



Suncook Unit

The Boys & Girls Clubs of Greater Concord – Suncook Unit served over 148 members last year. We see 70 plus children each week. The Club serves members from all income brackets, but we make it a priority to outreach to families who need us the most. This being said we distribute over \$2000 in financial aid each week during the school year.

In order to serve more children in the Suncook area we in partnership with the Town of Allenstown have embarked on a 1.3 million capital campaign. The funds will be used to build an 8500 square foot facility that will enable us to double the numbers served. Site work shall include a larger parking lot and new basketball court.

2014-15 After School Programming

The Boys & Girls Clubs of Greater Concord-Suncook Unit strives to provide quality programs in five core areas (The Arts, Character & Leadership, Education & Career, Health & Life Skills, Sports Fitness & Recreation) for those youth attending “The Club” during the school months. These include many National Boys & Girls Clubs, Local (or homegrown) and Community Based programs. The Club is open during snow days, teacher workshop days and a good portion of vacation weeks. The following is a list and description of many of those programs.

The Arts:

- The Club employs an Art Director who assists all sites with creative works across a wide variety of mediums and programming staff help members create their own works of art that will be prominently displayed throughout the Club.
- The Club also incorporates music and dance through daily background music, teen nights and activities through the week.

Character & Leadership:

- Youth of the Year- Promotes and celebrates service to Club, community and family; academic performance; moral character; life goals; and poise and public speaking ability. This program focuses on fostering young people’s character, personal growth and leadership qualities. Local Clubs recognize members ages 14-18 and through a

competitive process select a Youth of the Year, who then participates in state competition. State winners then participate in regional competitions. Five regional winners compete on the national level. Through each level of competition winners are awarded scholarship money for secondary schooling.

- Torch Club – For members between the ages 11-13. A Torch Club led by a qualified mentor can help meet the special character development needs of younger adolescents at a critical stage in their development. Torch Club members learn to elect officers and work together to implement activities in four areas: service to Club and community, education, health and fitness and social recreation

Education & Career:

- Power Hour – Established at all our sites Power Hour is a mandatory homework and learning session for all members in attendance. This program helps members achieve academic success by providing homework assistance, tutoring and high-yield learning activities.
- Project Learn – This National Program reinforces and enhances the skills and knowledge our members learn at school during the hours they spend with us at the Club. Staff create high-yield learning opportunities including leisure reading, creative writing groups, and games like Scrabble to help develop our members' cognitive skills. The goal is to stimulate our members' minds in fun and engaging activities that are also cognitively and academically beneficial.
 - Examples of Project Learn Programs
 - Dragon Fly Quest
 - Bingo, Scrabble, etc.
- Skill Tech I & II – Skill Tech I introduces members to a basic computer skills that develops their proficiency with word processing, spreadsheet and other tools with hands on and engaging projects. Skill Tech II expounds on Skill Tech 1 and introduces members to the hardware and networking skills that may introduce them to a technology related career opportunity.
- Netsmartz – This program teaches internet safety skills through engaging activities in three age appropriate modules. The program used online at Netsmartz.org is funded by the U.S. Department of Justice, Office of Justice Programs and provides members with resources and interactive learning opportunities to help teach children how to be safer on and offline.
- Career Launch - This fun and exciting program prepares teens for the working world. Club teens embark on a journey to explore careers, make sound educational decisions and find success in the world of work.

- Community Leaders - members ages 12-18. Staff invites Community Members to informally sit down and present their craft. This allows us to take about educational decisions, and explore different careers in a fun and laidback way
- Junior Staff – For members of the age of 12-18. We allow older members of the club to assist in setting up and running activities during club hours. Staff will meet with members to go over job responsibilities, help problem solve, and encourage members to set out of there comfort zone. This is the first step of having members become CITs (Counselors in Training) and then potentially assistant Recreation assistants.

Health & Life Skills:

- Triple Play's Healthy Habits – This program was designed as a complement to Triple Play incorporate healthy living and active learning in every part of the Club experience, Healthy Habits emphasizes good nutrition, regular physical activity and improving overall well-being.
 - Examples:
 - Nutrition – held every other week for members 6-10
 - Family Dinner Night – Held every other week for members 11-18
- SMART Moves – This is a National program that exposes members to activities designed to hone their decision-making and critical thinking skills. The Club focuses much of the effort in this program toward being a productive force for change. Teaching members about self-worth and making positive choices
- SMART Girls – Smart Girls is a small-group health, fitness, prevention/education and self-esteem enhancement program designed to meet the developmental needs of our female members. Through these sessions, and activities, with adult Club Staff , the females explore their own and societal attitudes and values as they build skills for eating right, staying physically fit, getting good health care and developing positive relationships with peers and adults.
 - Example:
 - Girl Talk
- Money Matters - Money Matters promotes financial responsibility and independence among Club members ages 13-18 by building their basic money management skills. Participants learn how to manage a checking account, budget, save and invest. They also learn about starting small businesses and paying for college.
 - Example:
 - Members use the Clubs vending machines as a business

Sports, Fitness & Recreation:

- Triple Play - Triple Play is comprehensive health and wellness initiative, strives to improve the overall health of members by increasing their daily physical activity, teaching them good nutrition and helping them develop healthy relationships.
 - Examples:
 - Daily Activities include: Basketball, Kickball, Hockey, Relay Races, Obstacle Courses, etc.

After the school months are done. The Club is open for Summer Camp. For these ten weeks, staff will bring club members on daily field trips and follows two core values. One is Respect. Because we spend so much time together during these ten weeks on bus rides, trips and overall space of the club. Respect is a main focus which helps the overall enjoyment of camp. Members learn how to handle situations and problem solve issues that may come up better because they all have respect for each other. Second, Staff wants to give members an experience that members may not be able to get unless they are a club member. If that is a trip they went on, a friend they made at the club or a mentor relationship that the club can provide.

