

## Irving Recreation Center After School – April 2010

**Program spotlights** (Click each link for details.)

- [April Calendar](#): Stay current on everything Irving Recreation Center has to offer middle school students this month.
- [Video of the Month](#): Irving Recreation Center Homework Room
- [Design and Discover](#): This hands-on engineering program will provide Irving girls an opportunity to work with girls from other schools and will culminate in the creation of an electronic Dance Pad. Made possible through a partnership with Homestead Girl Scouts Council, UNL's Raikes School Department of Computer Science and Engineering, and the UNL student chapter of the Society of Women Engineers.
- [Disc Golf Club](#): IRC Disc Golf Club will begin Monday, April 5 and will meet after school Mondays and Thursdays during the month of April. Our coach will be Irving Middle School's own Mr. Hirt.
- [Soccer Camp](#): There will be an information meeting for our after-school coed soccer camp Tuesday, April 20 at 3:10 p.m.
- [Family GPS Treasure Hunt](#): Are you ready for an adventure? Join us for a lesson in using a handheld Global Positioning System (GPS) unit followed by a GPS hunt for caches hidden in Irvingdale Park. Each cache contains a different prize. Register in advance with one child with an adult relative.

### New hours

Please note our hours will change for the season on Monday, April 5:

Monday-Thursday, 9:00 a.m.—7:00 p.m.

Friday, 9:00 a.m.—6:00 p.m.

Saturday, 1:00—5:00 p.m.\*

Closed Sundays

*\*The rec. center will be closed on Saturdays starting May 1. Weekend hours will resume in November.*

### Positive youth development

Irving Recreation Center is dedicated to offering young people the supports and experiences necessary to grow up happy and successful. We do this through child and youth recreation programming, by advocating for young people and sharing valuable information with parents and others in our community. Each month's email from the rec. center includes ideas for how everyone can respond to the changes and challenges of raising our kids in positive, healthy ways. This month we consider *homework* and how it contributes to positive youth development. View our Video of the Month to learn more about our Homework Room program.

### Homework—an important part of reaching goals

Remember when you were a student and wished the teacher would say, "No homework today. Go home and have some fun!" You may have loved the lectures and the learning, but dreaded the tests and homework assignments. Well, you're not alone. Most young people would rather play with their video games than sit down to read *The Great Gatsby* or work on statistics. But any goal worth achieving takes hard work. Work that takes place in the classroom and at home. In addition to reaching academic goals, doing homework teaches young people to follow directions, manage their time, and work on their own. **Homework** is Asset 23 of Search Institute's 40

Developmental Assets, the qualities, experiences, and relationships that help young people grow up healthy, caring, and responsible.

### Here are the facts

Research shows that young people who spend at least one hour on homework every weekday are more likely to grow up healthy, stay committed to learning, and achieve their goals. About 47 percent of young people, ages 11–18, report doing at least one hour of homework every school day, according to Search Institute.

### Tips for building this asset

All you may hear about homework from young people is that they hate it, don't have any, or have too much the night before a test. Sometimes, young people actually lack essential homework skills. Once they get the hang of homework basics—organization, time management, and study skills—they can be more creative with their study strategies. Encourage them to keep trying.

### Also try this

- **In your home and family:** Turn off the TV during study time and create a quiet area in your home for your child to do homework. Make yourself available if your child has questions or needs help.
- **In your neighborhood and community:** Consider starting a “homework house” in your neighborhood. Each day a different home can provide space, encouragement, and help with young people’s homework.
- **In your school or youth program:** Make yourself accessible—through e-mail, a Web site, or the phone—so students and parents can contact you if they have questions about an assignment.

Want to know more about the 40 Developmental Assets and ideas for helping young people build them? Visit <http://www.search-institute.org/assets>.

We are planning a new look and format for our monthly e-mail newsletter next month and look forward to your feedback. Additionally, if you are interested in receiving Lincoln Parks & Recreation’s monthly general interest e-mail newsletter, you can sign up [here](#) or click the newsletter icon on our website, [parks.lincoln.ne.gov](http://parks.lincoln.ne.gov). You will have the option to select a variety of categories, including Irving Recreation Center.

As always, do not hesitate to share your comments and questions with me in the meantime.

Be well,

Dan Payzant  
Center Director

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Developmental Assets® are positive factors within young people, families, communities, schools, and other settings that research has found to be important in promoting the healthy development of young people. From *Instant Assets: 52 Short and Simple E-Mails for Sharing the Asset Message*. Copyright © 2007 by Search Institute®, 877-240-7251; [www.search-institute.org](http://www.search-institute.org). This message may be reproduced for educational, noncommercial uses only (with this copyright line). All rights reserved.