

Century Community Learning Centers
Newsletter #9 for Fall 2019

"Happy New Year" to all of our students, administrators, and support staff at our schools! As we begin the school year 2019-2020, we are looking forward to a progressive and successful year!

Coordinator's Highlights

Hopefully you are all feeling refreshed, rested and ready to begin a new school year. Fall is a great time of year and when you mix in football/volleyball, leaves, caramel apples, and a box of new sharp crayons it is even better!

I would like to wish all of you a successful new year.

The 21st Century Community Center Learning Centers had their Fall Meeting in Roseville, MN on September 10-11. The meeting was presented by MDE 21st CCLC Team and You 4 Youth Team. The days featured many changes to the assessments and evaluation process. The You 4 Youth Team discussed the program management plan that will lead to more successful programs. You 4 Youth is an online learning and assistance program funded by the federal Department of Education. It is a resource for planning, implementation, and assessment as well as staff training and development.

The days also offered Grantees and MDE staff participating in small group conversations on a variety of topics.

Mr. Billiet of MDE has requested visits to our Cohort 7 schools. He will be arriving on October 28 and continue his visit through the 30th. He is hoping to visit most sites and offers his expertise on helping all of us to improve and sustain our 21st CCLC Programs.

I will inform you of his schedule as soon as I receive notification from him.

21CCLC News!!

- Thanks to all our sites for their dedication this summer in providing a top quality program for our students!
- All of our sites welcome back our hard working coordinators that keep this machine well-oiled and in tip-top shape! Also new to the Site Coordinator position is Nevin Lubarski who will be at the SAC site as the elementary coordinator.
- Site Coordinators are in the process of planning and designing a new year of activities and events for our students. Any new ideas from the students and/or public are encouraged to be shared at our meeting on Monday, August 19 in Detroit Lakes.



Our 21st Century Community Learning Centers
Team met in August to begin planning the
events that will impact so many students in our
areas. I want to thank them for their dedication
to these programs and the people who benefit
from them.

You are appreciated!



2019-2020

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Center Coordinator: Michael McColl Fosston High School

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Center Coordinator: Terri Kaupang Win-E-Mac Elementary/High School

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Terri teaches second grade Win-E-Mac Elementary 23130 345th St SE Erskine, MN 56535 218-563-2900

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Center Coordinator: Nevin Lubarski SAC Elementary

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Nevin is Elementary and teaches at the SAC high school Stephen Argyle Elementary 3rd and Lincoln PO 279 Argyle, MN 56713 218-437-6616

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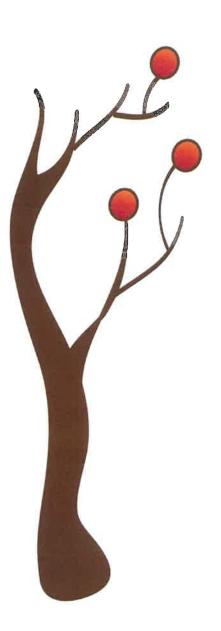
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Recognizing, Preventing, and Managing **Anxiety**for Kids going Back to School!

- Students with anxiety can be withdrawn socially and may have a fear of losing control. Other physiological responses may be that they may have dry mouth, rapid heart beat and breathing, sweating, hot flashes or chills, and muscle tension.
- Physical reactions may include stomachaches, headaches, poor attendance, anger, and poor academic performance.
- Educate all students about what anxiety is and discuss positive coping skills with them. Model ways to prevent and manage anxiety and stress.
- PRAISE, PRAISE, PRAISE!
- Model positive self-talk and praise students for helping others.
- Using stress balls, music, or taking frequent short breaks can help relieve anxiety as well.
- Try to have an open-communication classroom/ school building.

Happy New Year!!

We Can Do This. We're

Educators.

We're Born To Make A

Difference!

