



# Backpack Newsflash



A NEWSLETTER FROM CB CARES PARENT NETWORK \* SPONSORED BY FRED BEANS AUTO DEALERSHIPS



## Dr. Robert Brooks presents Fostering Family Closeness and Respect

Mark your calendar and reserve your space to attend “Fostering Family Closeness and Respect” presented by Dr. Robert Brooks who will identify and describe factors that help families to experience greater warmth and respect. Dr. Robert Brooks is one of today’s leading speakers and authors on the themes of resilience, motivation, school climate, a positive work environment, and family relationships. During the past 35 years, Dr. Brooks has presented nationally and internationally to thousands of parents, educators, mental health professionals, and business people. His talks are filled with practical, realistic suggestions and he is renowned for the warmth and humor he uses to bring his insights and anecdotes to life. Dr. Brooks will discuss:

- IMPORTANCE OF PRACTICING EMPATHY IN ORDER TO UNDERSTAND AND RESPOND TO EACH FAMILY MEMBER
- CHANGING “NEGATIVE SCRIPTS”
- ESTABLISHING REALISTIC EXPECTATIONS AND GOALS
- BECOMING A CHARITABLE FAMILY
- DISCIPLINING IN WAYS THAT PROMOTE SELF-DISCIPLINE RATHER THAN RESENTMENT
- HELPING EACH FAMILY MEMBER TO FEEL SPECIAL AND APPRECIATED



**PARENTPOSITIVE**

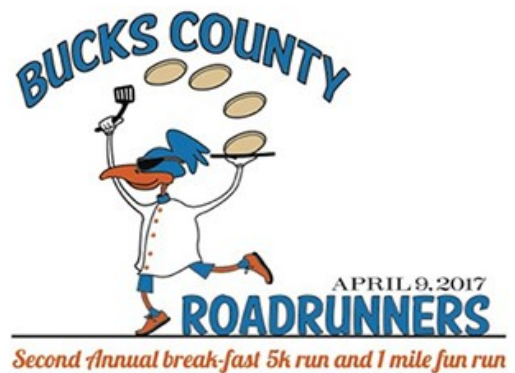
Wednesday, April 5th @ 7pm  
 Lenape MS  
 Free to attend ∞ Babysitting Available  
 Registration Recommended:  
<https://www.eventbrite.com/e/fostering-family-closeness-and-respect-parent-positive-registration-30255992488>

Dr. Robert Brooks is on the part-time faculty of Harvard Medical School. Dr. Brooks career celebrates the 16 books he has authored or co-authored including, *Raising Resilient Children*; *Raising a Self-Disciplined Child*; *The Power of Resilience: Achieving Balance, Confidence, and Personal Strength in Your Life*; and *The Charismatic Advisor: Becoming a Source of Strength in the Lives of Your Clients*.

## MARCH'S BOOMERANG ASSET #17 Creative Activities

The second annual Break-Fast 5K is one of seven races in the 2017 Bucks 5K Series ([www.bucks5kseries.com](http://www.bucks5kseries.com)). The race is organized by the Bucks County Road Runners (BCRR) Club, which is dedicated to wellness, camaraderie, support of the sport of recreational and competitive running, and community involvement. The BCRR Club currently has nearly 800 members. Proceeds from the Break-Fast 5K event directly benefits CB Cares Educational Foundation.

Sunday, April 9, 2017  
 1-Mile Fun Run, 9:00 am  
 Break-Fast 5K, 9:30 am  
[www.break-fast5k.com](http://www.break-fast5k.com)



Second Annual break-fast 5k run and 1 mile fun run

**Benefitting CB Cares EF!**



The following students represent the Boomerang Youth Recognition Award for February's Asset is #33 Interpersonal Competence.

Young person has empathy, sensitivity, and friendship skills. Young person cares about and is aware of other people's feelings. He/she commits to meaningful and caring actions.

### Elementary: Lucas Rubeo, Grade - Groveland ES



"The student that I am nominating, Lucas Rubeo, displays great empathy towards others by practicing what he preaches. He believes that no matter what our differences are we should all be respected and treated kindly. This young man volunteers his recess time to visit the multiple disabilities classroom and interact and engage with all 7 of the students. Lucas's sensitivity to the student's specific needs is refreshing and puts a smile on everyone's face. Each week when he comes in he greets every peer and asks how they are and talks to them, developing friendships. He knows how each student communicates and will make sure that he respects their way, whether it is through a smile, a communication device, or to reach out and activate a pre-programmed voice automated switch. While he plays the students favorite iPad game, Counting Songs, he shows great care as he goes from student to student to help them participate in their individualized way. I am so impressed with this young man's

awareness and sensitivity to my students needs and feelings." – Mrs. Jackson 6th grade teacher

### Middle School: Riley Winters, Grade 8 - Unami MS



A young lady who is considerate of teachers and peers, a young lady who reaches out to classmates when they struggle, a young lady who seeks to appreciate the challenges that others endure. This young lady is Riley Winters, as she is unique among her peers because while most middle schoolers are interested in themselves, Riley is saying to her peers, "How are you? Can I help? I think you've done a nice job." She offers pencils, an informal tutoring session, or a strategy for studying. Riley's comments as well as her actions speak volumes to her interpersonal competence. In Spanish, she offers to partner with someone who needs help. In Social Studies, she gladly works with any peer on a group assignment. In Advanced English, Riley explains challenging concepts to the class, peer edits papers, and shares study strategies. During last marking period, Riley made sure to speak kindly every day to a classmate who was experiencing chronic illness. She never commented on the illness; she asked thoughtfully about this

young person's welfare. Riley never makes her comments or actions public; she interacts with others using a quiet, unassuming manner. Rarely can a middle school student demonstrate interpersonal competence in this way. Unami is most fortunate to have Riley as a role model for friendliness and empathy.

### High School: Courtney Carr, Grade 12 – CB West HS



Courtney Carr is a senior who exemplifies this Asset – Interpersonal Confidence. She was selected to be in our social skills advisory as a peer buddy to students who struggled with social skills. She has proven to be much more than an advisory buddy. She has befriended each and every student in advisory and helped them through social problems, family problems and other issues that teens struggle to cope with. Courtney belongs to the Best Buddies club as well as Knitting for the Kneedy. She also played an active role in our Mini-THON club last year. Courtney is a terrific role model for our community. She organized a peaceful activity in Doylestown to combat the hateful literature that was found around town and has attended School Board meetings to voice her opinion on what would make Central Bucks a better place for all students. Courtney demonstrated interpersonal competence

while working closely with students with disabilities and making every effort to include everyone in conversation. Courtney herself has been a person who was teased and not accepted by some for her choices but she is without a doubt an amazing and caring person to others – friends, family, strangers, community and even animals.

### March's Asset #17 Creative Activities

Young person participates in creative activities which have a direct impact on him/her and others. Their creative activity can take a variety of forms - music, drama, art or any other creative expressions.

Nominations will be due to your school by **Monday, March 27th.**

**Boomerang Youth Recognition Award**

# Search INSTITUTE

For more than 50 years, Search Institute® has been a leader and partner for organizations around the world in discovering what kids need to succeed. Our research, resources, and expertise help our partners in organizations, schools, and community coalitions solve critical challenges in the lives of young people. We focus on deepening understanding and working with partners to improve the lives of young people in three critical areas:

**Developmental Assets®**, Search Institute's framework of strengths and supports, which has become the most widely recognized and most frequently cited approach to positive youth development in the world.

**Developmental Relationships**, those relationships that help young people attain the psychological and social skills needed for success in education and in life.

**Developmental Communities**, a focus on creating contexts and settings that attend to young people's developmental needs and are aligned for collective impact.

## TIPS FOR BUILDING ASSET #17 CREATIVE ACTIVITIES



Everyone is an artist in some way. Think of how you may create a new way to surprise someone on her or his birthday, hum along to the radio, dance when you're in a good mood. These small bursts of artistic expression are important ways people communicate individuality. By bringing more art and music into young people's lives, caring adults can help to develop another side of their personalities, talents, and skills.

**In your home and family:** Play magnet art. Here's how: Visit an art museum as a family. Have each person walk toward the first painting that catches her or his eye (drawing you to it like a magnet). Let each family member explain what he or she likes about the painting he or she chose.

**In your neighborhood and community:** Encourage the creative energies of everyone in the community by supporting your local community theater.

**In your school or youth program:** Integrate music into your regular curriculum or program. Start the day with a bit of classical music, followed at lunch by rock and roll or jazz, and end the day with opera. Discuss everyone's preferences and invite students and participants to help select songs for the next day.

**Nominate a deserving student  
for a Boomerang Award!**

*Did you know coaches are a leading positive influence on today's youth?*



Visit our website: [Cb-cares.org](http://Cb-cares.org) to download a nomination form. Nominations are being accepted through April 30, 2017. The recipient will be honored at a community ceremony in late spring with a plaque and \$500 award. This initiative is brought to you through a partnership between CB Cares EF and Bucks County Orthodontics.



bucks county  
ORTHODONTICS

Todd M. Welsh, DMD

**NOMINATE YOUR COACH TODAY!**

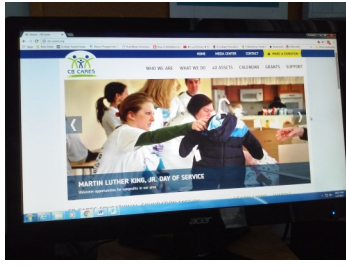


## CB Cares EF Announces New Boomerang Award Partner: Doylestown Inn's Hattery Stove & Still

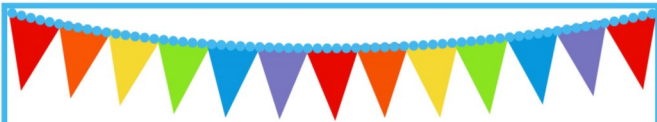


CB Cares EF is pleased to announce a new Boomerang Award community partner with our friends at the Hattery Stove & Still situated within the historic Doylestown Inn. Over the past two years, the organization has developed a positive youth focused relationship with the Inn which has included performance opportunities for our Youth 2 Community art program. CB Cares EF is excited to have a new partner for our beloved Boomerang Youth Recognition Award. The Hattery will now host our monthly Boomerang Judge's Breakfast. This month marked our inaugural launch for the selection of February's Boomerang winners. Our community judges included; award-winning Bucks County artist –Alan Fetterman, Will Hammerstein, Hammerstein Center and photographer Kim Billingsley. These three judges had their work cut-out for them as Asset #33 Interpersonal Competence rendered dozens of impressive Boomerang nominations from the schools.

## Community News & Events



As part of the 20<sup>th</sup> anniversary of CB Cares EF, a new interactive website was launched to provide families with resources and information on the programs, parent resources and sponsored community events. The website is mobile friendly and is a “go to” for parents that value the importance of Developmental Assets in their child’s life. CBCEF is a committed education foundation that has a rich 20 year history of supporting families in our community. Check US out at: <http://cb-cares.org/>



### NOVA Thrift Shop

#### Grand Opening Celebration

Join us for refreshments, games, giveaways and raffles to celebrate our new location!

Saturday, March 25, 2017

10:00 a.m. to 5:00 p.m.

(a ribbon cutting ceremony will be held at 9:45 a.m.)

2116 Broad Street  
Perkasie, PA 18944  
(at the corner of Broad Street & Rt. 313)

The first 500 visitors will receive a complimentary NOVA reusable tote bag filled with goodies!

For more information call 215-249-8000 or visit us at <http://www.novabucks.org/thriftshop/>

Like us on Facebook (NOVA Thrift Shop) to learn about sales and special events!

### “Why My Mother Deserves the Celebrity Treatment” Essay Contest



Students in Central Bucks will have an opportunity to put into words why they believe they have the greatest mom of all. The 7th annual Mother's Day Essay Contest is open to all CBSD students and held in conjunction with CBCEF's Celebrity Chef & Waiter Gala. Students are encouraged to write essays of 250 words or less about “Why My Mother Deserves the Celebrity Treatment.” Four winning essays will be selected by a committee and winners will be announced the week of May 7th.

**Grand Prize:** The lucky mother of each winning author will receive a pair of tickets to the Celebrity Chef & Waiter Gala on Sunday, June 4th and VIP swag bag the night of the event (total value \$350).

**Contest Rules:** Each essay must be 250 words or less. The student's name, grade level, and school must appear on the top of each essay. The student should write about “Why My Mother Deserves the Celebrity Treatment” and deserves a special evening out to be treated like a celebrity.

**Deadline for Entries:** Completed essays are due May 1st to: CB Cares' Mother's Day Essay Contest, 252 W. Swamp Road #5, Doylestown, PA 18901. Email electronic submissions to [vlacoff@dh.org](mailto:vlacoff@dh.org).

### WANT to MAKE a DIFFERENCE in your COMMUNITY while developing LEADERSHIP Skills for the future.

CB Cares EF is currently recruiting middle and high school students for a new initiative, CB Cares Volunteer Teens.

This student led volunteer council will provide many opportunities to interact with community leaders, other nonprofits and develop leadership skills. To learn more:

<http://cbcaresvolunteerteens.weebly.com/>

CB-CARES  
Volunteer  
Teens

#### Our Mission Statement:

CB Cares Educational Foundation, in partnership with Doylestown Health, the Central Bucks School District, local businesses, and the community, is dedicated to enriching the experience of students through learning grants and 40 Developmental Asset based programs which promote responsible and resilient youth.