

The First Meeting is the Most Important: How to Facilitate Community Meeting in your After-School Program



PARTICIPANT WORKBOOK

Frank J. Kros, MSW, JD
The Upside Down Organization • www.upsidedownorganization.org
410-444-5415

Who Are These Guys?

The TranZed
Alliance

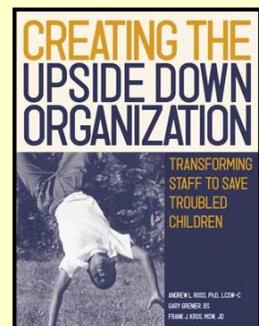
PROGRAMS

- 6 Schools
- 2 are Non-Public
- 4 Charter (Reg-Ed)
- 3 Group Homes
- Foster Care
- OMHC
- 2 Autism Centers

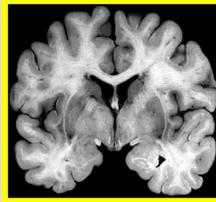


What's Different About The Upside Down Organization?

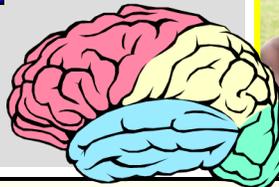
- A unique learning organization to **"Help Adults Help Kids."**
- **Nonprofit.** Proceeds go to kids at The Children's Guild.
- **Applied Research.** We are operating schools, group homes, foster care, mental health and after-school programs!
- **Word of Mouth Marketing.** Our participants "spread the word."



The 2 Foundations of a **GREAT** Afterschool Program



FOUNDATION #1 Neurogenesis is Your Goal!

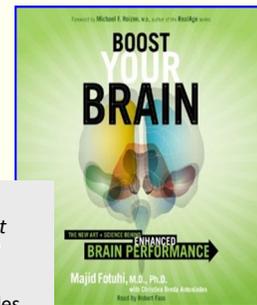


7 POWER TOOLS

1. Vigorous Physical Play (*Regular Physical Activity*)
2. Meaningful New Learning
3. Enriched Experiences and Environments
4. Managed Stress Levels
5. Positive Nutrition
6. Social Support
7. Sufficient Time

Excellent Resource:

Boost Your Brain: The New Art and Science Behind Enhanced Brain Performance
by Christina Breda Antoniadou



Jensen, E., *Enriching the Brain: How to Maximize Every Learner's Potential* (2006, Jossey-Bass, San Francisco, CA)

FOUNDATION #2 Community Meeting

- Purpose
- Logistics
- Agenda
- Key Features

PURPOSE

- Create a soft landing in the after school program
- Ease into the after school schedule rather than starting with homework
- Build strong relationships: Staff to Student | Student to Staff
- Provide a specific time and place to closely “check-in” with each student
- Identify and solve problems
- Establish a strong sense of community among all involved in the after school program

Other Purposes?

Create a Soft Landing

LOGISTICS



WHO

- Number of Students _____
- Age/Grade Groupings _____
- Gender Groupings _____
- Number of Staff _____
- How many Community Meetings? _____

Blank yellow area for notes or additional information.

WHERE

- Location(s) _____
- Transition Considerations _____
- Furnishings _____
- Number of Staff _____
- How many Community Meetings? _____

Blank yellow area for notes or additional information.

AGENDA

1. Snack at community tables
(i.e. neighborhoods)
2. Discussion on the “Theme of the Week”
3. Guest speakers
4. Problem solving
5. Act of Kindness Sharing
6. Journaling or Story Boarding
7. Self-Regulation (MBSR, Yoga, Calming)
8. Happy Bags / Notes of Encouragement

3. Guest speakers

5. Act of Kindness Sharing

7. Self-Regulation (MBSR, Yoga, Calming)

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“Theme of the Week” Discussion Topics

Organized Around the

“Nine Facets of a Healthy Lifestyle”

To eat good food	To sleep deeply	To move your body
To handle your stress	To connect with others	To get outside
To be the best you	To have some fun	To own your choices



Adapted From:
Polaris Jump Start Program
Appleton North High School
Appleton, Wisconsin

The Morning Meeting Book
by Roxann Kriete and Lynn Bechtel; 2002, Northeast Foundation for Children, Greenfield, MA; ISBN 1-892989-09-3



KEY FEATURES

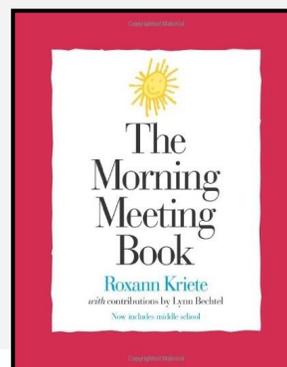
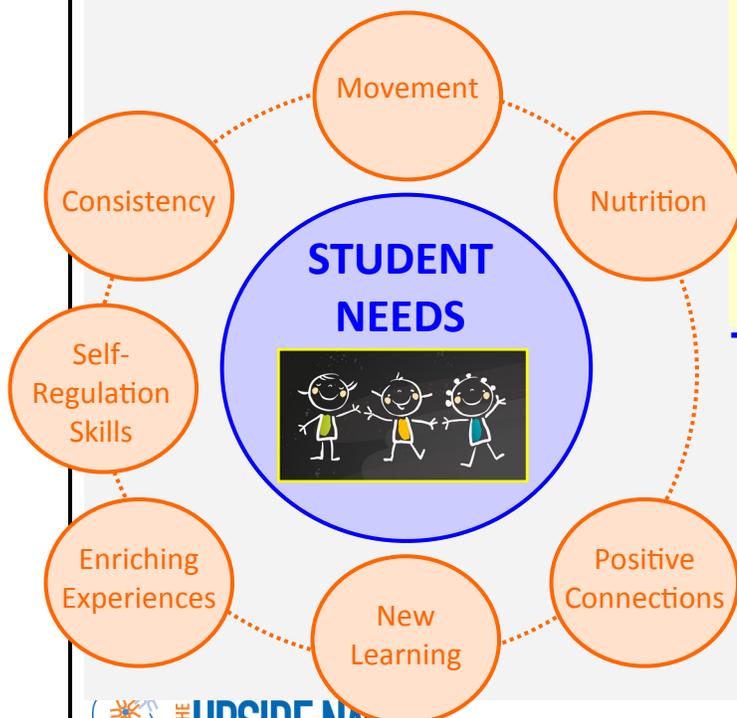
- No matter what else is planned, community meeting allows staff to check-in with each student every day.
 1. Staff assess students' physical and emotional well-being
 2. Staff connect students with other staff members in the building where necessary
 3. Staff make sure each student has a face-to-face interaction to start their post-school day
 4. Staff contact students who are absent
- Staff focus is to create a sense of community among students and to use that community to support student needs and program quality

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4. Staff contact students who are absent



GREAT RESOURCE

The Morning Meeting Book
By Roxann Kriete

Taking Stock of NEUROGENESIS

ACTIVITY	Not Doing	A Little	Not Consistent	Improving	Well-Integrated
Vigorous Physical Play					
New Learning					
Enriched Experiences & Environments					
Managed Stress Levels					
Positive Nutrition					
Social Support					
Sufficient Time					