ST. MARK youth ENRICHMENT
Learning today, leading tomorrow

January 2015 PARENT NEWSLETTER

St. Mark Youth Enrichment provides innovative programs and services that cultivate the educational and social-emotional growth of youth and families.

Early Risers & Step Up

No Program on January 1st, 2nd and 19th-No School!!
No Step Up at Marshall on January 16th-School Concert

Enrichment for January:

2015 will be starting off with some new enrichment opportunities at program as well as welcoming back some of our friends from 2014.

Mississippi River Museum: Winter Survival
Hillcrest Family Services: Tobacco prevention ~ Lincoln
Boy Scouts of America ~ Lincoln and Marshall
Girl Scouts of America ~ Lincoln, Audubon and Prescott
ISU: Fun with Flight ~ Marshall and Audubon
Chinese Enrichment Class ~ Marshall
Go Green Iowa ~ Marshall, Audubon and Lincoln

We are so fortunate to live in a community where we have so many opportunities available to our students. We can't wait to see what they get to do and create!

Parent to Program Connection

Welcome 2015! It is fascinating how fast holiday's and a year can go by. We truly hope all of the St. Mark students and families had a safe, relaxing and enjoyable holiday. I am sure it will take a bit to get students motivated for school/before & after school programs, but we are looking forward to the rest of the school year!

The St. Mark staff are looking forward to seeing all of the students after the holiday break. There will be some new faces at some of our sites the next couple months, mainly due to staff graduating, student teaching, J-Term courses, or studying abroad. Please be sure to stop and say hello to staff you are unfamiliar with, I am sure they would love to meet you!

-Amanda Avenarius, Director of Programs

1201 Locust St | Office: 391 12th St | Dubuque, IA 52001 | 563-582-6211
www.stmarkyouthenrichment.org

Tips for Parents from Conscious Discipline!

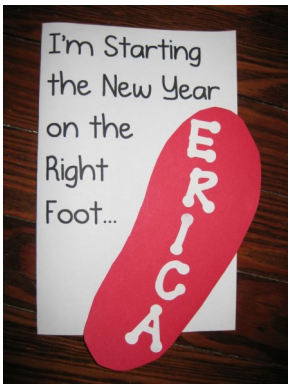
How do I use the acronym A-C-T to set limits with children at any age?

There are several basic steps that can be used in the limit-setting process. The key factors in limit-setting are the understanding of the child's intention and motivation. Limit-setting works better when the adult acknowledges the child's feelings, wishes and wants, communicates the limits clearly, and targets acceptable behavior.

A - Acknowledge the child's feelings, wishes and wants.
C - Communicate the limit in terms of safety.
T - Target acceptable behavior.

Kid's Corner

January is a great time to set resolutions and goals for yourself and your family. Work together to set your goals high! Trace your foot and write what you are going to do to start the new year on the right foot! The best part of doing this with a family
member is that you can work together to stay on track!



Upcoming Events!

January 19th-MLK Jr. Day
@ St. Mark Youth Enrichment
1-4:00 PM
For youth K-5th grade. Childcare provided by AmeriCorps. It will be an event that will focus on service learning and literature. The event is free and we will have some light refreshments.

February 3rd-Family Math and Literacy Night
@ St. Mark Youth Enrichment
6-7:30 PM

February 6th-Community Block Party
@ Roshek Building
4-7:00 PM

Billing: If you have questions regarding your billing statement, please contact Executive Assistant, Linda Schmidt at 563-582-6211 Ext. 101 Please send all payments to St. Mark Youth Enrichment. Do not send or drop off checks to program. Thank you!

Tammy Clauer-Program Coordinator|tclauer@stmarkyouthenrichment.org|563-582-6211 x. 103
Melanie Dill—Education Coordinator|mdill@stmarkyouthenrichment.org|563-582-6211 x. 104
Amanda Avenarius—Director of Programs|aavenarius@stmarkyouthenrichment.org|563-582-6211 x. 105