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The mission of Five Town Communities That Care is to promote healthy youth development and to prevent problem adolescent behaviors such as substance abuse, suicide, violence, delinquency, school drop-out, and teen pregnancy. We also seek to foster increased collaboration and cooperation in communities in order to best serve the needs of their youth.

**Together...
Promoting
Healthy
Youth.**

September 2, 2011

Hello STAR Friends and Families!

It is time for a new school year and Five Town Communities That Care is preparing to launch a new season of its award winning STAR program. This fall, we are excited to offer Cycle 23, representing eight years of service to the youth and families of our community. We welcome you to join us!

STAR (Skills Training And Recognition) is an after school program – available at no cost to all 5th – 8th grade students in Appleton, Camden, Hope, Lincolnville, and Rockport. STAR strives to teach students new skills, to recognize them as they learn those skills, and to connect them to community opportunities where they can use their new skills. The program is a fantastic way to learn, to meet new friends from each of the five towns in our school district, and to have fun after school in a safe and caring environment. STAR gives students opportunities that they cannot get anywhere else. Aside from these benefits, 21st Century Community Learning Centers and the Maine After School Network have found that:

1. Attendance in after school programs can provide children with supervision during a time when many might be exposed to, or engaged in, more antisocial and destructive behaviors.
2. After school programs can provide enriching experiences that broaden children's perspectives and improve their socialization.
3. After school programs can perhaps help improve the academic achievement of students who are not accomplishing as much as they need to during regular school hours.

During STAR, skills training takes place on Mondays and Wednesdays *or* on Tuesdays and Thursdays. On Fridays, *all students* enrolled in STAR come together for activities that foster getting to know their peers from all of our local schools in a less-structured environment.

The spring cycle of STAR will be on Wednesday, September 21st and continue through Tuesday, November 8th. Students will be able to participate in one of the following classes: Aldermere Farm Hands, Pottery, Green Thumb Gardeners, Swimming, Animal Antics, Creative Writing, Cooking, and Art in Nature. Fun Fridays this fall will be on September 23rd, September 30th, October 14th, October 21st, and November 4th. Parents are welcome to join us as volunteers on these dates. Just give me a call to let me know your plans.

We are excited to have your children join us this fall for another exciting cycle of outstanding class offerings!

Danielle Dutton
Interim STAR Program Coordinator



Proudly serving 5th – 8th grade students from Appleton, Camden, Hope, Lincolnville, and Rockport!

STAR CYCLE XXII | SPRING 2011 | MARCH 28 – MAY 17

Goals of STAR:

The STAR program focuses on skill development, recognizing youth as they learn these skills, and connecting youth with the larger community. The long-term goals of this program are to prevent the development of problem behaviors such as substance abuse, violence, and delinquency (before they ever start) as well as to increase the number of community youth involved in prosocial activities.

STAR Program Provided By:

STAR is a program of *Five Town Communities That Care* and is made possible in part by generous donations of facility use by Camden Hills Regional High School, Camden Rockport Animal Rescue League, Chestnut Street Baptist Church, The Country Inn, Maine Coast Heritage Trust, the Penobscot Bay YMCA's Teen Center, and Tanglewood 4-H Camp and Learning Center. STAR also benefits from local donations.

Program Fee: *None!*

The STAR program is **free** to any 5th thru 8th grader within the five-town community. Every effort is made to get participants their first or second choice, but because class sizes are limited to 8, we cannot guarantee placement. When you register, we ask that your child commit to attending skills training two days a week for the entire cycle as well as on Fun Fridays.

Program Dates (mark your calendars):

- ★ Friday, September 16th is the due date for student registrations.
- ★ Instruction will take place from September 21 – November 8.
- ★ The STAR celebration will be held Wednesday, Nov. 16, from 6 – 8 PM (tent.).
- ★ No STAR is scheduled for Sept. 28, Oct. 7, Oct. 10, Oct. 27, or Oct. 28.

*** PLEASE NOTE:
No STAR on days
when there is no SCHOOL.**

Program Schedule:

The STAR program begins upon completion of the school day. Participants will be transported from the school to the program sites unless other arrangements are made with the program coordinator (975-6722).

Program activities are from 4 – 5 PM. Students will be greeted at the end of the school day by STAR staff members and will be supervised while waiting for transportation to program sites. **Students attending Camden Rockport Middle School will meet at the Teen Center at 3:30PM. (Note: This is a change from past years. If you have a child at CRMS and have questions or concerns about your child meeting our staff at the Teen Center, please give us a call (975-6722).**

Students will participate in the STAR program on Monday and Wednesday **OR** Tuesday and Thursday, depending on their activity selection. On Fridays, **all STAR participants** will take part in activities hosted by various facilities in the area. Due to limited space, students may only participate in one class offering each week. All students are expected to attend each Fun Friday offering.

For example, if a student participates in STAR Swimming, she will attend STAR sessions on Mondays and Wednesdays as well as attend the Fun Friday sessions each week. If a student attends STAR Animal Antics, he will attend STAR sessions on Tuesdays and Thursdays as well as attend the Fun Friday sessions each week.



Proudly serving 5th – 8th grade students from Appleton, Camden, Hope, Lincolnville, and Rockport!

Monday / Wednesday Schedule:

Creative Writing, Swimming, Art in Nature, Cooking

Tuesday / Thursday Schedule:

Aldermere Farm Hands, Pottery, Animal Antics, Green Thumb Growers

Students will be returned to their respective starting locations at the following times each program day:

The Teen Center (CRMS) – 5:30 PM

AVS – 5:45 PM

HES – 5:30 PM

LCS – 5:45 PM

Pick-up Procedures:

Children will be released only to those identified on their individual pick-up authorization list. An authorized person must sign out the student each time. We ask the name of each person picking up a child and will not release a child to anyone not on the list. Children may be picked up at the program site with written permission to the STAR staff or the STAR program coordinator (975-6722). Permission notes must be signed and dated by the parent/guardian and delivered to a STAR staff member. Parents may give written permission for their children to walk or ride their bikes home.

Hours of Operation:

Our hours of operation for CRMS participants are from 3:30PM to 5:30PM, for HES participants from 2:45PM to 5:30PM, for AVS participants are from 2:50PM to 5:45PM, for LCS participants from 3:00PM to 5:45 PM. A late fee of \$5.00 per 15-minute interval will be charged if a child is picked up after the designated drop off time. By sending in this registration, you agree to pay this fee should you arrive late for pick-up. If a student has permission to be picked-up at a program site instead of returning to his/her original school, that student must be picked up before the bus leaves that site, or the student will be sent back to the school. For safety reasons we cannot leave a student unsupervised.

Attendance:

If a student is going to be absent from STAR, please call the program coordinator (975-6722) before STAR begins, or send a note with the child if you have prior notice of the upcoming absence. If a student is absent from STAR without notice, staff will attempt to contact parents and emergency contacts to determine the location of the child and ensure their safety.

Please help us save valuable time by calling us in advance.



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BEHAVIOR GUIDELINES

STAR program staff will adhere to the following guidelines. If you have questions or concerns regarding these guidelines, please contact us at 975-6722.

Students participating in the STAR after school program are expected to act responsibly and respectfully towards themselves, their peers, STAR staff members, and members of the community. When students are not behaving appropriately (e.g.: leaving the program site without permission; using profanity, vulgarity, or obscenities; acting in a lewd manner; or refusing to follow the behavior guidelines), STAR staff members will address the problem behavior according to the following procedures:

1. Staff will redirect the student to a more appropriate behavior.
2. The student will be reminded of the behavior guidelines and the STAR program rules and a discussion will take place. The STAR program coordinator will be informed of the situation.
3. For significant or recurring offenses, the staff members involved and the program coordinator will compose a written document recording what the behavior was, what provoked the problem, and what actions were taken.
4. The program coordinator may schedule a conference with the parent so that they can determine the appropriate action to be taken.
5. If the problem behavior persists, the program coordinator will schedule a conference that includes the parents, child, and staff members involved. This conference will determine the student's ability to remain enrolled in the STAR program for the remainder of the cycle.

If a student's behavior at any time threatens the immediate safety of his or her self and/or the safety of other students or staff members, parents will be informed immediately. The following actions will also be taken:

1. The student will be suspended from attending his or her next STAR session. Parents will be encouraged to talk to their student about the event that took place in an effort to hear all sides of the story.
2. The schools of the children involved in the behavior will be informed of the situation.
3. Staff members and instructors present at the time of the incident will be interviewed by the program coordinator in an attempt to gather as much information as possible.
4. All students from the class where the inappropriate behavior took place may be interviewed in order to develop an accurate picture of what happened. These interviews will be prefaced with very little information in order to receive unbiased answers.
5. The program coordinator, Director of *Communities That Care*, and members from the *Communities That Care* board of directors will review the information, and a decision will be made as to whether or not the student in question will be able to return to the program for the remainder of the cycle.

Behaviors that will result in immediate removal from the STAR program include: *Endangering the health and safety of children, staff, volunteers or community members; Stealing or damaging facilities or personal property; and Possessing and/or using tobacco, alcohol, illegal drugs, firecrackers, firearms, or other explosives.*



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STAR AFTER-SCHOOL RECREATION PROGRAM REGISTRATION

Please Note: STAR participants learn responsibility and the appropriate progression of skill level when they commit to the **two days of instruction and the Fun Friday event per week**. For this reason, students may not sign up to attend **ONLY** on Mondays and Fridays.

Return these registration forms **by September 16th** to your child’s school administrative office or to:
Five Town Communities That Care | PO Box 1135 | Rockport, ME 04856

Child’s Name _____ Gender: **M** or **F**

Address _____ City _____ Zip _____

School Name _____

Grade _____ D/O/B _____

T-Shirt size (circle one): **YS** **YM** **YL** **YXL** **AS** **AM** **AL** **AXL**

Mother’s Name _____

Home # _____ Work # _____ Mobile # _____

Father’s Name _____

Home # _____ Work # _____ Mobile # _____

With whom does your child live? _____

Emergency Contact _____

Phone # _____

Emergency Contact _____

Phone # _____

Medical/Cultural Information:

Is your child taking medications? If yes, please indicate the medication and dosage:

Please list any allergies your child has:

Is there any addition information that you can think of that would help STAR staff better relate to your child (i.e. dietary, physical, emotional concerns, personal or cultural needs)?

STAR is supported by several federal funding sources. They request that we ask you to indicate your student’s race or ethnicity. It is NOT mandatory that you fill out this question. Please select the student’s race or ethnicity:

- | | | |
|---|---|------------------------|
| _____ American Indian or Alaskan Native | _____ Asian | _____ Other or Unknown |
| _____ Black or African American | _____ Native Hawaiian or Other Pacific Islander | |
| _____ Hispanic | _____ White* (Includes Arab and Middle Eastern Countries) | |



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Pick-up Procedures:

Pick-up times vary depending on location. Please be aware of the scheduled drop-off times. Unless there is an emergency situation, a late fee of \$5.00 per 15-minute interval will be charged for any child who is picked-up after this time to be paid to the CTC Office before your child is allowed to return to the program.

Photo Release:

____ Yes, I give *Five Town Communities That Care* permission to use photos or videos taken of my child for public relations purposes.
____ No, I would NOT like my child's picture taken or used.

Discipline Action:

I understand that the STAR Program staff will take the necessary disciplinary actions regarding all inappropriate behavior and will strictly follow the Behavior Guidelines. _____ **Parent & Student Initials**

Pick-up Authorization:

I, _____, give permission for the following people to pick up my child(ren), _____, from the STAR Program. I will notify the STAR Program Coordinator, Liv LiaBraaten, in person regarding any modifications to this list if situations change. The only person(s) other than myself allowed to pick-up my child are (please feel free to attach an additional list if needed):

- | | |
|------------------------|------------------------|
| 1. _____ Phone # _____ | 3. _____ Phone # _____ |
| 2. _____ Phone # _____ | 4. _____ Phone # _____ |

For Camden Rockport Students	New Policy!
<p>CRMS students are to go to the Teen Center at the end of the school day and check in at the Teen Center's front desk. We also request that you fill out the Teen Center form enclosed. STAR staff will take responsibility for your child at 3:30. If you have questions or concerns regarding allowing your child to walk to the Teen Center unescorted please call.</p> <p>____ Sign him/her self out of STAR at the Teen Center so that s/he can walk or ride their bike home at the end of STAR program time.</p> <p>_____</p> <p>Parent Initials & Phone # where we can reach you for confirmation*</p>	

Unless picked up at the program site:

- **Appleton** students will always be returned to the Appleton Village School .
- **Camden** and **Rockport** students will always be returned to the Teen Center (next door to CRMS).
- **Hope** students will always be returned to the Hope Elementary School.
- **Lincolnville** students will always be returned to the Lincolnville Central School.

Parent Signature _____ **Date** _____
Printed Name _____

____ Yes, I am interested in being on a parent contact list for upcoming Five Town Communities That Care events (e.g. STAR, Mentoring, Guiding Good Choices, and other community events or opportunities to be involved).

Email Address _____



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STAR CYCLE XXII OFFERINGS

Please choose up to four activities in which your student would like to participate. Indicate your student's preference by using the numbers 1 through 4. We will try to place your student in their first or second choice; however, due to limited class sizes this may not always be possible. You will be informed of the class your child will be in prior to the start of the cycle. **Please ensure that your child will be able to attend both days of class (i.e. both Monday and Wednesday) as well as the Friday activities prior to registration.**

MONDAY AND WEDNESDAY OFFERINGS:

_____ Swimming (Level I)

Instructor: Sam Grinnell

Swimming is a chance to learn new strokes and challenging activities in the pool. These activities will increase your endurance and efficiency during session. Students will receive individualized instruction to encourage natural progression. Students will improve their skills while having plenty of fun. *Swimming will take place at the Country Inn of Camden/Rockport.*

_____ Creative Writing (Level I)

Instructor: Amy Nesbitt

Imagine your voice as an underground waterway. If you gave it a tap, what personalities would form? Would it come out in short spurts or long? Would it be musical? Join Amy Nesbitt, creative writing teacher of 10 years, to explore the various tracks that words can take and the many ways that you can be yourself inside of them (even if you're making it up!). *Creative Writing will take place at Camden Hills Regional High School.*

_____ Cooking (Level I)

Instructor: TBD

Breakfast, lunch, and dinner...oh, my! And don't forget dessert! Join and learn how to make healthy, fresh, and fun foods! Instruction will include the basics of kitchen safety, cleaning, and sanitation. *Instruction will take place at Chestnut Street Baptist Church in Camden.*

_____ Art and Nature (Level I)

Instructor: Jessica Decke

Explore the outdoors with various watercolor techniques and artistic styles like sketching, pen & ink, and process painting to capturing the changing seasons and natural elements. Class will be indoors and outdoors, depending on daily themes and the weather. *Location: various places about the Camden-Rockport area.*



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TUESDAY AND THURSDAY OFFERINGS:

_____ **Animal Antics (Level I)**

Instructor: Laura Stupca

Do you love animals and want to learn how to feed, groom and care for them? This is the opportunity for you! You'll help run Camden Rockport's Animal Rescue League, a friendly, no-kill animal haven in our own backyard! You will even get an animal buddy to call your own and care for during the STAR cycle.

Animal Antics will take place at the Camden-Rockport Animal Rescue League.

_____ **Aldermere Farm Hands I (Level I)**

Instructor: Sarah Post

Farm Hands offers students the opportunity to work with Belted Galloway calves at Aldermere Farms. Skills learned during level II include haltering, leading, grooming, showing, and how to safely interact with the calves. Explore Aldermere Farm and discover the joy of working with the area's famous Belted Galloway calves! This class will teach you how to halter, lead, groom and interact with the calves. You'll also have the opportunity to learn about the farm and why it is important to our community!

Farm Hands II will take place at Aldermere Farm. All supplies are provided by Aldermere Farm.

_____ **Green Thumb Gardeners (Level I)**

Instructor: Heather Halsey

Plants, seeds, dirt and worms - you'll do it all in this fun and exciting new class! Test your green thumb through activities such as harvesting crops, planning a fall garden, preparing the plots, making hoop houses, and planting seeds and seedlings. All this will take place at the Erickson Fields Preserve, community garden beds.

Instruction will be at the Erickson Fields Preserve on Rt. 90. All necessary materials for this class are provided.

_____ **Pottery (Level I)**

Instructor: Russell Kahn

Art historians say that form follows function, but what would you create given a lump of clay, a pottery wheel and some creative encouragement? Come find out this spring in an exciting new offering with master potter Russell Kahn!

Pottery will take place in the pottery studio at Camden Hills Regional High School. Clay/equipment will be provided.

*Use numbers to indicate your first choice (1), second choice (2), third choice (3), and fourth choice (4) for classes.
CHOOSE FOUR CLASSES FROM ALL OFFERINGS (not four on each side of this form).*