

AFTER-SCHOOL ACTIVITIES

FEBRUARY 2005

www.fcps.edu/HerndonHS/Coalition/homepage.html

WHAT IS THE FAIRFAX COUNTY AFTER-SCHOOL NETWORK?

DID YOU KNOW?

Working parents surveyed by the Fairfax County After-School Network report—

- 74% worry about their children at home alone.
- 52% of parents have limited their work hours or choice of employment.
- 60% of parents have had to take time off work to care for children after-school.
- 57% of parents report negative impact on productivity at work.

For more information on GHCC or to become involved—contact Lisa Lombardozzi at 703.973.4444 or via email—ghcc@cox.net.

It's 3:00 p.m.

Do you know where your child is? That's a question faced by many parents every school day as their middle school child and 27,000 of their classmates leave school at 2:30 p.m. Many of these youth spend the next three to four hours home alone, at the mall, or on the street until their parents/guardians get home from work. For some, these hours may include risky, unhealthy, and unsafe behaviors – including gang activity and drug abuse. High-quality after-school programs can meet young people's needs for safe, supervised environments while parents are working – places where arts, sports, homework, tutoring, friendships, community service, and enrichment activities take place daily. The Fairfax County After-School Network (FCAN) is a coalition of community stakeholders created to bring together parents, schools, county agencies, policymakers, business leaders, and the public and private sectors to garner greater support for expanding and sustaining after-school programs for middle school youth.

What Is FCAN Doing?

By developing strategic partnerships with the Board of Supervisors, Fairfax County Public Schools, School-Community Coalitions, Department of Community and Recreation Services, and the Community Services Board, FCAN has initiated the development of after-school programs in 25 middle schools. These programs are multi-faceted – providing enrichment activities, recreation, academic sup-

port, arts, and drug, alcohol, and violence prevention programs – and are held one to two hours per day, two days per week. Nearly 3,400 middle school students participate in after-school – yet we are meeting only about 12 percent of the need. The demand is great for expanded after-school programs at the middle school level—that meet five days a week and run until 6:00 p.m.

What Are the Benefits?

Independent evaluations of Fairfax's middle school after-school program show that 39 percent of the programs report a significant decrease in discipline referrals, 9 percent report a decrease in substance abuse referrals, and 44 percent report an increase in academic achievement.

For more information, contact Mark Emery at 703.246.6744 (Mark.Emery@fcps.edu) or Diane Eckert at 703.246.6743 (Diane.Eckert@fcps.edu)

OUR MISSION

Out of concern for the safety and well-being of all children in our community, members of the GHCC believe that we must unite our efforts to support all young people with regard to character issues that will help foster drug/alcohol prevention and violence prevention in the Greater Herndon Community.

The Greater Herndon Community Coalition is funded by the Safe and Drug Free Youth Section, through the Federal Safe and Drug Free Schools and Community Act.

YOUTH ACTIVITIES/PROGRAMS IN HERNDON AREA

Before and After School Programs

After School Tutoring

♦ **Teachers**—All teachers in our local schools will work with students after school. Some schools offer tutoring assistance through teachers and/or peer groups. Ask your child's teacher what resources are available.

♦ **Vecinos Unidos/Neighbors United**

Ages: Preschool, and Grades K—12 for Herndon residents

Contact: Chris Griffin, 703.652.0305

Address: Neighborhood Resource Center, 1086 Elden St., Herndon

Activities: Homework/tutoring program with volunteers, computers/internet for homework use, Mentoring program, Summer tutoring & activities

Time: Call for up-to-date information

Fees: No fees, but parents need to register their children

♦ **Herndon United Methodist Church**

Ages: Grades 9—12 for Herndon High students

Contact: Anne Harrison, 703.471.0627

Address: 701 Bennett St., Herndon

Activities: Homework/tutoring program with volunteers for Chemistry, Biology, Physics. Languages, Math, and History

Time: 6:45—8:00 pm, room 16

Fees: No fees

Elementary School After School Programs

♦ **Aldrin Elementary**

Ages: Grades 1—6 for Aldrin students

Contact: School Office, 703.904.3800

Address: 11375 Center Harbor Rd., Reston

Activities: Acting (The Rainbow Company), Chess, FunFitTastic, Cheerleading, Brix Club (Lego & Duplo building), Flag Football, Mad Science, and After School Hoops

Time: After-school

Fees: Some fees, fee waiver may be available

♦ **Armstrong Elementary**

Ages: Grades 1—6 for Armstrong students

Contact: School Office, 703.375.4800

Address: 11900 Lake Newport Rd., Reston

Activities: Chess Club I and II, Tennis I and II, Curtain Call (drama), Hoops I and II, Mad Sci-

ence, VIDS (Intro to Video Production), Sign Language, Reston Running Program, and Yoga

Time: After-school

Fees: Some fees, fee waiver may be available

♦ **Clearview Elementary**

Ages: Grades K—6 for Clearview students

Contact: School Office, 703.708.6000

Address: 12635 Builders Rd., Herndon

Activities: Hands-on-Science, Homework Club, Basketball

Time: After-school

Fees: Some fees, fee waiver may be available

♦ **Dranesville Elementary**

Ages: Grades 1—6 for Dranesville students

Contact: School Office, 703.326.5200

Address: 1515 Powells Tavern Pl., Herndon

Activities: Hands-on-Science, Foreign Language, Hoops Clinic, Chess Club, and Homework Club

Time: After-school

Fees: Some fees, fee waiver may be available

♦ **Herndon Elementary**

Ages: Grades 1—6 for Herndon students

Contact: School Office, 703.326.3100

Address: 630 Dranesville Rd., Herndon

Activities: Joy of Discipline (karate), Hands-on-Science, EXCEL tutoring

Time: After-school

Fees: Some fees, fee waiver may be available

♦ **Hutchison Elementary**

Ages: Grades 1—6 for Hutchison students

Contact: School Office, 703.925.8300

Address: 13209 Parcher Ave., Herndon

Activities: Joy of Discipline (karate)

Time: After-school

Fees: Some fees, fee waiver may be available

Middle School After School Programs

♦ **Herndon Middle**

Ages: Grades 7—8 for Herndon students

Contact: School Office, 703.904.4800

Address: 901 Locust St., Herndon

Activities: Homework club, Soccer club, peer mediation, character education, Get Real About Violence, Intramurals, Drama Club, Art Club

Fees: No fees

Nearly eight in 10 teens (79 percent) who participate in after-school programs are A or B students. Teens who do not engage in after-school activities are five times more likely to be D students than teens who do.

—YMCA of the USA,

After School for America's Teens.
Chicago, IL, 2001



YOUTH ACTIVITIES/PROGRAMS IN HERNDON AREA

High School After School Programs

♦ Herndon High

Ages: Grades 9—12 for Herndon students

Contact: Activities Office, 703.810.2275

Address: 700 Bennett St., Herndon

Activities: Over 50 clubs, 36 sports open to students

Time: After-school

Fees: Some fees, fee waiver may be available

Sports Activities

♦ Herndon Youth Soccer

Ages: Ages 5—19

Contact: Jody Rametta, 703.406.7853

Address: PO Box 464, Herndon 20172

Time: Spring and Fall

Fees: Some fees, fee waiver may be available

♦ Vecinos Unidos Soccer

Ages: Ages U11, U13, U15, U16

Contact: Capt. Daryl Smith, 571.722.3160

Address: 661 Dulles Park Ct. #202, Herndon

Time: Spring and Fall

Fees: No fees

♦ Reston Soccer Association

Ages: Ages 6—20

Contact: 703.860.2313

Address: PO Box 2697, Reston 20195

Time: Spring and Fall

Fees: Fee waiver may be available

♦ Herndon Optimist Club

Ages: Ages 7—16

Contact: Jerry Carter, 703.623.6617

Address: PO Box 1771, Herndon 20172

Activities: Baseball, Basketball, Cheerleading, Lacrosse, Football, Softball

Time: Year around

Fees: Some fees, fee waivers are available

♦ Reston Youth Baseball/Softball

Ages: Ages 5—17

Contact: 703.860.4400

Address: PO Box 3440, Reston 20195

Time: Spring and Fall

Fees: Fee waiver may be available

♦ Herndon Community Center

Ages: All ages

Contact: 703.435.6868

Address: 814 Ferndale Ave., Herndon

Activities: Basketball, Dance, Arts & Crafts, Swim & Dive, Tennis, Martial arts, Gymnastics

Time: Year around

Fees: Some fees, fee waiver may be available

♦ YMCA Fairfax County Reston

Ages: All ages

Contact: 703.742.8800

Address: 12196 Sunset Hills Rd., Reston

Activities: Swimming, Youth Sports, Flag Football, Basketball leagues, Martial arts, Leader's Club

Time: Year around

Fees: Some fees, fee waiver may be available

Teen Centers

♦ Attic Teen Center (Fairfax County Dept. of Community and Recreation Services)

Ages: Grades 7—12

Contact: 703.326.7040

Address: Herndon Middle School, 901 Locust St., Herndon

Activities: Drop-in Center

Time: Fridays, 6—10 pm

Fees: No fees

♦ Reston Teen Center (Fairfax County Dept. of Community and Recreation Services)

Ages: Grades 7—12

Contact: 703.326.7040

Address: Reston YMCA, 12196 Sunset Hills Rd., Reston

Activities: Computer club, Swimming, Fitness/Weight lifting, Art, Drama, Music, Teen advisory council, Cooking, and Various Club activities

Time: Monday—Friday, 2—6 pm for afternoon activities; Monday—Thursday, 6—10 pm, Fridays 6—11 pm, Saturdays 12 pm—12 am

Transportation: For afternoon program, bus pickup from Herndon Middle

Fees: No fees, registration required

Youth Police Academy/Explorers

♦ Town of Herndon Police

Ages: Ages 14 and up

Contact: Det. Matt Payne, 703.435.2990

Address: Neighborhood Resource Center

Activities: Hands on experience with fingerprinting, vehicle searches, felony traffic stops, and more.

Fees: \$10, fee waivers available

Students who spent even one to four hours a week in extracurricular activities were 60 percent less likely to have dropped out of school by 12th grade than their peers who did not participate.

—After-School Programs: Keeping Children Safe and Smart.

Washington, DC: U.S. Dept. of Education, 2000.



SUMMER SCHOOL AND CAMP PROGRAMS

Although summertime may mean a vacation from the classroom, it should never be a break in any child's intellectual development. Summer learning programs, encompassing everything from summer camps to library reading clubs, summer schools to cultural enrichment programs, are playing an increasingly important role in helping all children continue to learn and grow academically. However, not everyone can run a summer program for their own children. That is where the groups in our community can help.

School Based Summer Programs

♦ **Summer School for Elementary School Students**—The FCPS elementary learning program offers classes for students to maintain and reinforce academic skills and to improve achievement on the Virginia Standards of Learning Assessments. Academic skills focus on language arts, reading, mathematics, and English for speakers of other languages (ESOL). Retained sixth graders will attend elementary summer school. Students select one course in the elementary summer school program. Promoted or conditionally-promoted sixth graders will attend middle school summer school and select two courses.

The elementary programs run for 20 days from Monday, July 11 through Friday, August 5. Elementary summer school site will be Herndon Elementary. Special education elementary programs are located at designated elementary sites or various special education centers. Not all programs are offered at all locations. There will be limitations on class enrollment at each location, and locations are subject to change.

♦ **Summer School for Middle School Students**—The middle school program is for students currently in Middle School, rising 7th Graders, and Promoted and Conditionally-Promoted Sixth Graders. It is de-

signed to maintain and improve academic skills and to improve achievement on Standards of Learning (SOL) assessments. Students select two classes at the appropriate grade level in English or language arts, mathematics, science, or social studies. The middle school program is 23 days, from Monday, July 11 through Wednesday, August 10. The Middle School site will be Herndon Middle.

♦ **Summer School for High School Students**—High school courses include: Algebra 1, Algebra I Part I, Algebra 2, Biology, Chemistry, Computer Science, English 9 (repeat only), English 10, English 11, English 12, Geometry, Part I, Geometry, Geosystems, Physics, VA and U.S. Government, VA and U.S. History, World History and Geography 1 (repeat only), and World History and Geography 2. The prerequisites for each course are outlined in *Encore 2005*, the summer school booklet.

The program runs for 24 days from Monday, July 11 through Thursday, August 11. Students taking courses for new or repeat credit are required to attend class for the entire time period. The Summer School site for Herndon students will be Oakton High School. There will also be several courses offered ONLINE.

♦ **SACC Camp** (School Age Child Care Program) - The Fairfax County Office for Children runs the SACC program at our elementary schools.

Ages: Grades K—6th

Contact: SACC, 703.449.8989

Website: www.fairfaxcounty.gov/childcare/sacc.htm

Activities: Arts, field trips, sciences, sports, and more.

Location: McNair Elementary (students can attend this location even if you do not attend McNair during the school year)

Time: 7:15 am—6:15 pm, weeklong sessions beginning July 5 and ending Aug. 19

Fees: Sliding fees based on household income

♦ **REC PAC (Pretty Awesome Children)**

Camp - Operated by FC Park Authority.

Ages: Grades 1st —6th

Contact: FCPA, 703.222.4664

Website: www.fairfaxcounty.gov/parks/parktakes.htm

Location: Armstrong Elementary

Activities: Each week is theme based and can range from sports, nature, international, and fine arts.

Time: 8:30 am—3:30 pm, weeklong sessions beginning after school ends.

Fees: Sliding fees based on household income

Summer Camps

♦ **Camps at High Schools**—Herndon High School will offer a variety of camps including drama and sports. Camps are still being developed and a complete list will be available in late April. For a list of camps, go to their website—http://www.fcps.edu/HerndonHS/athletics/ath_camps/ath_camps.htm. You can also view camps on the FCPS website—www.fcps.edu/news/summercamps.htm.

♦ **ESOL Camp**—English for speakers of other languages (ESOL) is available for students enrolled in ESOL programs during the school year. Classes are designed to help students maintain and improve academic skills with particular emphasis on reading, writing, and oral communications. Students who are more proficient in English (B 2 level) should enroll in regular elementary, middle, or high school summer school programs. Students who currently receive services from the ESOL program should consult with their ESOL teacher before enrolling for summer school.

♦ **Camp for Special Education Students**—The Parent Resource Center maintains a list of summer camps that serve children with Special Needs. For a complete list of endorsed camps, go to the FCPS website—www.fcps.edu/news/summercamps.htm. You can also call them at 703.204.3941.

SUMMER SCHOOL AND CAMP PROGRAMS



Summer Camps

♦ **Fairfax County Park Authority—**

Contact: FCPA, 703.222.4664

Website: www.fairfaxcounty.gov/parks/rec_rec_camps.htm

Activities: Adventure Camps (age 8+), Excursion Camps (age 6+), Nature Camps (age 3+), Specialty Camps (age 3+), and Sports Camps (age 3+).

Fees: Some fees, fee waiver may be available

♦ **Fairfax County Libraries—**Will be running summer reading programs.

Contact: Your local library.

Website: www.co.fairfax.va.us/library/srp/

Fees: No fees

♦ **Reston Association—**

Contact: Reston Association, 703.437.9580

Website: www.reston.org

Activities: Nature (age 3+), Sports (age 5+), Day Camp (age 7+), Adventure (age 8+), Science (age 8+), Teen Camp (age 11+), and Counselors in Training (age 14+).

Fees: Higher fees for non-Reston residents, fee waiver may be available

♦ **High School Summer Opportunities at Colleges/Universities—**

There are a variety of summer enrichment and personal development opportunities for high school students. Programs include internships, college courses, volunteer opportunities, study abroad, summer camps, and other study areas.

Contact: Linda Boyke, Career Center Specialist, 703.810.2310

Website: www.fcps.edu/DSSSE/SummerOps4Students/

♦ **Fairfax County Park Authority—**

Contact: FCPA, 703.222.4664

Website: www.fairfaxcounty.gov/parks/rec_rec_camps.htm

Activities: Adventure Camps (age 8+), Excursion Camps (age 6+), Nature Camps (age 3+), Specialty Camps (age 3+), and Sports Camps (age 3+).

Fees: Some fees, fee waiver may be available

♦ **YMCA Fairfax County Reston—**

Contact: YMCA, 703.742.8800

Time: 9:00 am—4:00 pm (there is before and after childcare available)

Activities: Day Camp (age 5+), Adventure Camp (age 6+), Preschool (age 3+), Counselor in Training (age 13+), Basketball (age 8+), Survive It (age 8+), and Summer of Service (age 12+).

Fees: Some fees, fee waiver may be available

♦ **George Mason University—**

Contact: Renate Guilford, 703.993.2300

Website: www.gmu.edu/news/summercamp.html

Activities: Acting, Fine Arts, Science, Engineering, Technology, Finance, Math, Writing, Nursing, Debate, Sports, and Summer Studies for High school students.

♦ **Northern Virginia Community College—**

Contact: 703.450.2551

Website: www.nvcc.edu/loudoun/continuing/

Activities: Art exploration (grades 5—8), Drama Discovery (ages 5—10), Creating a Computer Based Movie Storyboard (grades 4—8), Video Game Design (grades 6—8), So You Want to Be an Actor (grades 6—8).

Research shows that children with the opportunity to make social connections in after-school hours are better adjusted and happier than those who do not have this opportunity.

—After-School Programs:
Keeping Children Safe
and Smart.

Washington, DC: U.S.
Department of
Education, 2000

HIGHLIGHT—HERNDON MIDDLE SCHOOL AFTER-SCHOOL PROGRAM

So what do 1200 seventh and eighth graders want to do when the school bell rings in the afternoon at 2:20 pm? Mike Thomas, coordinator of Herndon Middle School's After School program, decided to meet with interested students to find out just what programs, clubs, or sports programs would interest them enough to stay at school. High on the list of choices were Soccer, Culture club, Cooking, Music, and Dance. Several other programs were already being offered to students. They chose to implement the Indoor Soccer Club first and the interest level has been overwhelming. Over 120 students stay after school three days a week to participate.

Mike said that being involved in a sports program means being a "student-athlete" with the importance being a student first, and an athlete second. The Soccer Club members first report to Homework Club for 40 minutes, then receive snacks, and then shift to the Soccer program. Mike has seen a difference in the importance of doing homework in the students. He hopes to add more programs with time and is looking for interested volunteers to help with the programs. Contact Mike Thomas at 703.904.4800 or Charles.Thomas@fcps.edu.



COALITION LAUNCHES WEBSITE

The Greater Herndon Community Coalition (GHCC) launched its website this month. Working collaboratively with the Web Curator for Herndon High School, the Coalition was able to be a part of the high school website. The website—www.fcps.edu/HerndonHS/Coalition/homepage.html is divided into six sections.

The **Programs** section highlights each of the many programs that are being supported by the Coalition. It contains the contact information for each program and a brief overview. The **Calendar of Events** lists each activity that the Coalition is involved in for the 2004—2005 school year. On the main webpage, you will also see the next two upcoming events for the month.

The **Newsletter** section has all of the Coalition newsletters posted, as well as those published in earlier years. The **Resource Center** has lots of websites that parents, students, or individuals can use. You will find information on Town of Herndon resources, Fairfax County resources, Drugs, Alcohol, and Internet Safety. More resources

will be added in coming months.

There is information on how you can be involved in our organization. School-Community Coalitions were established in 1993 and were organized around the boundaries of each high school and their feeder schools. The Greater Herndon Community Coalition (GHCC) was established in October 1994 as a result of a meeting of concerned parents, educators, and community organizations, including the police and recreation departments. The participants agreed that greater community-wide attention is needed to ensure the safety of our youth. Each of the coalitions receives its primary funding from the federal No Child Left Behind Act funds, Safe and Drug-Free Schools and Communities sub-section. Additional funds come from individual fund-raising efforts and donations from individuals and businesses.

The Greater Herndon Community Coalition meets on the 3rd Wednesday of each month at 3:30 pm in the Herndon High School Principal's Conference room. We look forward to your participation!

“Volunteering is helping, not hiring; giving, not taking; contributing, not counting.”

Arden Brummell of
Volunteer Calgary

VOLUNTEER CORNER

Volunteering is about giving, contributing, and helping other individuals and the community at large. It is working with others to make a meaningful contribution to a better community. People volunteer for an endless variety of reasons. Many people want to gain experience, acquire new skills, meet new people, or expand their network of contacts as a way to get a new job or start a career. Others just want to give back to their community, to help a friend or promote a worthwhile activity. They do it because it makes them feel good. Arden Brummell of Volunteer Calgary said, “Volunteering is *helping*, not hiring; *giving*, not taking; *contributing*, not counting.”

Here are a few volunteer opportunities

that we know about—

- ◆ **Herndon Free Clinic**—needs adult volunteers to assist in a variety of ways from medical personnel to interpreters to non-medical personnel. For more information, call 703.435.6830 or 703.481.8160; www.herndonfreeclinic.org.
- ◆ **Herndon Middle School**—looking for tutors and mentors to work with students in 7th and 8th grade after-school on Monday, Wednesdays, or Thursdays. For more information, call Mike Thomas at 703.904.4800 or Charles.Thomas@fcps.edu.
- ◆ **Greater Herndon Community Coalition**—we are looking for individuals to join our group to help support the many programs

that we offer. For more information, call 703.973.4444; www.fcps.edu/HerndonHS/Coalition/homepage.html

- ◆ **Volunteer Fairfax**—offers a variety of programs for any level of time commitment. For more information, call 703.246.3460; www.volunteerfairfax.org

