PowerUP! Newsletter

North Missouri Center for Youth and Families, Inc. October 1, 2026

UPDATES

21st Century Community Learning Center Grant—Updates

We can no longer accept tuition payments, but we can accept donations! Even small donation of $5 or $10 a week add up! Several traditional events such as a Christmas party, traditional Thanksgiving meal, swimming in the summer, and monthly birthday cupcakes are not allowable with new grant funds. These events may have to be altered or cancelled unless additional funding or donations become available. We will continue to search and apply for additional funding. If you, your companies, or organizations are looking for ways to donate, *please* keep us in mind.

Lights On Celebration – Lights On is a nation-wide celebration highlighting the importance of afterschool programs keeping the lights on after 3 pm and keeping kids safe, healthy, and learning. Parents are invited to go to the different rotations with their student(s) and complete an example activity of what your student does in each rotation. A light supper will be served. Lights On will be from **4:30 pm – 6:00 pm on October 8**. We hope you can join us!!

Dates to Remember!

- October 8 – Lights On family night! 4:30 – 6:00 pm
- October 22 – Early Out, Chillicothe R II – PowerUP! will be open
- October 23 – NO SCHOOL – PowerUP! will be open
- November 12 – Open Parent Night
- **November 20** – PowerUP! **CLOSED** for training. Students must be picked up at CES after school
- November 26, 27 – PowerUP! closed for Thanksgiving

Open Parent Night – on **November 12 from 4:30 pm – 6:00 pm** you are invited to follow your student through his or her rotations. Students will stay in their rotations following our normal schedule, but you can follow them and work with them on activities.

We can still continue to accept payment for June and past due accounts so all accounts will be expected to be paid in full or your child may be released from the program.

Those students currently in the early morning program will stay enrolled. If your circumstances have changed and you need the early morning program, please let us know. The early morning program will be capped at 16 students.

NOVEMBER 20 – **all PowerUP! students must be a pickup** at Chillicothe Elementary School! PowerUP! will be closed on November 20 for our annual conference and there is not room on the regular route busses for all the PowerUP! students.

Join Remind:

Please make sure you have joined Remind. Remind is our messaging system that allows us to text parents important reminders about pick up or changes in routine. Join Remind: **Text -- @powerup181 to 81010**.

Morning Program:

Just a reminder that we have a before school program from 6:30 am -7:30 am for parents who have to be at work before school drop off. See Amanda about enrollment opportunities. **In order to drop your children off at PowerUP! at 6:30 am on full days you must be enrolled in the morning program. Drop off on full days for those not in the Before School program begins at 7:30 am.**

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FULL DAYS!

For students to attend full days at PowerUP!, students must be dropped off **before 9:00 am**. This allows us to plan for groups, meals, etc. If you already have appointments scheduled that will make a student later than 9:00 am, please communicate these dates with us now. This policy will continue on full days during the school year.

SIGNING IN AND OUT

ALL students need to be signed in for the morning program and **ALL** students need to be signed out in the evening. If you have someone picking up your student that is not an authorized user on the tablet then we need to have that person's name and phone and we can make them an account.

School Year Program

Outlined below is a quick summary of what your child has been working on in each rotation activity.

Learning Center/Gardening: Miss Carla and Miss Amy

We have been busy in the Learning Center. We have been helping Kindergartners complete their Bingo Card for August/September. We have been listening to stories and answering questions. The first graders work hard to complete their math homework and read their books and sight words. They have been listening to books from the library and other stories. The students in second through fifth grade have been working on reading books to complete their nightly reading logs. If they have other homework, then they complete it during this time too.

The Learning Center finally received their books from the summer reading grant, so the older students have really enjoyed having new books to read.

Art: Mrs. Kaylynn, Miss Kim

Art lessons in September started with a "sunglasses" theme. We created kids wearing sunglasses, featuring individualized reflections in the lenses. We made llamas with different line patterns, using tempera paint sticks. We put sunglasses on our bright llamas and drew unique scenes in the lenses. 2nd - 5th grade students made Homecoming posters for the Homecoming parade. Kindergarten and 1st grade students made Hornet headbands to celebrate the parade. We reviewed information on Impressionist painting, focusing on Claude Monet. Students enjoyed sensory art sessions using finger paints, inspired by his "Japanese Bridge" and "Waterlilies."

PE: Miss Kallie

Students have played some new games in PE including Ghost in the Graveyard, SPUD, Pick Pocket Tag, and an Ants Tag Game. These games requires students to listen, work together, and build coordination. Other games have included kickball, Groundies, and Dodgeball. Following rules and admitting when you are out are additional skills students are working on building.

Leaders in Play: Miss Alexis and Miss Dezeraye

In Leaders of Play we have been focusing on creating safe spaces with the older students. Students decided what was needed for a space to feel safe for them and learned ways to make a space feel safe. The younger students worked on identifying emotions. This included tone of voice, facial expressions, and body language. Students are still journaling and also have game days. Game days allow students to put into practice the social emotional coping strategies they learn.

STEM: Mr. Noah and Mrs. Tiffany

At the start of the month, the kids learned about planets and space by viewing videos about rocket launches. K-1 worked on their engineering skills by creating rockets using foam and plastic shapes, while 2-5 made paper rockets that you launch with a straw. Then the kids learned why astronauts land in water when returning to Earth by using a

baking dish filled with flour, where the kids would take turns dropping balls of different weights to observe the shockwave of energy and crater left behind by each one. Lastly, they created their own planet using a styrofoam ball and markers. The next week, the kids used their engineering skills to create with cardboard. They were tasked with making something out of cardboard, whether it was a car or a heart. The kids then learned about their muscles and how they work, and to show that, they worked on model hands using cardboard, straws, yarn, and tape that could bend each finger individually. In the last full week of September, the kids did different kinds of experiments that they can easily recreate at home. They first made their drawing peel off glass using a dry-erase marker and water. Then, they made a DIY lava lamp using a bottle filled with colored water and oil and an Alka-Seltzer tablet. Lastly, they used a coffee filter, markers, and water to show off chromatography. As we head into October, we are starting to work on 3D design to eventually have the kids design something to be printed with our 3D printer.

Family activity ideas – look through photos with your child and talk about how much they have changed, events you have attended, other family members, etc.; go to the public library with your child and read a book or do an activity if any are sitting out

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