



# Backpack Newsflash



A NEWSLETTER FROM THE CB CARES PARENT NETWORK - SPONSORED BY THE COUNCIL OF SOUTHEAST PA, Inc.



## 192

## Boomerang Nominations!!

### BOOMERANG YOUTH RECOGNITION AWARD

We had a record-breaking start for the month of September: **192 nominations!!!** What is equally significant is that many of the nominations came from people other than teachers—friends of the nominee, neighbors, etc. We have been striving to receive nominations from EVERYONE in our community and we believe we finally have accomplished that goal! **October's Asset is #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 September Boomerang Youth Recognition Award are:



**Taylor Schellhorn, 5<sup>th</sup> grade, Bridge Valley.** Taylor was nominated by her neighbor who said that Taylor is a bright and caring fifth grader who always greeted her and her daughters during their daily summer trips to the pool for lessons. She has shown, along with a friendly demeanor, real attention to the 5 and 6 year old siblings as she stands by both of them in the morning bus line, assuring that they have a seat, and if available, sits next to them, knowing how apprehensive the girls are about riding the school bus. Taylor is particularly mindful of watching over one of the girls and assumes the responsibility of protector, as she knows of a possible medical emergency that might occur. This neighbor values the maturity, and responsibility, empathy, and sensitivity that Taylor continues to show to her family.



**Maggie Stella, 8<sup>th</sup> grade, Holicong Middle School.** Maggie showed a good example of Interpersonal Competence by extending a helping hand to a fellow student who missed several days of school early in the year. She jumped right in, without asking for an invitation, to help the student get caught up. She gave lots of time and attention and did an excellent job of making sure the student was clear on the material. Her empathy and sensitivity motivated her helpfulness. It was most certainly a case of "paying it forward."



**Anthony DeFrancesco, 12<sup>th</sup> grade, CB South.** The nomination for Anthony was submitted by a fellow student who has known him since 9<sup>th</sup> grade. The nomination was written in great detail, outlining how he was new to America, could speak little English, and was worried about being able to fit in to middle school. Anthony reached out and became a friend to the student. He never made him feel uncomfortable about the language barrier. Anthony helped him in every way- with language, with developing confidence, and with inclusion in lots of activities. Anthony taught him about all aspects of American culture- including Thanksgiving and Super Bowl! They became best friends. This friendship and sensitivity has impacted his life forever.

**NOMINATIONS WILL BE DUE THE WEEK OF OCTOBER 25<sup>TH</sup>**

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



# Assets in Action

*Making certain our youth in Central Bucks THRIVE!*

From Friday, September 24<sup>th</sup> through Monday, Sept. 27<sup>th</sup>, CB Cares held its first ever Family Celebration Weekend. We began with a spaghetti dinner fundraiser/Y2C concert at the Moose Building in Doylestown. We had great food and great sounds from our local teens! Many families came out to support CB Cares and enjoy a fun family night out. On Saturday, the venue was Central Park in Doylestown Township. We participated in the 2<sup>nd</sup> Annual World Wide Day of Play and once again provided the musical entertainment on the main stage, along with challenging relay races with the assistance of Paul Dziewisz of Active Personal Fitness. Sunday brought us to Chubbys Ice Cream in Plumsteadville, where our celebrity scoopers-Principal Brian Finger of Gayman (pictured), Asst. Principal and CB Cares Board Member Steve Cashman of Holicong, and Principal Karen Wychock of Tohickon dished up lots of cones and cups on behalf of CB Cares. Check out the photo taken at Chubbys!



On Monday, September 27<sup>th</sup>, the nation and CB Cares once again recognized the importance of Eating Dinner With Your Children. Imagine that we have to continue to highlight the importance of one of the most important family occasions- the pleasure of eating dinner together. Studies show that the more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs and they also perform better in school!

All of these events added up to a wonderful celebration of the family. **We thank the following business and family sponsors who helped support us in this initiative:** Florig Equipment Company Inc., Fred Bean's Family of Dealerships, Healthy Directions-Nutrition Therapy and Counseling of Doylestown Hospital, Altomonte's Italian Market and Deli, Class Harlan Real Estate, Gross' Gourmet Foods, Dr. Donald Tedrow, D.M.D., The Bayer Family, and Café Alessio.



Taylor Lucci, at Saxbys' CB Cares Night

Special thanks to:  
The Walton Family/Moose Building  
Bova Foods  
Rita's Water Ice  
Ted's Montana Grill  
Jesse Berdinka of Chubbys  
Active Personal Fitness



The Patrol, at Saxbys' CB Cares Night



## YOUTH TO COMMUNITY (Y2C)

September kept us busy with performances at many different locations! We were at Chubby's in Plumsteadville, The Market at DelVal, Borders Bookstore and Café in Warrington, Saxbys in Doylestown, Central Park in Doylestown Township, and our CB Cares spaghetti dinner fundraiser at the Moose Building in Doylestown.

We have many opportunities for October and will be adding poetry and prose readings. Here's what is coming up this month!

<b>October 9</b>	<b>4-6 p.m. @Borders Cafe</b>
<b>October 10</b>	<b>11 am -4 pm Monster Pumpkin Madness @ the Market at Del Val</b>
<b>October 10</b>	<b>2-4 pm @Borders Cafe</b>
<b>October 16</b>	<b>7-9:30 pm. @ Words and Music Café at Saxbys</b>

If you are interested in joining our group of teen performers, contact Barbara Gross at 215-489-9120. You can print out our Y2C interest form from our website [www.cb-cares.org](http://www.cb-cares.org) and either mail, fax or drop it off to us. We will contact you to meet and get things rolling!

## PARENT NETWORK

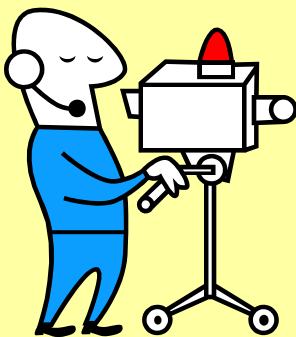


### **RED RIBBON WEEK FOCUSES ON DRUG AND ALCOHOL USE**

Red Ribbon Week is an annual observance of alcohol and other drug awareness in schools and communities across the nation. The Red Ribbon Campaign is now the oldest and largest drug prevention program in the country, reaching millions of young people each year during Red Ribbon Week, this year celebrated in schools October 25-29. It is an ideal way for people and communities to unite and take a visible stand against drugs: individuals of all ages follow the tradition of wearing and displaying red ribbons as a symbol of intolerance towards the use of drugs.

**FIND OUT WHAT YOUR SCHOOLS AND COMMUNITIES ARE DOING DURING THIS IMPORTANT TIME. Visit [www.stopalcoholabuse.gov/redribbonweek](http://www.stopalcoholabuse.gov/redribbonweek) for more information.**

## Parent Connections on CBTv



**Stay Tuned...** We are in production of Parent Connections as this went to press. We are gearing up for a season of valuable and informative programs for the upcoming school year. The Parent Connections programming schedule will be in the next issue of the Backpack Newsflash.

### 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 21<sup>st</sup> 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.



# Need To Talk?

## PARENT RAP

*This month's focus: Elementary Age*

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!



**Friday, October 22nd  
9:30-11:00 a.m.**

CB Cares offices  
252 W. Swamp Road Suite #5  
Doylestown  
Donations Welcomed



## 2010 / 2011 Annual Alcohol Awareness Poster Contest

The Pennsylvania Liquor Control Board is pleased to announce the 2010 / 2011 Annual Alcohol Awareness Poster Contest. The contest is open to all Pennsylvania students in grades K – 12, including those who are home-schooled.

The Alcohol Awareness Poster Contest is a valuable educational tool that provides students with an opportunity to learn about the dangers of underage drinking and identify the endless array of healthy, fun, and alcohol-free activities that encompass their world. Through their posters, students send an important message to their peers – there are many alternatives to underage drinking; kids do not have to drink to have fun.

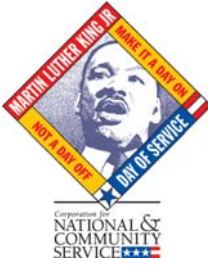
Approximately 50 outstanding entries will be chosen by a panel of judges and will be recognized at a ceremony in the State Capitol Building in Harrisburg. The Pennsylvania Liquor Control Board will announce and contact the winning entrants in early 2011.

Entries must be received by the PLCB no later than November 19, 2010. For additional information concerning submission dates, guidelines, and prizes, visit [www.cb-cares.org](http://www.cb-cares.org).



## COMMUNITY

### CB Cares is looking for... MLK DAY COMMITTEE MEMBERS



Get ready to roll up your sleeves. It's almost here, and we are planning for our 9th Annual MLK Day of Service, which will take place on **Monday, January 17, 2011**. Join us as we celebrate this national day of service which honors the legacy of a great American. We are in the process of looking for new committee members to help with this eventful day. If you would like to partner with us and promote your MLK Day of Service opportunity with CB Cares, please contact us with the information and we can list it with the many other opportunities as they become available. For listing your project, contact us at [vlacoff@dh.org](mailto:vlacoff@dh.org) or call Victoria Lacoff at 215.489.9120.

### OCTOBER ASSET #31 - CELEBRATION EVENTS

#### Move Around Doylestown "Family Style"

In support of Asset #31, **Young person values good health habits**, Active Personal Fitness is conducting the first-ever Move Around Doylestown "Family Style". Join us for a truly unique fitness program designed to showcase the Doylestown Borough and give you an amazing workout together as a family. On Saturday **October 23rd, from 9 - 10:30 am**, Personal Trainers will lead you on a "Workout Tour of Doylestown". The cost for Move Around

Doylestown "Family Style" is \$20 per family with a portion of the proceeds going to help CB Cares continue our programs in the community. For more information contact Paul at 267-626-7478.



#### Family Nature Walk

Join the naturalists at Peace Valley Nature Center for a nature discovery walk. Being outdoors in the fall is not just exhilarating but will also be great fun. The exploration of what is out and about entices the senses and makes you yearn for more. With their diverse habitats and many trails the walk shall cover habitats for many of the animals that call Bucks County home.

**When: Saturday, October 16**

**Time: 1-2:30**

**Where: Peace Valley Nature Center  
Solar Building  
170 N Chapman Road  
Doylestown, PA 18901**

### NATIONAL TEEN DRIVER SAFETY WEEK -October 17-24, 2010

CB Cares and the Fred Beans Family of Dealerships have teamed up once again to help keep our teens and their fellow drivers and passengers safe on our highways. We have recently updated the Safe Driving Contract, which was jointly developed and published in 2008, to address growing concerns for young drivers' "distractibility factor." The contracts are available at CB Cares and Fred Beans' dealerships and subsidiaries, through CB-Cares.org and FredBeans.com or via email at [vlacoff@dh.org](mailto:vlacoff@dh.org)

## For as little as .50 cents a month - you can help us!

CB Cares is a community coalition of individuals, businesses and agencies, whose goal is to promote positive values, attitudes and behavior, in our community's youth. The framework for our programs is the **40 Developmental Assets**, a research-based approach to cultivating the most important qualities which create caring, competent, and resilient individuals. As a nonprofit organization, we are most appreciative of donations from organizations and individuals like you. For as little as **50¢ a month** during the school year—the cost of a container of milk—you can help keep our valuable programs in place for Central Bucks youth and their families.

Please send your contribution to:  
CB Cares  
252 W Swamp Road  
Unit 5  
Doylestown, PA 18901

#### LEVELS OF GIVING

Pint .....	\$0.50/month .....	\$5.00
Quart .....	\$1.00/month .....	\$10.00
Half Gallon .....	\$2.00/month .....	\$20.00
Gallon .....	\$5.00/month .....	\$50.00
The Cow .....	\$100.00/month .....	\$1,000.00

Please make your tax-deductible check payable to CB Cares.



## Did you remember your Milk Money?