



Backpack Newsflash



A NEWSLETTER FROM THE CB CARES PARENT NETWORK • Sponsored by **CB Family YMCA**

Happy Back-to-School CBSD!

Extra! Extra! Read All About it....everything you need to know about CB Cares' programs for the school year you'll find in the Backpack Newsflash each and every month. NO, it's not just another piece of paper for you to throw out. CB Cares' Backpack Newsflash is filled with valuable youth and parenting information, news about our programs and the 40 Developmental Assets™. For over 15 years CB Cares continues to be committed to our youth and helping them thrive by giving them the tools like the 40 Assets which are the framework for our so many of our programs. So, please take a moment each month to read over the pages of our monthly publication, you might discover a talking point or two to share with your family.

Family Celebration Weekend

September 23rd – 26th

Our goal is to host a weekend of events that families can do TOGETHER. For as little as \$30 a family of four can come out to Family Dinner ROCKS! and enjoy a delicious dinner while our Youth to Community performers sing and serenade our guests. This event allows families all the positive benefits of the "dinner table" with no dishes in the sink. Now in its second year Family Dinner ROCKS is a **Youth 2 Community Teen Concert** and **spaghetti dinner fundraiser**. FDRocks evolved from CB Cares efforts to locally promote **Family Day-ADay to Eat Dinner with your Children**, a national initiative from The National Center on Addiction and Substance Abuse (CASA) which has proven the more often kids eat dinner with their families, the less likely they are to smoke, drink or use drugs and they are better students.

This year Family Dinner ROCKS the Oscar Martin Room in the upper level of the Moose Building in Doylestown under the culinary direction of Altomonte's Italian Market & Delicatessen. \$10/adults \$5/students and 5 & Under FREE!

World Wide Day of Play

Saturday, September 24th

Central Park

11 - 3 pm

There will be many activities which encourage kids to be active, get outside, and live healthy lives. We are thrilled to be partnered with Nickelodeon's *The Big Help Health & Wellness* grants program in this national initiative...Less screen time and more green time! Visit doylestownpa.org for more info.

CB CARES presents
Family Dinner ROCKS!
Y2C Teen Concert Spaghetti Fundraiser
Friday, September 23rd
5:30 - 8:00pm
The Oscar Martin Room • Moose Building
127 E. State Street • Doylestown
cultural ALLIANCE
ARTS
Call CB CARES and reserve your tickets today! **215-489-9120**

Sunday, September 25th
Cones4Cares Celebrity Scoopers
Chubby's in Plumsteadville
6:30 - 8:30 pm

Order your favorite flavor from one of our celebrity scoopers. CB Cares will be receiving a portion of the proceeds from the event to benefit our youth & parent programs.



This year's CBSD celebrity scoopers are:
Karl Funseth, principal Buckingham Elementary
6:30– 7:30 pm
Cheryl Letherborrow, principal Tamanend M.S.
7:30– 8:30 pm

FAMILY WEEKEND CELEBRATION PARTNERS 2011

- | | |
|---|----------------------------|
| Altomonte's Italian Market & Delicatessen | Flo Smerconish Real Estate |
| Monument Bank | Guidera Family |
| Cafe Alessio | Class Harlan Real Estate |
| | Firsttrust Bank |
| | Hatboro Federal Savings |



Boomerang Youth Recognition Award

Family

	<u>Month</u>	<u>Asset</u>
Fall	September	#2 Positive Family Communication. Young person and his/her parents communicate positively, and young person is willing to seek advice and counsel from parents.
	October	#15 Positive Peer Influence. Young person's best friends model responsible behavior. They are a good influence. They do well at school and make good choices.
	November	#27 Equality and Social Justice. Young person places a high value on assisting those who may need a helping hand. Equality-equal rights for all people.

Community

Winter	December	#34 Cultural Competence. Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds. They accept and appreciate differences in people; they establish friendships with those from different backgrounds. We might notice that they do not tolerate jokes or other put-downs that demean people of different backgrounds.
	January	#9 Service to Others. Young person values service to others, in their family, school, or community. He/she commits to meaningful and caring actions.
	February	#21 Achievement Motivation. Young person is motivated to do well in school. The student demonstrates a desire to be successful in the classroom setting.

Mind & Body

Spring	March	#17 Creative Activities. Young person participates in creative activities which have a direct positive impact on himself/herself and others. Their creative activity can take a variety of forms-music, drama, art, writing, or any other creative activity.
	April	#25 Reading for Pleasure. Young person reads for pleasure most days of the week, either alone, with family members, or with friends.
	May	#31 Restraint. Young person can identify, regulate, and control his/her behaviors and emotions in healthy ways, particularly in stressful or unstructured situations.

CB Cares is excited to begin our 8th year of the Boomerang Youth Recognition Award, a partnership with Outback Steakhouse in Jamison and the Bucks County Herald newspaper. We have grown through the years, with a 35% increase last year alone in the number of nominees for this award. We love recognizing kids who are demonstrating one of the 40 Assets, as these behaviors and values correlate so strongly with the end result that we all desire: the development of healthy, caring and responsible individuals who truly THRIVE!

The Boomerang Youth Recognition Award Program provides a means for CB Cares to keep the Assets in front of our youth and parents on a daily basis. Each month the school promotes the importance of one of the chosen Assets and asks for nominations of students who best represent/model this value or behavior. This year CB Cares is grouping the chosen Boomerang Youth Recognition Award Assets into general categories for each academic quarter. The first quarter's Assets will focus on the **FAMILY**, the second quarter's Assets will focus on **COMMUNITY**, and the last quarter's Assets will focus on **MIND/BODY**. This change was made in an attempt to better tie our monthly Boomerang Assets in to some of the signature programs/events of CB Cares throughout the year.

We have included this coming school year's Assets for you to look at as you might want to nominate your own child, a friend of your child, or a neighbor's child! Please do not hesitate to put in a nomination. We believe that in regard to certain Assets, family members know better than anyone else how the student demonstrates the behavior or value. We encourage you to spread the word to others you know, including other family members, neighbors, those in faith-based organizations who work with youth, etc. ***September nominations will be due to your school Boomerang Award Coordinator by Friday, September 23rd.**



Youth To Community Arts Program

This past summer brought many opportunities for our Y2C performers. Familiar venues included our good friends at Chubby's Ice Cream and Saxbys. New opportunities arose at IQnection on Oakland Street and Jules Thin Crust. The teens were featured at the Y several nights and additionally, at the Market at DeVal and at Buckingham Township Parks.



Pluto's Echo
Buckingham Township Family Day

Check out these photos of our teens performing at various venues this past summer. If you are a middle school or high school student who would like to perform in our program, please contact Barbara Gross at 215-489-9120 for more information.

Special thanks to the businesses and audiences in our community who have supported our performers. We look forward to many more great shows this coming school year!



Justin Ballasy
First Friday Doylestown



Jess Bayer
Jules Thin Crust



Kelly Magri
Chubbys



Sarah Marchesini
Borders Café

40 Assets All-Stars

Youth songsters under the musical direction of Lori Rosolowsky

Check out their upcoming appearances during Family Celebration Weekend

★ Family Dinner ROCKS
September 23rd
5:30 - 8 pm

★ World Wide Day of Play
September 24th
1 - 2:30 pm
Join us for this special sing-a-long performance of *Do The Right Thing aka The 40 Assets Song*

Are You an Aspiring Artist in grades K-6th?

COLOR MY WORLD

CB Cares is looking for aspiring artists to color their world with the 40 Developmental Assets. We are sponsoring a project for young artists in the CBSD grades K-6 to create a picture by illustrating what a particular Asset(s) means to you.

For a list of the 40 Assets and CMW entry form, visit cb-cares.org

- ★ Rules & Regulations are included on the form
- ★ For more information call #215.489.9120

www.cb-cares.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE 7TH GRADE MEMBERSHIP

EMPOWERING YOUTH TO REACH THEIR POTENTIAL

Central Bucks Family YMCA is pleased to offer all 7th grade students in Central Bucks free membership to support and encourage youth to live healthy lifestyles and make responsible choices.

Dr. N. Robert Laws, Superintendent of Central Bucks School District commented on the initiative, "The Central Bucks Family YMCA's generous offer to provide memberships for seventh-graders in the Central Bucks School District further exemplifies the on-going and supportive partnership the District and the Y have had for a number of years to support the youth of our community. This offer will support the District's Wellness Program and give an opportunity for students to explore the many fine opportunities available at Central Bucks Family YMCA."

The Y will make accessible the support and opportunities that empower youth to reach their personal potential. It will also provide youth with the knowledge, skills, character and passion to be more active in the community as adults. *For details, contact Kevin Crail, 215-348-8131, x 1147 or kcrail@cbfymca.org.*

CENTRAL BUCKS FAMILY YMCA

2500 Lower State Road., Doylestown, PA 18901 • 215-348-8131 • www.cbfymca.org

MISSION: Central Bucks Family YMCA is a charitable non-profit organization whose purpose is to improve the quality of community life. The Y strengthens the spirit, mind and body of its members. We build character by promoting the values of caring, respect, honesty and responsibility.

HEY PARENTS...HAVE YOU HEARD ABOUT THE Y'S 7TH GRADE INITIATIVE AND IT'S FREE!

Join us on the next Parent Connections as our guests will be; Zane Moore, Executive Director and Kevin Crail, Director of Youth Development of the CB Family YMCA. We will be discussing the Y's newest initiative to reach 7th students in our community. The purpose of this project echoes several principles CB Cares shares in this endeavor to empower our youth so that they can ultimately thrive as young people and adults. To learn more about this exciting initiative tune in to Parent Connections:



Comcast 28/Verizon 40
7:30 pm on Tuesday & Thursday

ATTENTION, ATTENTION TD Bank Customers



Help US Help ALL of US

You can help CB Cares continue to provide programs to the community...It's as simple as 1,2,3.

1. Call your local **TD Bank** or (S. Main branch #215.348.4063)
2. Ask to speak with the TD branch manager (S. Main – Valerie Cain)
3. Tell them you would like **CB Cares** to benefit from their **Affinity** program

TD Bank will make an annual contribution to CB Cares based on the average balance of all enrolled Affinity members. **There is NO cost to you!** What a great way to put "u" into commUnity.

Call today!

