



Proudly serving 5th - 8th grade students from Appleton, Camden, Hope, Lincolntonville, and Rockport!

August 7, 2008

Hello Parents and Guardians!

With the beautiful weather outside it is hard to believe that a new school year is upon us. This is a time of year when some students are excited about going back to school and seeing friends they haven't seen in a while, or when they can't imagine spending all day in a classroom. With STAR, we hope to make the beginning of the school year a time that all students look forward to. Through our programs students are able to learn new skills, meet new friends, and find their niche in the community.

STAR is a unique way of getting your child involved in new activities. Not only does the program provide transportation to and from program locations, it introduces children to the wide variety of experiences that Mid-Coast Maine has to offer. From Animal Husbandry to Martial Arts, students learn the skills that can lead them to involvement in activities such as the local 4-H Farm Hands program at Aldermere Farm or the Black Belt Club at Mid-Coast Martial Arts. Additionally, all programs are provided at no cost to you thanks to the generous support of local businesses and agencies, as well as state funding sources that believe STAR is a great opportunity for area youth.

A recent nationwide review of after school programs by the Collaborative for Academic, Social, and Emotional Learning has indicated that youth who are involved in certain types of structured activities benefit in many areas. The review showed that programs that are most likely to offer benefits contain:

- Opportunities for positive interactions with adults and peers
- Challenging and encouraging content, and
- Encourage youth to be actively involved while learning new skills

STAR contains each of these components and can help your child improve their self-confidence and self-esteem, and develop more positive social behaviors. STAR has also been shown to prevent the development of problem behaviors. Help your child gain these benefits and more by signing them up for STAR!

This fall STAR will be offering classes in the following areas: Aldermere Farm Hands, Animal Antics, Art, Creative Writing, Full Of Ourselves, Hip Hop, Knit Wits, Korfball, Martial Arts, Rock Climbing, Rockin' Running, and Tennis. Classes will begin on Wednesday, September 10 - so sign your child up today!

Warmly,

Tarah Hall

Tarah Hall
Five Town Communities That Care - STAR Program Coordinator
PO Box 1135 - Rockport, ME 04856
236-9800 (office) - 975-6722 (cell) - STAR@fivetownctc.org

For office use only: Class: _____ DE: _____ Letter: _____



STAR Program Registration



Registration Deadline: Monday, September 8
Program participants will be selected on a first come, first served basis.

Skills Training And Recognition

Skills Training And Recognition

STUDENT INFORMATION

Name: _____ Gender (Circle One): Male Female

Address: _____ City: _____ Zip: _____

School Name: _____ Grade (Circle One): 5 6 7 8

Birthdate: ____ / ____ / ____ Has your child participated in STAR before (Circle One)? Yes No

T-Shirt Size (Circle One): YS YM YL YXL AS AM AL AXL

PARENT / GUARDIAN INFORMATION

Name: _____ Relationship to child: _____

Home Phone #: _____ Work Phone #: _____ Cell Phone #: _____

Best way to contact you (Circle One): Home Work Cell

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EMERGENCY CONTACT INFORMATION (Other than parents / guardians listed above)

Name: _____ Relationship: _____ Phone #: _____

Name: _____ Relationship: _____ Phone #: _____

ADDITIONAL STUDENT INFORMATION

Please list any allergies that your child has: _____

Please list any medications your child regularly takes, including dosage: _____

Please let us know if there is any information that might help STAR staff better relate to your child during program time (e.g. dietary, physical, and/or emotional concerns, personal or cultural needs)? _____

PHOTO RELEASE (Please check one)

____ Yes, I give permission to STAR, Five Town *Communities That Care*, and the 5-Town CSD to use photos and/or videos taken of my child for public relations purposes (e.g. web site, press releases, brochures, grant reports).

____ No, I do not want my child's photo to be used for public relations purposes.

BEHAVIOR GUIDELINES & DISCIPLINE ACTION (Students and Parents should each initial the following statements)

I have read and I understand the behavior guidelines for STAR participants.

_____ Student

_____ Parent

I have read and I understand the discipline actions that STAR staff members will follow if I fail to adhere to the behavior guidelines for STAR participants.

_____ Student

_____ Parent

PICK-UP AUTHORIZATION

I, _____, give permission for the following individuals to pick up my child, _____, from the STAR program. I will notify the STAR Program Coordinator in person regarding any modifications to this list if situations change.

- 1.) Name: _____ Phone#: _____
- 2.) Name: _____ Phone#: _____
- 3.) Name: _____ Phone#: _____
- 4.) Name: _____ Phone#: _____

PICK-UP PROCEDURES (Please initial)

Pick-up times vary depending on location, please be aware of when your child will return to his or her school. There will be a charge of \$5 for every 15 minute interval that you are late, except for cases of emergency. Pick-up times and locations are as follows:

- * **Appleton** students will always return to Appleton Village School at **5:45PM**.
- * **Camden** and **Rockport** students will always return to the Teen Center next door to Camden Rockport Middle School at **5:30PM**.
- * **Hope** students will always return to Hope Elementary School at **5:30PM**.
- * **Lincolnvile** students will always return to Lincolnvile Central School at **5:45PM**.
- * Students picked up at their **program location** must be picked up by **5:00PM**

When picking up your child at the end of STAR, you must sign them out with the staff member on location.

I have read, and understand the policies and procedures for picking up my child at the end of STAR.

_____ Parent

PERMISSION TO WALK HOME

I, _____, give permission for my child, _____, to sign him or herself out of STAR so that they may walk or ride their bike home **at the end** of STAR's scheduled program time (5:30PM or 5:45PM).

Parent Initials & Phone Number for confirmation*

*Students will not be allowed to sign themselves out of STAR until parent permission is confirmed.

PARENT PERMISSION

I understand that participation in the STAR program includes two days of skill training (Monday and Wednesday or Tuesday and Thursday) as well as activities on Fridays. I give my child permission to attend STAR three days a week and will contact the program coordinator in the event that my child will be absent.

Parent Signature: _____ Date: _____

_____ **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), opportunities for community involvement, and to receive STAR and Five Town CTC Newsletters.

E-mail Address: _____@_____

Please return completed registration forms to your local school administrative office or mail them to:
Five Town *Communities That Care*
PO Box 1135
Rockport, ME 04856



STAR Program Class Selection



Please return with completed registration form by Monday, September 8

Student Name: _____

School: _____

Please choose up to four activities that you would like to participate in. Please indicate your preference by using the numbers 1 (for first choice) through 4 (for fourth choice). We will try to place you in your first choice, however due to limited class sizes this may not always be possible. You will be informed of the class that you are in prior to the first day of STAR. Each class requires a minimum of 3 students in order for it to run. Each class has a maximum of 8 students.

Monday and Wednesday Choices:

_____ **Aldermere Farm Hands** (Level 1) Instructor: Heidi Howard
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!
Location: Aldermere Farm
All necessary materials are provided by Aldermere Farm.

_____ **Animal Antics** (Level 1) Instructor: CRARL Staff
Learn the ropes at Camden-Rockport Animal Rescue League with this new and exciting class. This is a great way to spend your afternoon with cats and dogs that are in need of love and care. Learn how to provide basic care such as feeding, cleaning, and fitness to animals who will love to have your attention!
Location: Camden-Rockport Animal Rescue League

_____ **Creative Writing** (Level 1) Instructor: George Chappell
Do you always have a story on your mind and a pen in your hand? Creative writing will help you get your ideas on paper and give you the skills to become an even better author! Use your imagination to bring your characters to life and create a world of your own!
Location: Camden Hills Regional High School

_____ **Knit Wits** (Level 1) Instructor: Martha Strong
Join this knitting class to learn how to cast on, knit, pearl, and bind off. If these words sound foreign to you, don't worry! Learn what these words and more mean while keeping your hands busy and creating your own unique projects - such as hats and scarves for the winter!
Location: Camden Hills Regional High School
All necessary materials for this class will be provided.

_____ **Rockin' Runners** (Level 1) Instructor: TBD
Have you ever watched people running around town and wonder how they keep going? Sign up for running and develop a healthy base for local fun runs and 5Ks! Start at your own pace - fast or slow - and learn proper form that will ease you into a sport that you can do anywhere you go!
Location: Rockport Bike Path and Penobscot Bay YMCA

Tuesday and Thursday options on back.

Tuesday and Thursday Choices:

_____ **Art (Level 1)**

Instructor: Nancy Benner

Are you always drawing and doodling? STAR's art class is the perfect way for you to learn some basic skills that will take your artwork to the next level! Get inspired by real life objects or let your imagination go wild and create something completely new!

Location: Camden Hills Regional High School

_____ **Full Of Ourselves (Level 1, for girls in grades 6 - 8)**

Instructor: Ellie Libby

Girl Power = True Beauty! Spend your afternoons using art, role play, and movement to explore what it takes to let your inner beauty shine! Full Of Ourselves is a great opportunity to make new friends and learn how to be a leader and healthy role model for younger girls. This is your time to shine!

Location: Camden Hills Regional High School

_____ **Korfball (Level 1)**

Instructor: Rebecca Shields

Sure it's played with a soccer ball - but it's not soccer. Oh, and you also shoot baskets, but it's not basketball either! Come have fun while you learn how to play this co-ed game that has taken Europe by storm!

Location: Chestnut Street Baptist Church

_____ **Hip Hop (Level 1)**

Instructor: Kea Tesseyman

Are you ready to dance?! This high energy class will teach you the technique, choreography, style, and performance skills that will have you shining like a star! Gain confidence and work as a part of a team while jamming out to great music all class long!

Location: Rockport Dance Conservatory

_____ **Martial Arts (Levels 1 - 5)**

Instructor: Andrew Lesmerises

It's not all about kicking and punching. Martial arts is a great way to be physically active, but this class will also teach you important skills such as how to deal with bullies. Join this class for your first time or your fifth and receive individualized instruction to meet your needs!

Location: Mid-Coast Martial Arts, located at Mid-Coast Recreation Center

* What is the highest level of STAR Martial Arts that you have completed? 1 2 3 4

_____ **Rock Climbing (Level 1)**

Instructor: Becky Meinersmann

Gain confidence and reach new heights as you learn the basics of rock climbing. You'll learn proper technique, how to safely belay your classmates, and how to tie some knots that are essential for rock climbing!

Location: Penobscot Bay YMCA

_____ **Tennis (Level 1)**

Instructor: TBD

Game, Set, Match! STAR tennis teaches the basics of serving, volleying, ground strokes and overheads. Once you get the form down, practice your new skills while playing fun games with your classmates. Be ready to run around and have fun on the court when you sign up for this class!

Location: Mid-Coast Recreation Center

All necessary materials are provided by Mid-Coast Recreation Center.



STAR Behavior Contract



During program time STAR participants are expected to exhibit the following behaviors:

- Be honest and honor your commitment to the STAR program
- Be respectful towards others and their personal property
- Be courteous and fair to everyone (i.e. other participants, staff members, instructors, program volunteers, bus drivers)
- Respect the authority of STAR staff members, instructors, and volunteers
- Respect all program facilities
- Participate actively during program time and put forth your best effort at all times
- Use appropriate language
- Wear acceptable clothing (i.e. follow your school's dress code)
- Remain in your program location at all times

While riding the program bus STAR participants are expected to exhibit the following behaviors:

- Remain seated while the bus is in motion
- Keep hands to yourself at all times
- Keep hands and legs out of the aisle
- Do not eat or drink on the bus
- Be willing to share seats with other riders
- Keep voice at a quiet level
- Refrain from having inappropriate conversations and/or using foul language
- Do not tease, harass, or bully other program participants
- Do not use cell phones (the exception is to call parents at the end of program time – must have staff permission first)

In the event that students do not follow the behavior guidelines listed above, the following actions will take place:

- 1.) Staff will attempt to redirect the inappropriate behavior
- 2.) Student will receive a reminder about acceptable behaviors during STAR
- 3.) Student will receive a verbal warning regarding inappropriate behaviors
- 4.) Student will receive a written warning regarding inappropriate behaviors and the program coordinator will follow up with their parent / guardian
- 5.) Student will be removed from programming for a day

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

- 1.) The Program Coordinator will speak with the student and parents will be contacted.
- 2.) The student will be suspended from attending his or her next session of STAR. Parents will be encouraged to talk to their students about the event that took place in an effort to hear all sides of the story.
- 3.) The schools of the children involved in the behavior will be informed of the situation.
- 4.) Staff members and instructors present at the time of the incident will be interviewed by the program coordinator in an effort to gain as much information as possible.
- 5.) All students from the class where the incident took place will be interviewed in an effort to develop an accurate picture of what happened. These interviews will be prefaced with as little information as possible in order to receive unbiased answers.
- 6.) The Program Coordinator, Director of CTC, and members from the CTC Board will review the information and make a decision 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 other youth, staff, volunteers and/or community members
- Stealing or damaging facilities or personal property
- Possessing and/or using tobacco, alcohol, illegal drugs, firecrackers, firearms, or other explosives

After reading this Behavior Contract, please initial the STAR Registration Form. Questions? Contact the Program Coordinator at 236-9800.