



# Backpack Newsflash

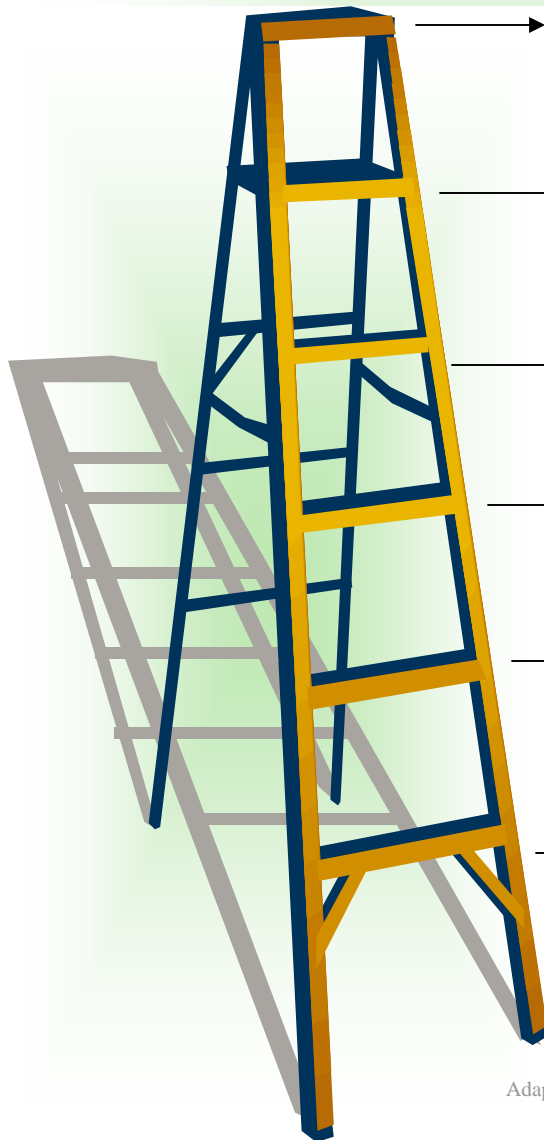


A NEWSLETTER FROM THE CB CARES PARENT NETWORK • Sponsored by Univest

## Where are YOU on the Connections Ladder?

*Can you go one step higher with a young person in your life?*

Every young person needs to be connected in a meaningful way to **at least one healthy, caring adult, 3 or more is better**



### Step 6: Maintaining Relationships

Maintain contact

- Follow up with the young person.
- Remember the young person on birthdays and holidays.

### Step 5: Focusing on Building Specific Assets

Do something for or with the young person outside your routine that helps promote specific assets: attend an athletic event that the young person is participating in; learn something together with the young person; eat lunch with the young person; e-mail the young person.

### Step 4: Challenging Young People

Help the young person to set goals, follow through with affirmations, and acknowledge rules and their consequences.

### Step 3: Identifying and Encouraging Young People's Strengths and Talents – *How do you ID strengths and encourage them?*

Support the young person through talking, listening, and observing

### Step 2: Getting to Know Young People – *How do you do this systematically?*

*Learn something about the young person*

- What does the young person like to do?
- What's going on in the young person's life?

### Step 1: Making Connections – *Do you have a signature way of connecting?*

Use the young person's name or nickname; eye contact; smiling. Basic, positive social interaction.



# Boomerang Youth Recognition Award

February's Asset of the Month was #38 Self-Esteem. Young person demonstrates a confidence that promotes positive behaviors and relationships. He/she is proud to be the person that they are, and they serve as a role model to others because of their healthy self-confidence.

**Kaitlyn Hines, Butler Elementary, 3<sup>rd</sup> grade.**

Kaitlyn shows her confidence in how she approaches not only the classroom, but life. She never gives up, even when she is challenged; her confidence allows her to take risks and to push forward. Her confidence in who she is allows her to make good choices and do what is right, even if others around her do not. In regard to her athletic ability, her confidence encourages her to outperform others on the softball field. She was selected by her teammates as the winner of the Hustle Award. She has spectacular pitching skills and as a result won the Golden Glove Award. In one tournament game she was called in to pitch and break a tie. She was not nervous at all and went out and won the game for the team. Her confident actions truly motivate and affect others, thus promoting positive behaviors and relationships.



**Brad Walentukonis, 8<sup>th</sup> grade, Holicong Middle School.**

Brad demonstrates a healthy self-confidence and self-respect day by day, setting a fine example for students around him. In his academic work, he will give his best effort, even when it may not be a desirable task. Brad demonstrates a sense of pride in his work, as if he believes that if his name is at the top of the paper, then it needs to reflect his best possible effort. Brad is inclusive of his peers, and peers of many different ability levels find him approachable. Though he prides himself on excellent work, he never shies away from working with others who may not be able to achieve at such a level. In situations that might be uncomfortable, his healthy sense of confidence helps him make good decisions and lead others in the right direction. Also, he can laugh at himself in a way that is refreshingly good-natured and honest.

All of these examples demonstrate a strong sense of self-esteem, self-respect and self-confidence.

**Lexi Scrivano, 11<sup>th</sup> grade, Central Bucks East.**

Lexi exemplifies a type of confidence that not only encourages others to think well of themselves, but commands a respectful presence in the classroom. Anytime during particular presentations, skits, group work, and even songs, Lexi was the first person to not only find the courage within herself to get up in front of a group of others, but motivated her classmates with her energy and enthusiasm. She is the type of individual who is strong enough to speak her mind, listen to others, and respectfully form an alternative point of view. With her confidence, and furthermore, kindness, Lexi is a student who could work with anyone in class. She is the type of young woman who is sure of herself and where she is going.



March's Asset is #39. Sense of Purpose. Young person reports or demonstrates that his/her life has a purpose. Young person demonstrates what it is to be a positive individual. He/she is unique and independent, affecting others with their presence. They believe that there is a reason that they are where they are in their life, and they also have a sense of where they are going.

**NOMINATIONS SHOULD BE SUBMITTED TO YOUR SCHOOL BY FRIDAY, MARCH 25<sup>th</sup>.**

**CB Cares partners with The Bucks County Herald and Outback Steakhouse, Jamison, PA on this award**



## 10K BOOK DRIVE - LOOKING TO DONATE YOUR USED BOOKS?

CB Cares has partnered with CB East student Rachel Fryatt for the 10K Book Drive. The book drive was launched on MLK Day in the spirit of Asset #9 Service to Others and will conclude in April with Asset #25 Reading for Pleasure which is when the books will be delivered to the designated school recipient. Several Central Bucks elementary schools are participating as collection sites and have receptacles for donating books. Currently Rachel has single handedly collected close to 3,000 books. She broke her hand at basketball practice last month and is literally doing this collection single handedly. High Five Rachel! Each week Rachel makes the rounds, carefully bundling books in bags of 20 and 40 and then delivers them to CB Cares where they will be organized and prepared for the donation in April.

# Assets in Action

*Making certain our youth in Central Bucks THRIVE!*

## **DEBUT OF 40 ASSETS SONG (DO THE RIGHT THING) IN MUSICAL ASSEMBLY**

On February 25th, all of the students at Buckingham Elementary were treated to a musical assembly, entitled "Great Music, the 40 Assets, and you! As part of this musical journey, the actors/musicians who wrote and participate in this assembly, Lori Rosolowsky and Cathy Block, make a point that Assets are important in the creative process. They highlight the role that Assets play in composing or creating something, such as a song. Lori and some of the students at Buckingham Elementary did, in fact, work together in an asset-rich way to compose a song--The 40 Asset Song (Do the right Thing) and the song has been incorporated into this assembly! Those students who helped with the lyrics also acted in a short skit which demonstrates the message of the song. Lori Rosolowsky, composer of the 40 Assets Song, and Kimberly Cambra, Executive Director of CB Cares, recognized the efforts of the student co-lyricists / actors at the musical assembly by presenting them with a letter of recognition and a beautiful certificate on behalf of CB Cares. Each student volunteered 25 hours in helping with the lyrics, learning the song, and practicing to be in a skit which truly demonstrates the message of the song. For more information on how to bring this assembly to your school, visit: [www.teammusica.com/cbcares](http://www.teammusica.com/cbcares) or call 215-794-2517



*"Lori Rosolowsky on the keyboard and Cathy Block on flute bring a wonderful blend of humor, outstanding musical talent, and world famous melodies to the stage in this show. The pace is lively, the dialogue with the audience is engaging, and the Forty Assets messages that emerge at the end of the show take the form of an original song that the students can perform themselves. We had 500 students singing along, thanks to some pre-teaching from our vocal music teacher. Thank you to Lori and Cathy for this winning assembly!"*

~ Margaret Solitario, Principal  
Buckingham Elementary

## **Youth To Community Arts Program (Y2C)**

On Friday, February 25<sup>th</sup> we held our monthly CB Cares Teen Performance Night at Saxbys. The evening was filled with a variety of musical styles, including pop and acoustic guitar--we had soloists and groups of teens of various sizes! Check out the photos below of some of our acts this past month. Our event in March at Saxbys will take place on:

**Friday, March 18<sup>th</sup>**  
**7—9:30 pm**

**Words and Music Café @ Saxbys**

Hope to see you there to support our talented teens and enjoy a night out in D-town. For more information, contact Barbara Gross at 215-489-9120 or [bgross@dh.org](mailto:bgross@dh.org).



Taylor Lucci



Alden Braverman, Hannah McCausland, and Aaron Braverman



SAVE-THE-DATE  
SUNDAY, MAY 22ND, 2011  
DOYLESTOWN COUNTRY CLUB

For more sponsorship information  
contact CB Cares

## Calling all LOCAVORES!

There's a seat saved just for you at our table this year. *CB Cares 4th Annual Celebrity Chef & Waiter Gala 2011* is the only local business and farmer-friendly fundraiser in the region. Nearly everything comes from less than a 10 mile radius which means our carbon footprint is reduced to a tiny thumbprint. The evening includes a VIP Reception, a 4-course wine paired dinner and epicurean silent auction for \$125/per person. For tickets and sponsorship information contact CB Cares directly 215.489.9120.

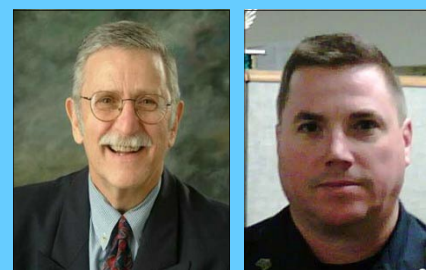


Barbara Lyons, Jen Walton,  
Kimberly Cambra

## PARENT NETWORK

### Parent Rap

We are pleased to announce that beginning this month, we are offering our Parent Rap program to your schools! We thought it would be a good idea to have the Home and School Associations and Parent Councils choose a time and date that would work best for your school's parents. We will bring the professionals to you, to answer any parenting questions you might have—the format is an informal discussion, not a presentation, where you will learn from professionals and parents alike. If you would like to have a Parent Rap at your school, speak to your 40 Assets Parent Ambassador, Home and School President, or Principal about your interest.



\*There is NO CHARGE for a Parent Rap session- your school can book as many as they like.



### SAFETY FIRST—CAR SEAT CHECK

**Four out of five child car seats are used incorrectly. Is yours?** Doylestown Hospital will host a Child Car Seat Safety Check on **Saturday, March 19 from 10:00 am to 2:00 pm.**

Come and learn how to correctly use your child's car safety seat. Certified child passenger safety technicians will provide FREE safety inspections and demonstrations of correct installation techniques. The event is organized by Bucks County Community Traffic Safety.

Car seats are checked by appointment only. Please call 215-345-2121 to schedule a 30-minute appointment. Separate appointments needed for each car seat. Location is outside of the old Emergency Room by the West Wing/Heart Institute entrance. Inspections take place outside under the overhang; information and displays will be available inside.

The event is sponsored by the Friends of the Birthing Center at Doylestown Hospital and the Bucks County Safe Kids Coalition.

### IN CELEBRATION OF NATIONAL NUTRITION MONTH . . . healthy directions presents. . .



Nutrition Therapy & Counseling  
of Doylestown Hospital

**Eating to Energize  
Feeding Families on the Run  
Tuesday, March 22, 2011  
6:30pm – 8:30pm  
Health & Wellness Center, Warrington**

This program is for parents of children of all ages. Join "healthy directions" nutritionists for this information-filled discussion about patterns of eating that help to energize and promote optimal health. Get tips on how to promote a lifelong healthy eating style within our children.

Personal Chef Karen McGinn of HEAVEN ON A PLATE will demonstrate nutritious, fresh, quick fix ideas for meals and snacks and provide samples too!

**This is a FREE program!** Preregistration is required. **Deadline for registration is March 12, 2011.**



To register, contact- Amy Pieczarka, RD, LDN, CCN, CDE 215-918-5701 or Kristin Morrow, RD, LDN, CDE 215-918-5702

## Did you remember your Milk Money?



CB Cares is a nonprofit organization that provides programs and resources to the Central Bucks community.