

Relax & Restart

Relax & Restart provides students an opportunity to transition out of the school day into their out of school time. Students begin the program by participating in relaxing movements that include: light stretching, stress reduction exercises, balance drills, and focused deep breathing as a way to let go of their day. After students settle their energy, they will dive into some fun and energetic cardiovascular activities to promote strength, agility & speed, as well as increasing the flow of nourishing, oxygenated blood to the brain. By increasing blood flow to the brain, you support brain function. Student ability to intake & retain new information increases, and academic successes lead to the development of positive associations with learning. Relax & Restart helps students refocus and prepare for an afternoon filled with learning & time with friends!



Homework Club

All participants will spend forty-five minutes of focused academics with BSD Teachers to complete homework assignments. Students are provided the support needed to complete their homework in a quality manner, with assistance provided as needed. Academic games and related materials are provided for students who do not have homework to complete, to ensure all students are academically engaged and nurtured during this block of programming.

Riverview Time

During This Block Students are Able to Choose Between Either:

E.P.I.C. (Engaging Physical Interactive Challenges) - This time is devoted to dynamic physical activity! Students looking to run around and have fun with friends will be sure to have a blast during this block of program. Staff focus on providing challenging physical activities to excite and engage all youth!

CAKE (Creative Arts & Crafts Enrichment) - This time is devoted to enriching cultural activities and provides a great outlet for creative energy. Students will have tons of fun working with an array of artistic media to expand their horizons. Creative arts provide students the opportunity to utilize and strengthen the right hemisphere of their brain, promoting self-expression and creativity.

Field Trips - All field trips and off-site community service projects will be scheduled on Fridays or BSD early-release days.



STEM - Science, Technology, Engineering & Math

We are very excited to implement our new STEM curriculum this year! Over the summer months Brunswick School Department Administration & Teachers worked in collaboration with Riverview Foundation, 21st CCLC student participants, their parents, and Brunswick High School Mentors to create an amazing Science, Technology, Engineering and Math curriculum linked directly to school day learning. "It's All About ME In the 21st!" will engage students in a Maine themed curriculum made up of 12 units, to be implemented monthly. Some of the exciting plans include panning for gold, tie-dyeing with blueberries & arrow-head making!

ReGroup

The last ten minutes of programming is devoted to uniting all participants & celebrating the success of the afternoon. This is a great time to share upcoming dates to remember, and to distribute any needed literature. Staff and students alike are given the opportunity to nominate one another for "Good News Report Cards," to highlight any positive actions that occurred during the afternoon. ReGroup celebrates positive adult and peer interactions, being part of a community, bolstering student resiliency to negative influence, and promoting healthy brain development & function through an enriching environment.



RIVERVIEW
FOUNDATION

What is a 21st Century Community Learning Center?

Mission

21st Century Community Learning Centers provide safe and engaging learning environments for students during out-of-school-time hours. They offer academic enrichment activities, such as tutoring in reading and math, and services that enhance the regular academic program, such as recreation, technology education, and character education. There are currently more than 3,300 active grants that fund over 8,900 centers and serve 1.5 million students in 53 states and territories.

History

The 21st Century Community Learning Centers (21st CCLC) program was established by Congress to award grants to rural and inner-city schools to help them plan, implement, or expand projects that benefit the educational, health, social services and cultural needs of the community. This U.S. Department of Education program has contributed greatly to the expansion of formal afterschool programming in the United States.



Questions?

Please do not hesitate to
contact us!

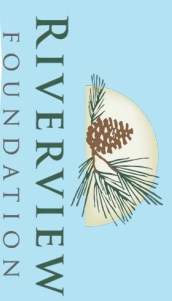
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About Riverview Foundation

Riverview Foundation is a 501c3 non-profit educational facility. Riverview designs, and implements youth programs in three counties in Southern Maine, with a primary focus on sharing life skills to improve the quality of life for Maine's youth. Riverview currently serves between 400-600 youth and families weekly throughout Mid Coast and Southern Maine.

Riverview's work is made possible by it's strong community supporters and it's program partners: The Maine Department of Education, Maine DHHS, The Maine Department of Corrections/Juvenile Justice Advisory Group, The Libra and Davis Foundations, and private Maine and New England grant makers.



www.RiverviewFoundation.org



Riverview - Brunswick 21st Century
Community Learning Center



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