



Early Childhood Connections OST Newsletter

May/June 2007

Check out our website for more information and more detailed descriptions of these and other training opportunities. www.earlychildhoodconnections.com

| | | | | | |
|---|----------|--------------------------|--|------------|--|
| ***** OST Training Calendar ***** | | | | | |
| | | \$2.50/Core Module class | \$5/Certificate & Credential Module class | | |
| May 17 | Thursday | 6:30-9:00 pm | Certificate Module 23 - Providing Homework Support | Rapid City | |
| May 22 | Tuesday | 6:30-9:00 pm | Certificate Module 24 - Helping Children with ADD Succeed in OST Programs | Rapid City | |
| May 24 | Thursday | 6:30-9:00 pm | Certificate Module 22 - Developing Activities that Support Character Development and Promote Social Interactions | Rapid City | |
| May 29 | Tuesday | 6:30-9:00 pm | CREDENTIAL Module 9 - Exploring Ethics in OST: Focus on a Professional Code of Ethics | Rapid City | |
| Jun 5 | Tuesday | 6:30-9:00 pm | CREDENTIAL Module 10 - Current Trends and Issues in OST | Rapid City | |
| Jun 12 | Tuesday | 6:30-9:00 pm | CREDENTIAL Module 11 - Youth Development Trends: Focus on Older Youth | Rapid City | |
| Jun 19 | Tuesday | 6:30-9:00 pm | CREDENTIAL Module 12 - Creating Community Collaborations | Rapid City | |
| Other ECC classes - see website training calendar for schedules, descriptions & costs | | | | | |

These classes and other topics are available upon request in other locations throughout Western and Central South Dakota.

| OST Theme Tubs | | |
|--------------------------------------|---|------------------------|
| Great States | Music of Many Cultures | Marvelous Math I & II |
| Weather Wonder | Simple Machine Discoveries | Microscopic Wonders |
| Bug Detectives | Movement Extravaganza | Measurement Mysteries |
| Be Money Wise | Electricity and Magnets | Sign Language |
| ReCharge! | KidzMath (K-2 or 3-6) | KidzLit (K-3 or 3-5) |
| HeartPower K-2 | HeartPower - Level 3-5 | HeartPower - Level 6-8 |
| Fractions: Fantastic, Fun & Friendly | Where in the World are we? (Solar System) | |

BULLYING

Research demonstrates that social bullying (also sometimes referred to as "girl bullying") can have a devastating impact equal to physical bullying, according to San Diego school psychologist and school violence prevention expert Dr. Ken Druck. Social bullying is usually done covertly and can be difficult to identify. Dr. Druck shares some of the following characteristics to watch for:

- **Spreading rumors and gossip.** Malicious gossip can spread very quickly. Even if untrue, it can destroy a girl's reputation and make it very hard for her to gain social acceptance.
- **Deliberate exclusion or shunning.** Girls excluding other girls from social activities or forming cliques to intentionally reject or isolate former friends is a powerful and common method of social bullying.
- **Verbal taunting or harassment.** Taunting, as opposed to teasing, is meant to hurt or belittle the victim and establish an imbalance of power. Name calling, rude jokes or nicknames, and calling attention to physical or social shortcomings can all chip away at a girl's self-esteem, cause embarrassment and escalate to other forms of social bullying.
- **Hostile expressions or body language.** Staring aggressively, making faces or derogatory physical gestures, and taking hostile stances are subtle but effective ways to intimidate, alienate or reject others without attracting attention or making the intimidation obvious to adults.
- **Abusive emails or phone calls.** Access to computers and phones allows social bullying to continue even when the victim is home, making it difficult for her to escape bullying.

Dr. Druck suggests the following methods to prevent social bullying:

- **Help children develop confidence.** Behind most aggressive behavior is a lack of self-esteem that can make children lash out at others and cause bystanders to join in. Low self-esteem also leaves children more vulnerable to being picked on. Children who are more confident and self-assured are less likely to act out or participate in bullying. They are also better equipped to handle social bullying. Community service projects can help give children a sense of accomplishment.
- **Discuss boundaries within friendships.** Social bullying often escalates through peer pressure. Discuss friendship and the importance of standing up for what you believe in.
- **Act.** If the incidents persist, don't hesitate to meet with the parties involved, as well as others you determine essential to resolving the matter, in order to discuss the situation and find a solution.

Source: How to Talk to Your Kids About School Violence by Dr. Ken Druck, Marvin Kaplowitz, and Dr. Ken Blanchard (2003 Onomatopoeia Inc.)

Too costly for your after-school program to visit the Great Wall of China? Too dangerous for them to step inside a hurricane? No problem! If your program has access to a computer with Internet capability, you can take children on a virtual field trip to highlight a historical location, a certain city, animal habitats, or a scientific concept using a myriad of Internet sites that are "the next best thing to being there."

The how, when and why of virtual field trips for after-school programs is discussed in detail by education technology expert Judi Wolf in Computer Technology in After-School Programs: Opening Doors to Unlimited Potential (2006 School-Age Notes). Wolf recommends that prior to taking children on the actual virtual field trip, staff should preview the website and select photos. If the staff does not want to show the entire virtual trip, he or she can capture selected pictures and put them in a presentation slide show.

A few of the fun virtual field trips highlighted in Wolf's book include:

- Volcano World Virtual Field Trips: <http://volcano.und.edu/vwdocs/kids/vrtrips.html>
- Journey with CARE to Ghana: <http://www.careusa.org/vft/ghana/index.asp>
- Unwrap a Virtual Mummy: <http://www.nationalgeographic.com/channel/inca/>
- Spotty's White House Tour: <http://www.whitehouse.gov/kids/tour/>

Memorial Day offers an excellent opportunity for character building. Use this holiday as a springboard for discussion with the children in your school-age program about citizenship, patriotism and many other important values. The following ideas are excerpted and adapted from The Parent Institute (www.parent-institute.com).

- **Invite a veteran to speak.** If you or a child in the program has a friend or family member who is a veteran, invite him or her to speak about his or her experiences to the children in your program. Alternatively, you could arrange for children to write to or visit veterans at a local senior center.
- **Discuss what it means to be a good citizen.** Many children today focus on the rights that they deserve. Instead, talk about responsibilities. Discuss how others have made sacrifices to protect our rights.
- **Discuss the symbols that make up our country's flag.** Following this discussion, have children design and make a flag that represents things about their family.
- **Have a Memorial Day parade.** Make flags, march and sing patriotic songs.

Websites To Check Out



<http://www.afterschoolmath.org/>

<http://www.devstu.org/>



<https://secure.ccie.com/eed/archive.php>

<http://www.nydic.org/nydic/>



<http://www.readingpenpals.com/index.php>

<http://www.ccids.umaine.edu/ec/growingideas/>



<http://www.mypyramid.gov/professionals/index.html>



<http://www.americanheart.org/presenter.jhtml?identifier=3003357>

Program assistance, training, consultation, observations and on-going support is available for OST programs in Regions 1 & 2 (western and central counties in South Dakota) from Early Childhood Connections in Rapid City. For more information contact:



www.earlychildhoodconnections.com

Our Mission:

To enrich the lives of children by working with the adults who affect their lives - parents, caregivers, and educators.

Candy Kalil
Regional OST Training Specialist
809 South Street, Suite 304
Rapid City, SD 57701
(605) 342-6464 or 888-999-7759
ckalil@rushmore.com

This newsletter will be published bimonthly for programs serving school-age children in western and central South Dakota.

If you would like to receive the newsletter through email contact Candy at ckalil@rushmore.com

Early Childhood Connections
809 South Street, Suite # 304
Rapid City, SD 57701