

**GREAT FUTURES START HERE.**



## **Fall Programs**

### **PROJECT LEARN**

Project Learn reinforces the academic enrichment and school engagement of young people during the time they spend at the Club.

This strategy is based on research demonstrating that students do much better in school when they spend their non-school hours engaged in fun, but academically beneficial, activities. Through Project Learn, Club staff use all the areas and programs in the Club to create opportunities for these high-yield learning activities, which include leisure reading, writing activities, discussions with knowledgeable adults, helping others, homework help, tutoring and games (such as Scrabble), that develop young people's cognitive skills. Project Learn also emphasizes parent involvement and collaboration between Club and school professionals as critical factors in creating the best after-school learning environment for Club members ages 6 to 18.

### **POWER HOUR**

Making Minutes Count

The Power Hour materials provide practical tips and best practices for recognition and incentives, behavior management, volunteer recruitment and training, collaboration with other organizations and use of technology and the Internet.

### **TRIPLE PLAY**

A Game Plan for Mind, Body and Soul

Triple Play, BGCA's first comprehensive health and wellness program, developed in collaboration with the U.S. Department of Health and Human Services, strives to improve the overall health of Club members ages 6-18 by increasing their daily physical activity, teaching them good nutrition and helping them develop healthy relationships.

The Mind component encourages young people to eat smart through the Healthy Habits program, which covers the power of choice, calories, vitamins and minerals, the food pyramid and appropriate portion size. The Body component boosts Clubs' traditional physical activities to a higher level by providing sports and fitness activities for all youth. Body programs include six Daily Fitness Challenges; teen Sports Clubs focused on leadership development, service and careers in athletics; and Triple Play Games Tournaments, inter-Club sectional tournaments that involve multiple team sports. The Soul component helps build positive relationships and cooperation among young people.

## **SMART GIRLS**

SMART Girls offers young women – ages 8 to 17 – guidance toward healthy attitudes and lifestyles, eating right, staying fit, getting good health care and more.

Encouraging young women to have healthy attitudes and lifestyles, SMART Girls helps them reach their full potential. Through dynamic sessions, group activities, field trips and mentoring opportunities with adult women, Club girls enjoy the opportunity to build skills for eating right, staying physically fit, getting good health care, and developing positive relationships.

## **TORCH CLUB**

Torch Clubs are chartered, small-group leadership and service clubs for boys and girls ages 11 to 13.

A Torch Club is a powerful vehicle through which Club staff can help meet the special character development needs of younger adolescents at a critical stage in their life.

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.

The National Torch Club Awards are presented annually to Torch Clubs with outstanding programs and activities in each area. Each year, Torch Club members from across the country take part in a service learning experience through the National Torch Club Project. Cash awards ranging from \$500 to \$2,500 are presented to the top entries.

## **NATIONAL FINE ARTS**

This year-round program encourages artistic expression among Club members ages 6 to 18 through drawing, painting, printmaking, collage, mixed media and sculpture displayed at local and regional exhibits.

Using the interactive National Fine Arts Program Guide, staff can guide youth through the various art projects with step by- step instructions.

## **MILLION MEMBERS MILLION HOURS OF SERVICE**

Million Members, Million Hours of Service (MMMHS) encourages good character and appreciation for citizenship and provides every Club member with opportunities to serve in year-round Club and community based volunteer service experiences. The East Bend Boys & Girls Club participates in 2 hours of community service projects each week.