

PowerUP! Newsletter

North Missouri Center for Youth and Families, Inc.

August 5, 2026

UPDATES

21st Century Community Learning Center Grant—Updates

Our new grant does have one additional change I forgot to mention last month—we can now only accept students in grades K-5.

We can no longer accept tuition payments, but we can accept donations! 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.

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.

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 begins at 7:30 am.**

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, pool, field trips 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.

Dates to Remember!

- **August 17 – August 21 – PowerUP! CLOSED** for cleaning and maintenance
- August 24 – PowerUP! open for full day
- August 25 – K-5 scheduled parents meetings at CES. PowerUP! open
- August 26 – first full day of school for K-5 at CES. PowerUP! resumes 3 pm – 6 pm hours
- September 7 – PowerUP! closed for Labor Day
- September 18 – Chillicothe R II Early out – PowerUP! open
- November 20 – PowerUP! CLOSED for training.

PowerUP! Newsletter

North Missouri Center for Youth and Families, Inc.

August 5, 2026

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

The students in Kindergarten are learning more letters every week. They make a book for each letter, and then read the book with the teacher and their peers. They have been practicing writing and reading each letter that they learn.

The first and second graders are reviewing letters, creating books, and reading books. They are practicing segmenting and blending words together. They are learning about word families and rhyming.

The third graders are practicing their reading stamina and completing writing prompts.

The older students are reading and writing a variety of texts. They have learned how to write opinion pieces, narratives, and descriptive papers. They have been practicing research.

In the afternoons, the students have been learning how to count using different floor mats. The older students practice subtraction, addition, multiplication, and division. Some students learned how to read a recipe to make ice cream in a bag and enjoyed eating the ice cream. The older students learned how to budget to plan a vacation. They also learned how to use tape measures correctly.

On Fridays, students review what they have learned by playing Bingo, I Have Who Has?, memory games, Go Fish, Hot Dots, and for fun they have been putting puzzles together.

The students have been enjoying produce from the garden. If you have not driven on the south side of our building to see the garden area, please do so! Mrs. Carla has helped the students make a variety of foods using the produce. Students enjoy trying the different produce and foods!

Art and PE: Miss Kaylynn

Art students took a quick trip through time during the month of July. First stop was the Stone Age. They learned to make cave drawings like cavemen. They explored the everyday life of Stone Age people and drew a community mural, depicting their role in society. Second stop was the Renaissance. Students learned about painters and techniques used during this period, and sketched self-portraits reflecting self-chosen societal positions. Students used facial symmetry, drew props to represent their interests, and sketched partner portraits, adding specific backgrounds for their friends. Next stop included the modern art movement, specifically Cubism and Picasso. Students practiced shading shapes to make them appear 3-D. They constructed faces using Picasso inspired facial features. Students made portraits of their friends, using modernistic approaches and followed a Picasso-inspired video and drew selfies. Final stop this month fast-forwarded into the future, specifically the future of Art. Students presented their vision of what Art and the world might look like in the future. Many fantastic and creative ideas were discussed and captured on paper, using techniques the classes thought might become popular. I hope all Art students enjoyed this trip through Art history, and learned a little something along the way!

PE students have enjoyed being outside with water and shade breaks. PE games have included mum-ball, 4 corners, corn hole and a wide variety of tag games. PE has been inside when the weather did not cooperate.

Leaders in Play: Miss Kylee and Miss Kim

In Leaders of Play we have been focusing on where we feel each emotion. We have also been focusing on tools we can use to calm our minds and bodies down when those emotions become too much. Coloring pages and group discussions have been good for learning these skills.

PowerUP! Newsletter

North Missouri Center for Youth and Families, Inc.

August 5, 2026

STEM: Mr. Noah

To start the month, the kids began learning about the human body. We looked at the different systems that help make up and control our bodies and then did experiments to help learn more about our bodies. The kids first created a DIY stethoscope using a funnel and paper towel roll. Using their stethoscopes, they practiced listening to each other's heartbeats and how to count their BPMs. They also did bodily experiments to learn more about how their brain and

body function together. Then the kids learned about Earth's rotation around the Sun and how we use our rotation and revolution to measure our time. The kids played games that tested their internal clock and reaction times. Kids also worked on timing themselves to see how long it would take them to build structures with toys or completing coloring pages. The kids also looked at the many different biomes we have and the animals that inhabit each one. The first experiment the kids completed was looking at how fish breathe underwater. To demonstrate, a Kool-Aid mixture was made and then poured over a coffee filter. After draining, small particles from the Kool-Aid were left over, representing how fish gills filter out the oxygen from the water. The kids also looked at different bird beaks and the advantages of each one. They used a pair of tongs, pliers, scissors, and tweezers to represent different bird sizes and were tasked with grabbing as much food as possible in 60 seconds. To finish out biomes, the kids participated in a virtual escape room that trapped them into a marine biology exhibit at a zoo. It required them to look for clues and solve puzzles throughout the different displays. To round out the month, the kids are looking at cells. They are looking at the structure and shape of animal and plant cells while examining the differences between the two. They also learned about osmosis through an experiment using gummy bears. We put gummy bears in different liquids overnight to see how the liquids would affect them.

Family activity ideas – play “I Spy” with your child. For younger students use words that help them learn colors and shapes. Do a brain break with your child—a wide variety can be found online.

Contact information: Nancy Burtch, Director: director@nmcyf.org
Amanda Lee, Site Director: amanda@nmcyf.org
211 Locust Chillicothe, MO 64601 660-646-1352