

PowerUP! Newsletter

North Missouri Center for Youth and Families, Inc

August 12, 2025

UPDATES

21st Century Community Learning Center Grant—Updates

A big part of our PowerUP! funding comes from the 21st Century grant. This grant allows us to provide quality afterschool educational and extended learning opportunities for students. The 2025 funds that were being held by the Office of Management and Budget were finally released to the states! The funding for the 21st Century grant's funding for 2026 is still in jeopardy. Please let your voice be heard by contacting Representative Sam Graves and Senators Eric Schmitt and Josh Hawley. If you have not called or sent a postcard or letter, please do so! We still have postcards left and will supply postcard stamps! If this funding is removed, PowerUP! will have to completely change how we operate.

We have received our evaluation and once again had “Advanced” and “More than Satisfactory” in many categories. We are proud of our staff for all they do to keep the PowerUP! program a high- quality program.

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 too early for 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.**

Hiring!

If you know of anyone that would like to be a YPA, please have them go to nmcyf.org, and complete the application on the Join Our Team tab or email a resume and cover letter to director@nmcyf.org

School Year Program

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

Learning Center: Miss Denise

In the Learning Center we combined both groups, gardening and learning. A few of our July activities included practicing math skills using M&Ms and Skittles to make shapes, graphs, and charts. Students brought in vegetables from the garden and also got to make zucchini cookies. Always feel free to reach out to me if you have any academic concerns about your child. (denise@nmcyf.org)

Dates to Remember!

- August 11-15 – **POWERUP! WILL BE CLOSED**
- August 19 – Parent Meetings at CES/First day of classes at CMS – PowerUP! will be open
- August 20 – First day of classes for CES students
- September 1 – Labor Day – No school for Chillicothe R II – **POWERUP! WILL BE CLOSED!**
- September 22 – Chillicothe R II PD day – PowerUP! will be open.

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Art and PE: Miss Kaylynn

Art class is continuing with their Bug Club theme throughout this summer. The students made standing insects, Fly Guy characters, beetles with squiggly legs, 3-D ladybugs on a leaf, paper dragonflies, wobbly ladybugs, and they designed fingerprint bugs in jars. Drawing prompts, coloring pages, and free drawing opportunities have been offered weekly.

June 24, 2024

P.E. classes have been out on our playground, whenever possible. Students enjoy mushroom tag, sandboxes, hula hoops, jump rope, basketball, soccer, football, and sidewalk chalk activities. When the rain has driven us indoors, we have had many dance breaks, brain breaks, giant legos, giant jenga blocks, stacking cup challenges, and kinetic sand activities.

Centers: Miss Kalee

In the month of July, Centers focused heavily on outdoor activities and team-building experiences. We spent a lot of time outside, enjoying the summer weather while engaging in fun and cooperative games. Two of the highlights were *Toxic Waste* and *Pitfall*, both of which are designed to promote teamwork, communication, and problem-solving. These games challenged participants to work together toward common goals, encouraging trust and collaboration among peers. Overall, July was filled with active learning, laughter, and meaningful connections built through shared outdoor adventures.

STEM: Miss Amy

We have had an amazing time in STEM in July. We were able to receive new engineering materials that we purchased with our Stemfinity grant. We have been exploring Space. The students designed and created Planet Bead Bracelets. They designed and created moon craters with modeling clay. They learned about moon phases and created moon phases using Oreo cookies. The students enjoyed eating the cookies.

The students listened to the story of the Mars Rover. Then they designed, created, and tested their own Rovers using axles and wheels. The students were able to program Walle. Some students used the Lego kits to create Rovers. The Rovers are able to be controlled by our Ipads. Next, the students designed astronauts and a parachute for the astronaut to land safely. The students designed and created their own Constellation Model using pipe cleaners and star beads. Learning how to make ice cream in a bag was another space activity. The students enjoyed eating the vanilla ice cream.

The last week of July students were able to use Osmos and our race track Magnatiles. They were able to build with our Legos and Space Magnatiles.

In the afternoon, students learned about different kinds of energy exploring with the circuit kits.

Community Learning Group: Miss Morgan

In the social emotional class, students learned about kindness and positivity by exploring how to be a “rainbow” in someone else’s cloud. They practiced “filling buckets” by sharing kind words and actions that make others feel valued. We also discussed the difference between a growth mindset and a fixed mindset, focusing on how believing in our ability to learn and improve helps us succeed.

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Summer Nutrition Program

Sharon Van Dusen from the Livingston County Extension Office taught the Illinois Junior Chefs program this summer to Power UP Students.

June 24, 2024

What did the students have to say about this? Here are a few quotes:

“It’s fun to try new recipes.”

“I like to try new dips and deserts.”

“Try new things, you should always try something new, you might like it.”

“I like cooking with Sharon.”

“I tell my mom what I learned.”

“I like making the recipes at home with my mom.”

During each class the different food groups were discussed as well as the importance of having ‘all’ the colors on your plate. Students learned to wash, peel, chop, mix, measure, and learned the difference between stirring and folding as they tried new recipes. They also practiced identifying spices by sight and smell, and how easy it is to make a homemade dip.

At the end of the classes students had this to say:

“Sometimes you like them, and sometimes you don’t.”

“I enjoy recipes with fruit.”

“I like to eat apples & bananas, and I like trying new recipes and new foods.”

Some of the students’ favorite recipes were the Breakfast Pita Pocket, Fruit Salsa, Layered Bean Dip, Pasta Salad, Pizza Cakes, and Fluffy Pudding. As one student said, “It’s very satisfying to smash beans and chop fruit.” Many students reported on the recipes they had taken home and made with their families and at least two of the recipes from the classes were made to take to family reunions this summer. Students spent a long time deciding on a ‘new’ recipe to share in this newsletter. The recipe is on the next page. Enjoy!

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Breakfast Parfait RECIPE

Ingredients

2 cups canned fruit, diced or crushed
2 bananas
1 cup fresh berries
1½ cups low-fat plain or vanilla yogurt
½ cup granola

Instructions

1. Drain liquid from canned fruit.
2. Slice bananas.
3. In six small glasses or six small bowls, layer the canned fruit, sliced bananas, and berries.
4. Spread yogurt over layered fruit.
5. Sprinkle granola over the top.

Servings per recipe: 6