



COLUMBIA COUNTY
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FOR IMMEDIATE RELEASE
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PRESS RELEASE

FOR INFORMATION CONTACT: Jan Spika-Kenna, Director, Columbia County Commission on Children & Families
503-397-7225

St. Helens Community School Impacts Youth and Families in the Region

The St. Helens Community School (SHCS) helps young people thrive, supports families, maximizes community resources and strengthens community ties. The SHCS is offering free “after-school” programs for sixth through eighth-grade students, as well as personal development classes for adults and families.

St. Helens Community School is funded by a grant from the Oregon Commission on Children and Families and is administered by the Columbia County Commission on Children and Families. The project is a collaboration of students, parents, teachers, partner organizations, and community members. Community Schools are focused on school success and are required to show an improvement in academic scores of the students participating in activities at the end of this school year. SHCS has already shown positive results.

Earl Fisher, County Commissioner and Chair of the Columbia Commission on Children and Families says, “Community Schools build character and protect the community. They’re an asset and an important tool in our toolbox that helps us enrich the lives of our children and community”.

SHCS provides supervised extended-day activities such as Cooking, Fitness, Tae Kwon Do, Chess, knitting, sewing, jump rope, basic rhythm and dance, introduction to theater, paper crafts, book club, and American Sign Language. Students can also participate in academic clubs such as, Homework Club, Math Club, creative writing, computers and Science Club.

The first session of the Community School Program will start February 2 and end March 18. The second session will start after spring break and run to Memorial Weekend. The activities will be Monday through Friday with the students starting each day with a snack then off to their one hour activity at 3:25. By 4:30 each day the student will board a bus headed for home.

Additionally, we are able to provide educational resources to adults at low cost or free. The first session will offer free classes in Yoga, Core Pilates and NIA which is taught by Violeta Bailets at the Body Motion Studio. Gentle Yoga will be taught February 4 and 11. Core Pilates and Flow Yoga will be taught February 18 and 25, and NIA will be taught March 4, 11 and 18. If there are a large number of participants, these classes will be held at the Middle School Cafeteria.

To register please see the attached registration form, or call/email: Diane Kadolph-Ray at the Community School office, 503-366-7316, dianek@sthelens.k12.or.us

Community schools combine the best quality educational practices with enhanced and extended day programming to ensure that children are physically, emotionally, and socially prepared to learn. Community schools function as community hubs where public and private resources converge to address barriers to learning through shared leadership and shared accountability for student learning, healthy families and thriving communities.

Joanna Tobin, Principal of St. Helens Middle School says, “We have approximately 25% of 6th-8th grade students in this community participating in the St Helens Middle School, Community School Program. This is extremely exciting and I am so thankful for the grant funding, volunteer support from community members, and dedication from school district employees. We are starting to see positive impact on student success in school as a result of students engaging in the Community School Programs.”

According to Jan Spika-Kenna, Director of the Columbia County Commission on Children and Families, “St. Helens Middle School staff have done an outstanding job implementing the program, and we are proud to be their partner”. Community Schools act as a hub where public and private resources meet to address barriers to learning. Leadership and accountability are shared so that students learn and communities thrive.

According to Fight Crime Invest In Kids, “America's law enforcement leaders know from experience and research, that the hours from 2 to 6 PM on school days are the prime times for juvenile crime. Quality,

constructive and highly supervised programs can cut crime immediately and convert after school hours into safe learning time.” Youth need positive after school activities to fill their time and SHCS serves that need.

For more information about the St. Helens Community School, call Diane Kadolph-Ray at 503.366.7316 or email dianek@sthelens.k12.or.us.

For information about the Commission on Children and Families, please call, Jan Spika Kenna at 503.397.7225. For more information about Community Schools, visit the Coalition for Community Schools website at www.communityschools.org and Fight Crime Invest In Kids at www.fightcrime.org

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St. Helens Community School Registration Form

2009-2010 **FREE** Adult Classes

This form must be filled out completely with all required signatures. Please use legible writing. Thank you!

Name (please print): _____
(First Name) (MI) (Last Name)

Date of Birth: _____ Month Day Year
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female
Race:
<input type="checkbox"/> American Indian/Alaskan <input type="checkbox"/> Asian
<input type="checkbox"/> Black/African American <input type="checkbox"/> Hawaiian/Pacific Islander
<input type="checkbox"/> Multi-racial <input type="checkbox"/> White
<input type="checkbox"/> Other: _____

Home Address:

_____ Address City Zip Code

Home Phone Number:

Email: _____

Please Indicate Class Choice (choose one or all days)

All Classes are on Thursdays from 5:30-6:30 PM and taught by Violeta Bailets at the Body Motion Studio: 131 Oak Dr. in St. Helens.

_____ Feb. 4 & 11, **Gentle Yoga:** This class supports the body's ability for ease of motion and mobility in daily living. The poses will strengthen your body, improve balance and flexibility. Breath oriented practice will help you to increase your circulation, release tense muscles and renew your energy. Adaptable to all levels.

_____ Feb. 18 & 25, **Core Pilates and Flow Yoga:** It will enable you to experience the wisdom, strength and grace of your body through creative sequencing drawing from more challenging yoga poses and sun salutations. This will strengthen your core, tone your abdominals, streamline your figure, create a taller, leaner and stronger body, improves posture and balance.

_____ March 4, 11 & 18 **NIA** (non impact aerobics or neuromuscular integrated action): NIA is a fitness and awareness dance program. The stillness and concentration of Tai chi, the dynamic poses of yoga, the explosive power of martial arts, grace and spontaneity of modern and jazz dance make it possible to stay fit and reap holistic benefits while having fun. No experience necessary.

Registration forms can be submitted by:

MAIL: St. Helens Community School-Site Manager

St. Helens Middle School

354 N. 15th St.

St. Helens, OR. 97051

FAX: (503)366-306 **ATTN:** St. Helens Community School-Site Manager

EMAIL: dianek@sthelens.k12.or.us