

# PowerUP! Newsletter

North Missouri Center for Youth and Families, Inc

May 5, 2025

## UPDATES

### 21<sup>st</sup> 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. Our continuation report has been submitted for the current grant to continue for its last year. After this 5-year grant cycle is complete, we will reapply for another 5 years. In addition to the continuation report, several other reports and documents will be submitted during the month of June to verify required grant events and activities.

### 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](http://nmcyf.org), and complete the application on the Join Our Team tab or email a resume and cover letter to [director@nmcyf.org](mailto: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

April seemed to blow by fast just like the windy days we are having! In the Learning Center we decorated for spring and Easter. We continued to do daily homework with all students. Kindergarten worked on sight words, ABC's and number writing, and dice math to start addition. First grade did weekly homework folders and practiced sight words. Second grade had reading logs and weekly math homework. Third through fifth grade worked on reading logs and worked extra hard to complete their 100 IReady lessons due May 1st. Hopefully with school coming to an end, we will have more sunshine and warmer days ahead. Always feel free to reach out to me if you have any academic concerns about your child. ([denise@nmcyf.org](mailto:denise@nmcyf.org))

#### Art and PE: Miss Kaylynn

Art projects have been blooming in April. We created yarn wrapped sweaters for cardstock puppies. We constructed a standing vase of paper flowers. Egg shaped gnomes with handprint beards were made for Easter. Art class is finishing out the month with coffee filter flowers.

Good behavior is rewarded, so we have had increased P.E. time. We have played extra games of dodgeball and basketball, along with our regular P.E. games. We have enjoyed many outside playground activities, such as soccer, jump ropes, football, sand boxes, etc. Students are excited for warmer weather!

### Dates to Remember!

- May 16 - Early out for Chillicothe Schools – PowerUP! will be open.
- May 26 – Memorial Day – **POWER UP WILL BE CLOSED!**
- June 19 – Juneteenth – **NO SUMMER SCHOOL** – PowerUP! will be open

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## **Centers: Miss Kalee**

In the Center's classroom, we engaged in a variety of activities that supported both social-emotional learning and physical development. One highlight was playing the Freeze Game, which focused on building impulse control by encouraging students to stop and listen carefully before moving—an important self-regulation skill. We also supported a perfectionist student by helping them work through challenges and build confidence in making mistakes, reinforcing healthy attitudes toward learning and growth. Additionally, we emphasized responsible decision-making skills through group discussions and structured play. The children enjoyed using scooters and playing the 4 Corners game, which helped promote teamwork and active movement. Outdoor play was also incorporated, giving students a chance to practice social interaction in a fun, energetic environment.

## **STEM: Miss Amy**

In STEM, we have been learning about different science topics and doing experiments. K-1 Students learned about light and shadows. They learned how a shadow is formed and they used science process skills to explore light and shadow. The students observed how a lit candle looks while it is burning in the glass and had amazing observations. Students also made a puppet to see its shadow with a flashlight. These students learned about motion and how a marble on the highest ramp moves farther and they used science process skills to explore motion. These students also learned how the sense of smell affects the sense of taste. They described what happens to the taste buds when the nasal cavity is blocked. They used science process skills to explore different scents. This group also learned about oxygen. They used science process skills to observe that carbon dioxide will extinguish a fire and fire needs oxygen to burn. They learned about air pressure and used their science process skills to explore air pressure.

The students in grades 2nd-5th grade have learned how important it is to conserve water using their Science Processing Skills: Observation, Communication, Classification, Inference, Prediction, and Measurement. Then they learned about Primary, Secondary, and Tertiary Colors. They observed how a rainbow is created. These students learned how Carbon Dioxide is essential for life on Earth. It plays an important part in vital plant and animal processes, such as photosynthesis and respiration. They learned how germs and viruses spread. This group also learned about Evaporation and the Water Cycle. Lots of experiments were done to practice using their Science Processing Skills.

## **Community Learning Group: Miss Morgan**

During the month of April, our Community Learning Group engaged in a variety of meaningful and enriching activities. We continued our weekly routines with Meditation Music Mondays to start the week with calm and focus, Journal Wednesdays to reflect on our thoughts and feelings, and Fun Fridays to celebrate the end of the week with joy and connection. We also played social-emotional games that helped us build empathy, teamwork, and self-awareness. To support mental wellness, we worked through anxiety worksheets, learning practical strategies to manage stress. In honor of Earth Day, we had thoughtful discussions about the importance of keeping our planet clean and the small steps we can take to make a difference. Overall, April was a month full of growth, reflection, and community.

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