



# Backpack Newsflash



A NEWSLETTER FROM THE CB CARES PARENT NETWORK

Dear CBSD Families,

Holy Cow! December 2009, where in the world has the time gone? It's hard to believe a little less than a decade ago we welcomed the 21<sup>st</sup> century, a momentous occasion for all of us. This past year, too, certainly has been one most of us will never forget. But the good news is there's nothing like the holidays to bring us together to remember the simpler things in life. So as you are holiday shopping and checking your list twice...remember that the best gift you can give your family and yourself is "presence", not presents. Recall any of your own childhood memories and you can bet they didn't come with a credit card statement 28 days later. There couldn't be a better time or reason to be extra mindful about holiday spending. Don't "buy into" the fever of the gift giving frenzy, take it slow and savor your time **TOGETHER**. Research shows time and time again, all children really want is **YOU!** Enjoy the December issue of the Backpack – we are very fortunate to bring this special publication each month to you promoting the 40 Assets and our terrific programs. In this issue we have included an easy-to-read list of the 40 Assets: cut it out and hang as a reminder of the framework of our programs. The more assets a child has, the more likely they are to **THRIVE** throughout their life. Could there be a better gift to give your children? Wishing all of our families in Central Bucks the very best of the holidays and an Asset-filled 2010!

*Kimberly Cambra*  
Aka Rudy's Mom

## **BOOMERANG YOUTH RECOGNITION AWARD**

The following students represent the Boomerang Youth Recognition Award recipients for November, **Asset # 22 School Engagement. Young person is actively engaged in educational activities inside and/or outside of school.** They take learning a step further and by their actions and enthusiasm serve as a role model to others.



**Elementary: Caleigh Roach**, 5<sup>th</sup> grade, Buckingham Elementary. No matter what she is involved in, she goes above and beyond with 110% effort. Every day she comes to school with a smile, positive attitude, and zest for learning that brings new energy to her class. Classmates frequently turn to her for advice and insight. She is active in student council, and in the classroom. She serves on several committees, one which works to help fund a program which assists families in need. She is involved in chorus, clarinet, soccer, basketball, and drawing class. She constantly seeks out opportunities to challenge herself and to take risks to enhance her education.

**Middle: Amanda Schneider**, 9<sup>th</sup> grade, Unami Middle School. Amanda, known as "Archie", is known to immerse herself in the classroom, on the athletic field, and in school activities. She is enthusiastic and a role model. She sees her involvement and engagement in everything she does as important parts of her student experience. She is President of Student Council, and participates at community events. She is in several sports and has served as captain of her team, chosen by her teammates, indicating that her peers look to her as a leader. Her cheery spirit and positive outlook are contagious-she is the kind of role model who makes a difference with her winning attitude and total immersion in making her school a great place to learn.

**High School: Jennifer Zettler**, 12<sup>th</sup> grade, Central Bucks East. In addition to her incredibly strong academic background, Jenn has been involved in a wide range of activities from Girl Scouts (12 years), to color guard, to yearbook, to church choir (6 years), to learning and teaching karate (10 years). Additionally, she worked on a service project which involved designing and sewing 18 performance flags for color guard. Her yearbook faculty advisor described her as "conscientious, reliable and one hundred percent responsible." To complement all of this, she is a kind-hearted, compassionate young woman who is extremely well-liked by her classmates and staff at her school.

**The December Asset is #20. Time at Home. Young person spends time most days in high quality interactions with family.** They may share the importance of family experiences and relationships in the school setting.

We will be collecting this month's nominations on Dec. 18<sup>th</sup>, voting on Dec. 22<sup>nd</sup> before the holiday break.



# Assets in Action

*Making Communities Better Places to Grow Up*



CB Cares would like to recognize 3 individuals who truly represent Assets in Action. A Buckingham parent, **Kris Moyer**, had the great idea that the Buckingham Elementary school librarian might locate books in their library that illustrate the monthly Boomerang Youth Recognition Award Asset.

**Melissa Yates**, Buckingham Elementary School Librarian, was most excited to pursue this project. Not only did she begin a database of titles, both picture books and books for older kids, but she created a page on the Buckingham Elementary School website for all parents in the district to access. Additionally, she has asked other CBSD librarians to contribute their ideas about appropriate books to this database.

The url is : <http://www1.cbsd.org/schools/buckingham/library/pages/40assetsbooklists.aspx>

We want to thank **Liz Chodelka**, our 40 Assets Coordinator , for championing the 40 Assets at Buckingham. Special thanks to Kris Moyer for her wonderful idea and taking asset-building to another level. Finally, very special thanks to Melissa Yates who every day brings joy to the children at Buckingham and truly has proven herself one of the biggest ASSETS in our community!



## **YOUNG CITIZENS AWARD**

Mitch Langley, CB West student, receiving the CB Chamber Young Citizens Award. Mitch was nominated by CB Cares for his work on bullying in the schools.



# What are the ASSETS?

1. Family Support
2. Positive Family Communication
3. Other Adult Relationships
4. Caring Neighborhood
5. Caring School Climate
6. Parent Involvement in Schooling
7. Community Values Youth
8. Youth as Resources
9. Service to Others
10. Safety
11. Family Boundaries
12. School Boundaries
13. Neighborhood Boundaries
14. Adult Role Models
15. Positive Peer Influence
16. High Expectations
17. Creative Activities
18. Youth Programs
19. Religious Community
20. Time at Home
21. Achievement Motivation
22. School Engagement
23. Homework
24. Bonding to School
25. Reading for Pleasure
26. Caring
27. Equality & Social Justice
28. Integrity
29. Honesty
30. Responsibility
31. Restraint
32. Planning & Decision Making
33. Interpersonal Competence
34. Cultural Competence
35. Resistance Skills
36. Peaceful Conflict Resolution
37. Personal Power
38. Self-Esteem
39. Sense of Purpose
40. Positive View of Future



Visit [www.search-institute.org](http://www.search-institute.org)

# got assets?

## The Building Blocks of Healthy Development



**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.

### We Need Your Help

Please help **CB Cares** create a healthier community by sending your tax-deductible donation to the address below.

To learn more about the **40 Developmental Assets** and our programs, please call **215-489-9120** or visit our website: [www.CB-Cares.org](http://www.CB-Cares.org).

**YES!** I would like to donate to **CB Cares** and help create a healthier community!

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Visit our website to learn more: [www.CB-Cares.org](http://www.CB-Cares.org)

#### 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**.



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Doylestown, PA 18901

The official registration and financial information of CB Cares may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-752-0909. Registration does not imply endorsement.

## PARENT NETWORK

# Parent Connections on CBTV

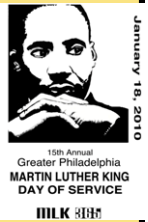
### CB Drug Free Community Project—Unveiling of “Don’t Pollute Yourself”

Tune in to your cable TV (Comcast Channel 28 or Verizon FiOs 40) during December to view our program which is divided into two segments. The first half features a discussion of the Drug Free Community Project partnership between CB Cares and The Council on Alcoholism and Drug Dependence, Inc. and in particular, a special youth-driven mural project, featuring host Kimberly Cambra and Melanie Swanson, Prevention Specialist at the Council. In the second half of the show, Kimberly Cambra and Barbara Gross, Assistant Program Director, give a “year-end wrap-up” of the year’s most exciting activities at CB Cares. This ½ hour program will be shown at the following times: **Tuesday evenings, 7:30 and 9:30 p.m., Wednesdays at 1:30 p.m., Sundays at 1:30 and 8:30 p.m (Comcast channel 28 or Verizon FiOs 40)**

## COMMUNITY PROGRAMS

### MARTIN LUTHER KING, JR. DAY OF SERVICE

Get ready to roll up your sleeves. It’s almost here, and we have begun planning for our 8<sup>th</sup> Annual MLK Day of Service, which this year takes place on **Monday, January 18, 2010**. Join with CB Cares as our country celebrates this national day of service which honors the legacy of a great American. Create your own service projects or join one of ours; all projects that need volunteers are listed in this issue of the Backpack Newsflash and on our website, where we will also keep you posted with other MLK Day updates. **For volunteer opportunities visit [www.cb-cares.org](http://www.cb-cares.org).** For listing your project contact Victoria Lacoff at 215-489-9120.



#### **Bucks County Free Library**

Help keep the Dewey Decimal system dust-free at the Doylestown branch of the Free Library. Volunteers are needed to help do a mid-winter spruce up for this annual service project. **Contact: Roberta Yakovich at 215.348.9081 ext. 1240.**

#### **St. Paul’s Lutheran Church**

Helpers of all ages are needed to assemble rise & shine breakfast bags and create inspiring greetings for our elderly neighbors. Take time to participate in this intergenerational service project. Donations of packaged breakfast items are needed. **Contact Diane Alexanderson at 215.230.3913 or [alexdiene@yahoo.com](mailto:alexdiene@yahoo.com)**

#### **Plumsteadville Grange**

Nothing says lovin’ like something from the oven...Volunteers will come with prepared cookie dough or “oven ready” cookies on sheets ready for the oven. Lunch will be provided. **Contact: Annette Croke at 215.345.1276.** Maximum volunteer capacity: 30 - ideal for families, organized groups or individuals. All cookies will be donated to the Discovery Mission.

#### **Church of Jesus Christ of the Latter-Day Saints**

Brightly decorated Blizzard Boxes will be filled with donated nonperishable items and emergency information. The boxes will be delivered to housebound neighbors in the community. Please bring pantry items such as canned goods, powdered milk, raisins, hot cocoa, batteries and flashlights. This service project is for all ages especially young families. **Contact Bishop Ted Davenport at 610-584-7112.**

#### **Neshaminy Manor Story Hour**

Calling all young readers and their favorite books to read aloud to the residents of Neshaminy Manor. This intergenerational service project is a great way for new readers to practice reading to a very enthusiastic audience. Great group project for scouts and families. For more information and sign up **contact Laura Tomlinson 215.345.3205 or [ltomlinson@co.bucks.pa.us](mailto:ltomlinson@co.bucks.pa.us).**

#### **Pleasant Ridge Church of Danboro**

Calling all animal lovers of any age! Come join us as we make toys and homemade treats for kittens who are waiting to be adopted at the Bucks County SPCA. If you are able, please bring along donations of cat food and cat litter as well. We’ll meet at the Pleasant Ridge Church of Danboro, 4877 Bergstrom Road (at the corner of Point Pleasant Pike). **Contact Dawn Alpaugh at 908-310-0698 or [dawnalpaugh@embarqmail.com](mailto:dawnalpaugh@embarqmail.com)**

#### **Fresh Air Fund**

The New Life Christian Center of Jamison invites families to embellish and decorate gift bags that will welcome Fresh Air Fund children when they arrive to their sponsor families during the summer months. Items such as friendship bracelets and picture frames will be put to good use along with donations of stuffed animals and disposable cameras. **For more information contact Carolina Conery at 215-491-0945.**

**There are more opportunities listed on our website!  
[www.cb-cares.org](http://www.cb-cares.org)**

**\*\*CB Cares’ intent as an organization is to provide current, useful information to the community, stated in a concise, sensitive manner.**