



21st

Century Community Learning Centers  
Newsletter #5 for Spring 2019



# Coordinator's Highlights



**Happy Spring!**



As we all are growing weary of the piles of snow and cold weather, I notice that I'm seeing

more smiles, less puffy jackets, and an increase in positive

attitudes! Hopefully floodwaters will stay away and we all will be spending some much needed time outdoors. As our Center Coordinators were supposed to be gathered in Detroit Lakes this month, we will try it again in April. It will be refreshing to spend time connecting with our friends and sharing ideas,



I just had to share cute parking lot sign I saw on my travels recently! Love this!!

# 21CCLC News!!

- **STILL WAITING** for the M3Huddle in Detroit Lakes at The Lodge. . . . .
- **Congratulations** to the folks at the Win-E-Mac 21CCLC. They began their Small Engine Repair class this month.
- **SAC is proud** to announce that students are now signing up for the CNA class this spring.
- Our sympathies go out to Terri Kaupaung who lost her mother this month to cancer.

. This month Center Coordinators were given binders with information on 'Elementary Economy', 'Financial Literacy', 'Budget' information, 'Mental Health' resource pages for parents of adolescents and young adults, and 'Social Networking Challenges' for teachers and parents. Coordinators can share with colleagues and coworkers any of this information.





# Center Coordinator Spotlight

## Welcome to our 21<sup>st</sup> CCLC Center Coordinator Spotlight!

For our spotlight article we will learn about two Center Coordinators in our 21CCLC programs. We get to know them a little better by the answers they gave to our questions!

Mike McColl from Fosston Jr/Sr High



Deb Pfiefer from Magelssen Elementary



~If you were stranded on a desert island, what two things would you have and why?

- A. My cat – Because
- B. A pencil/paper set – If I can draw, it doesn't matter where I am
- C. A hat – Since I don't have any hair, it would be nice not to get sunburned

~Who is your hero?

- A. Michelangelo- For his unparalleled ability to create beauty

~What is your biggest fear?

- A. Dementia

~What is the title of your recent favorite book?

- A. "Drawing on the Right Side of Your Brain"

~If you could go back in time, what year would you travel to and why?

- A. 1920 – So I could establish a speak-easy

~Let two of your pet peeves.

- A. People that can't give good directions to where they live
- B. Bad spelling

~What is your favorite family recipe?

- A. Spanakopita (Greek spinach pie)

~Do you collect anything?

- A. Misfits

~What was your favorite subject in school?

- A. Art

~What is one thing you will never do again?

- A. Never say never!

~If you were stranded on a desert island, what two things would you have and why?

- A. Coffee, a coffee pot and a generator so I take a coffee break until I am rescued. I never have time for a coffee break at work.

~Who is your hero? A. My husband

~What is your biggest fear?

- A. Driving on the edge of the road, I feel like the car will tip over.

~What is the title of your recent favorite book?

- A. "Little Blue Truck" and "Pinkalicious" I read these to my Grandchildren.

~If you could go back in time, what year would you travel to and why?

- A. I would go back to 1962, the Impala SS came on the scene. It's a beautiful car with a 409.

~List two of your pet peeves?

- A. Not enough Hallmark movies and people who talk too Fast.

~What is your favorite family recipe?

- A. My husband's meatballs, I pack one in my lunch everyday.

~Do you collect anything?

- A. By looking at my yard you would think I collect cars, campers, and busses.

~What was your favorite subject in school?

- A. Recess

~What is one thing you will never do again?

- A. Take a vacation on a cruise ship.

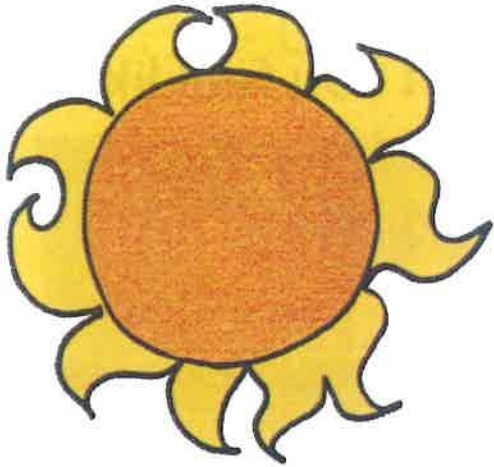
Family Nights at 21<sup>st</sup> Century Community Learning Centers are special times!  
“Thank You”





Spring is when you feel like  
whistling even with a shoe full  
of slush!





10 ways to become  
a *Top Student*  
while sleeping 8 hours  
a night!

1. Stick to a routine.
2. Write everything down.
3. Make sleep & exercise a priority.
4. Keep up with school work.
5. Focus on progress, not perfection.
6. Stay motivated with rewards, lists, quotes.
7. Learn to say “no”.
8. Stay organized.
9. Work on one task at a time. (The most difficult first)
10. Eliminate distractions, phones, TV, computer, etc.



# Talking to kids about floods!

- **Helping Children Through Floods**

Floodwaters bring with them a sense of emergency and fear that can severely disrupt the lives of children and their families. Young children are particularly at risk during these times because of their deep sense of vulnerability, their lack of understanding and their difficulty in communicating how they feel. Here are a few suggestions for helping children through these difficult times.

**\*\*\*Make time for them.**

The tremendous stress of adversity can be terribly distracting for adults. Who has time to comfort a child when the floodwater is rising and the basement filling with water? Just a moment of your time, a gentle hug or a reassuring word may be all children need to feel more safe and secure in an emotional situation.

**\*\*\*Speak simply and honestly about the situation.**

Take a few moments to explain to your children what is happening to your family. Use simple words they can understand. Be honest. Do not exaggerate. Keep them informed of a problem that will directly affect them.

**\*\*\*Maintain your rituals of comfort.**

Dinnertime at the kitchen table, a bedtime story, an afternoon nap, or a favorite bedtime blanket or stuffed animal provide kids with a sense of security. Older children have their own rituals too. Crisis activity and relocation can cause severe stress with anyone because of the disruption of the familiar.

**\*\*\*Reassure children about the family's safety.**

Young children can easily exaggerate their fear. Reassure them and talk with them about how you feel and suggest a positive response. Giving them something to do makes them feel a part of the family.

**\*\*\*Look for masking behavior.**

Nightmares, physical aggression, bed wetting, stomach distress and clinging/crying are signs of stress. Older kids can have difficulty maintaining attention, have problems at school, become withdrawn or get into trouble. These are signs that a child is frightened and bewildered.

**\*\*\*Give kids something to do appropriate for their age.**

Make kids a part of the family's effort to respond to the event. Helping make sandwiches or carrying water or filling a sandbag helps children feel a part of their family. Keep them involved in a safe way. Everyone at almost any age can have something productive to do during a crisis.

**\*\*\*Seek professional support if needed.**

If children are having difficulty adjusting, seek professional support. Severity and persistence are two significant concerns. Keeping children informed, supporting them emotionally and getting them involved in the family will help manage a difficult situation. Pulling together through adversity will strengthen the family in ways that will last long after the crisis is resolved.

## What to plan for:

You'll need to plan for two situations: Remaining in your home/school/office after a disaster or evacuating to a safer location.

Have a three-day supply of food and water on hand -- plan for at least one gallon of water per person per day and food that will not spoil.

Keep a manual can opener and emergency tools including a fire extinguisher, battery-powered radio, flashlight and plenty of batteries.



## Checklist:

Be sure to gather the following items to ensure your family's basic comfort and well-being in case of emergency evacuation.

- EN  
OK Cash -- banks and ATMs may not be open or available for extended periods.
- EN  
NE Water -- at least one gallon per person, per day for three to seven days, plus water for pets.
- EN  
OS Food -- at least enough for three to seven days, including: Non-perishable, packaged or canned food and juices, food for infants and the elderly, snack food, non-electric can opener, vitamins, paper plates, plastic utensils.
- EN  
OR Radio -- battery powered and NOAA weather radio with extra batteries.
- EN  
OR Blankets, pillows etc.
- EN  
RE Clothing -- seasonal, rain gear/ sturdy shoes.
- EN  
RT First Aid Kit -- plus medicines, prescription drugs.
- EN  
RE Special items -- for babies and the elderly, including medicine(s), formula, bottles and baby food.
- EN  
RE Toiletries -- hygiene items, moisture wipes, sanitizer.
- EN  
OS Flashlight(s) and batteries.
- EN  
RE Toys, books, games.
- EN  
RT Pet care items, proper identification, immunization records, ample food and water, medicine, a carrier or cage, leash.

More information can be found at the hyperlinks below:





