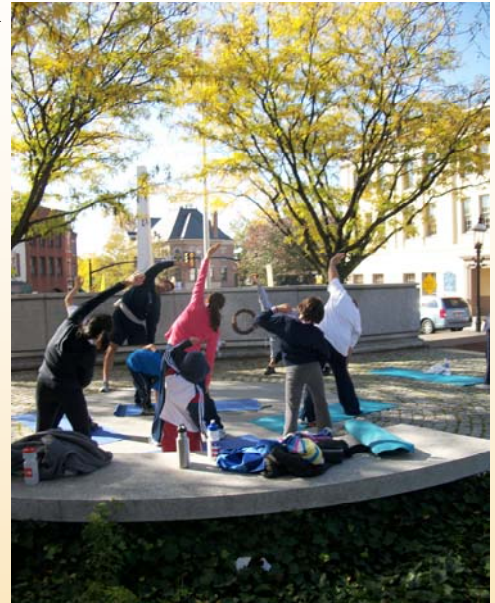
For more information contact:
Jay DePue
#215.348.8131 x 143



Assets In Action

Making certain our youth in Central Bucks THRIVE!

In support of the October Boomerang Asset of the month, #31, **Young person values good health habits**, CB Cares and Active Personal Fitness partnered to host a “Move Around Doylestown—Family Style” on Saturday, October 23rd in Doylestown.



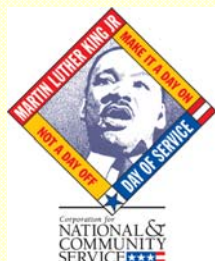
In October, the nation celebrated **Red Ribbon Week** across the country. The mission of the Red Ribbon Campaign is to present a unified and visible commitment towards the

creation of a **DRUG FREE AMERICA!** Students at Lenape Middle School showed their support and took a visible stand against substance abuse by taking a pledge to be drug free. Those who signed received a red ribbon to use as a book mark. This table was set up every morning for a week, and pledges were displayed on a wall in the school. The volunteers staffing the table are: Kaitlin Varallo, Caitlin Lowry and Sarah Gebre.



CB Cares is proud of all who worked on this effort and all who signed the pledge! This initiative ties in so well with our October Asset of the month, #31, **Young person values good health habits** and takes pride in avoiding risky behaviors which might have a significant impact on their overall well-being. Another asset which ties in well is Asset #35, **Resistance skills: Young person can resist negative peer pressure and dangerous situations.** Way to go, Lenape!

COMMUNITY



Martin Luther King Day of Service, January 17th, 2011

We have begun planning for our 9th annual Martin Luther King Day of Service, which will take place on Monday, January 17, 2011. Some of our previous project captains have already been in touch with us to let us know that they will once again be organizing one of this year’s service projects. If you are involved in your school or with a scout troop or other organization that would like to plan a service project for MLK Day or if you are a nonprofit that has a project that you would like volunteers to help you complete, please be in touch with us and let us know what you have in mind. We would be happy to look for volunteers for you through our Backpack Newsflash. We would like to know about your project, whether you need more volunteers or not. We are able to obtain MLK t-shirts through the Delaware Valley MLK Committee so send us your volunteer count ASAP so we can include you in our order! We must request the t-shirts by the middle of November. Visit our website for some of the projects that have already been scheduled and for listing your project, contact us at vlacoff@dh.org or 215-489-9120.

**THE AMERICAN MEDICINE CHEST CHALLENGE PARTNERS
WITH BUCKS COUNTY Rx DRUG TAKE BACK - SATURDAY, NOVEMBER 13, 2010, 10 am - 2 pm**

The September Prescription Drug Take Back Day was extremely successful in Bucks County, collecting more pounds of unwanted prescription medication than all the surrounding counties combined. November's event is a community-based public health initiative with law enforcement and numerous municipalities across the county. The following locations will be collecting unused, unwanted, and expired prescription medications to include liquids. This is an opportunity to dispose of medication in the best possible way for our environment. Collection sites would ask that all medication be removed from the vial and placed in a self sealing plastic bag. Liquids can remain in their original container prior to disposal. The American Medicine Chest Challenges sites are listed below:

Buckingham Township
Buckingham Police Dept
4613 Hughesian Drive
Lower Level
Buckingham, PA

Doylestown Borough
CVS
160 S. Main Street
Doylestown, PA

Doylestown Township
Doylestown Hospital
Old ER Entrance
595 W State Street

Warrington Township
Warrington Twsp Bldg.
852 Easton Road
Warrington, PA

New Britian Township
New Britian Police Dept
207 Park Avenue
Chalfont, PA

Plumstead Township
Plumstead Police Dept
5186 Stump Road
Plumsteadville, PA

Warwick Township
Warwick Township Bldg
1733 Township Greene
Jamison, PA



PARENT NETWORK

CB CARES OFFERS

PARENT EDUCATION PROGRAMS FOR SCHOOLS AND GROUPS



CB Cares offers Home and School Associations and community groups such as faith-based organizations and Moms' Clubs a selection of parent education programs, including such topics as **The Over-scheduled Family, Discipline that Works, Advanced Parenting Skills for 21st Century Kids, Effective Communication, Should I Be Concerned? and Talking to Your Kids about Drugs.** There are over 20 presentations to choose from, with local professionals serving as facilitators in important conversations amongst parent groups. A nominal fee is charged to the group for the presenter, and all funds are used to support CB Cares' programs. Sessions can take place in the daytime or evening. For a complete list of presentation topics, contact Barbara Gross at 215-489-9120.

PARENT RAP

Bring your parenting questions to local psychologist Dr. Barry Ginsberg, a CB Cares staff member, and a representative from a local police department, Sgt. J.R. Landis from Buckingham Township. Share your experiences and concerns as you learn from other parents and professionals. No need to pre-register. Just drop in and stay as long as you like!



Discussion focuses on all ages, from K-12th grade
Friday, November 12th
9:30-11 am
CB Cares Offices
252 W. Swamp Rd., Suite #5
Doylestown
Donations Welcomed

This will be the last Parent Rap in our offices in 2010. For 2011, we are inviting Home and School Associations and Parent Councils to schedule Parent Raps at their individual school. This "portable" Parent Rap will begin after March 1, 2011. If you are a parent interested in having Parent Rap at your school, please let your parent association know of your interest. We hope to be out and about next Spring with our Parent Rap team! For more information, contact Barbara Gross at 215-489-9120.



WE'RE BACK ON THE AIR!

Tune in **November 16th** for the new season of Parent Connections. This month we tackle the ongoing challenges of "**The Overscheduled Family**". The guests will be: Dr. Debbie VanAken (Psychologist) and Lisa Corr (Coordinator of Guidance Services/CB West), both parents themselves of very active students. Learn how to avoid the pitfalls of being overscheduled and the impact it can have on your children and family.



Parent Connections
Comcast 28/Verizon 40
7:30 pm
Tuesday, Thursday and Sunday