

THE GREAT TIMES

WWW.BGCMIDLANDS.ORG



BOYS & GIRLS CLUBS
OF THE MIDLANDS

WINTER 2012 EDITION



LEADERSHIP SPOTLIGHT

PRESIDENT & CHIEF EXECUTIVE OFFICER CARTER CLARK has been an integral part of Boys & Girls Clubs for a total of 25 years. For the last decade, he has served as President/CEO in the Midlands. Carter started his work with Boys & Girls Clubs as junior staff in Minnesota and held a variety of program positions prior to becoming an executive director in Atlanta. Carter's undergraduate degree is in child psychology, and he earned a Master of Business Administration degree in 2000. He and his wife have two children who are members of the BE GREAT Academy, one at Lake Carolina Elementary and one at Kelly Middle School.



CORE PROGRAM: HEALTH AND LIFE SKILLS

Today's youth face challenges that can affect their health and long-term well being. BGCM is committed to giving students the tools—and the strength—to make smart decisions and engage in positive behaviors.

Through our Health & Life Skills programs, we help members set personal goals, maintain healthy lifestyles, and establish a foundation that will help them live as self-sufficient, healthy, and wise adults. Programs in this area show members how to handle peer pressure, how to identify and avoid risky behavior, and how to make better choices today so that they can fulfill their dreams for tomorrow.



PROGRAM SPOTLIGHT

BGCM Empowers Kids to Make Good Choices through SMART Moves Program

One of our Health & Life Skills programs is SMART Moves (Skills Mastery and Resistance Training). The program promotes abstinence from substance abuse and other risky behaviors by teaching Club members to choose the responsible path.



SMART Moves uses a team approach involving Club staff, peer leaders, parents, and community representatives. More than simply emphasizing a "say no" message, it involves

members in discussion and role-play where they can practice resistance and refusal skills, develop assertiveness, strengthen decision-making skills, and analyze media and peer influence. The program's components include SMART Kids for children ages 6-9, Start SMART for youth ages 10-12, Stay SMART for teens ages 13-15 and SMART Parents for parents of Club members participating in SMART Moves.

According to one BGCM Director, SMART Moves has proven to be a

true win-win for children and parents alike, opening new lines of communications and arming them with new tools.

"For the kids, through role playing, they can practice how they would handle different situations, so they are not blindsided when they face those situations in real life," she explains. "Kids can feel confident that they'll know what to do."

"For the parents, the program provides new insights on how to discuss difficult topics with their children," she adds. "The topics we cover in SMART Moves often initiate conversations between parents and children at home, which are incredibly valuable and will help children make good life choices." ★

IN THIS ISSUE

- ★ HEALTH AND LIFE SKILLS FOCUS
- ★ SMART MOVES PROGRAM
- ★ LAKE MURRAY CAMPUS SITE PROFILE
- ★ PALMETTO HEALTH'S ZUMBATHON



CAMPUS PROFILE: LAKE MURRAY ELEMENTARY

AT LAKE MURRAY ELEMENTARY, in Lexington and Richland Counties' District 5, Campus Director LaDonna Derrick has figured out what her students love (and what will help them succeed in school) and has focused the program on those key areas.

With approximately 80 members who range from kindergarteners to fifth graders, Derrick and her staff of four have a philosophy of tailoring the BGC program to the needs and interests of students.

For example, as a part-time school employee, Derrick knows the rigorous curriculum students face. For the Power Hour, a time designed to raise the academic proficiency of members, she can give her students specific enrichment activities that will help them succeed in school.

Staff at the Lake Murray BE GREAT Academy also realized that their Campus is filled with children who enjoy being active.

"Our members come out of school and you would think they would be tired, but they want to keep moving," Derrick laughs. To meet the need for activity, the program at Lake Murray Elementary spends time on sports activities and on a variety of up-and-moving games such as relays.

Another focus area for the Lake Murray Campus, one driven by the interests of members, is drama.

"Last year, we were doing a 'go green' project, and I found a skit for the kids to do about the importance of recycling," Derrick explains. "They absolutely loved it, so we are running with the kids' interest in drama."

In the fall, students put on a full-scale production of *The Wizard of Oz*; and in February, they performed *How the*



Grinch Stole Christmas. Although the play was a little off-season, Derrick and her staff embraced the choice of the members.

"I told the students, if you want to do a Christmas play in February, that's just fine with me," she says. "Students make everything for our productions including the scenes and costumes. Parents are involved too. We're working to give our members a total theater experience."

In addition to the many fun activities at Lake Murray Elementary's BGC, Derrick notes that it's the life lessons students learn that are most important.

"Our members are learning to appreciate each other's differences," Derrick says. "They are recognizing that we all have something to learn from each other, which is exciting. We have built a true sense of community here." ★



Campus Director Shirod Washington shares a smile as he greets participants.

A Big Thank You to Palmetto Health's Zumbathon Participants!

Participants at the recent Palmetto Health Heart Hospital's Zumbathon, held on February 4 at the Carolina Coliseum, showed their support for BGCM by donating a variety of sports-related items, which will be used at the Campuses.

BGCM staff members were on hand to assist with the annual event where more than 1,100 people attempted to break the record for the most people doing Zumba. The Zumbathon is part of Palmetto Health's efforts during February to promote heart health in South Carolina.



Members of the Round Top Campus created a poster to express their appreciation (in several languages) for the donations.

