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*The **CIBC/FBC WESTEND ACADEMY**'s theme is "IT'S A FAMILY AFFAIR!" Of course, children are our focus, but we must accept the fact that the family environment is the first and most lasting influence on a child. So, we are determined to develop programing and/or collaborations that take us from the cradle to the grave.*

ADULTS

Family Counseling

The stresses of daily life, the absence of basic food and or supplies, the need for better work-life balance, a family crisis of one kind or another or mental health challenges for one or more family members can bring a family to its knees at any time. Children with disabilities, financial stresses, behavioral challenges, and just the ages and stages of different children can create challenges that may require some help to resolve. Our counselor adds tools to family relationship toolboxes so they can learn new ways to communicate, to work through problems, to discipline, and to relate to one another.

Parenting 101

Raising children is a team effort. Getting everyone on the same page is the heart of our program, including partners, grandparents, and cool aunts and uncles.

Health & Safety

In our sessions we stress the importance of safety and wellness at home to people of all ages, including the community and on the road. Examples include keeping teen drivers safe, helping seniors stay safe at home, preventing prescription drug overdoses, and keeping garages hazard-free. A cluttered home is often the cause of a cluttered mind as well as causing some children to act out.

Budgeting

Staying on top of bills, keeping records organized & accomplishing financial goals are the objects of this class. We are fortunate to have banking professionals teaching these sessions. Helpful Insights, Personalized Experience and for the first time for some, opening their own savings account.

Selecting & Preparing Healthy Meals on a Low Budget

Participants start off with a Healthy Weekly Meal Plan with a required Grocery List. Busy schedules, saving money and making healthy meals requires planning & preparing meals ahead of time. Parents are encouraged to set aside time each week to select plan meals, shop, and prep the ingredients, which for the working parent makes weeknight dinner a quicker fix. Some meals are prepared at the Academy to demonstrate streamline methods.

General Education Development GED

Our GED graduates come from diverse backgrounds, but they all have one thing in common: a desire to succeed. The GED test covers 4 subjects: Math, Science, Social Studies, and Reasoning Through Language Arts. They can take all 4 together or one at a time at an official GED test center when they are ready. The entire program is computer based. At the Academy we do however help with some of the drills.

Job Readiness

We like the Commonwealth Corporation edition of Empower Your Future: Career Readiness Curriculum Guide and will be purchasing the program. Empower Your Future is a life skill, career development and employability curriculum guide developed for use by program staff taking part in the Bridging the Opportunity Gap. Commonwealth Corporation is excited about expanding the reach of this Guide for use by public schools, agencies, non-profits, and organizations who are committed to enhancing education, employment, and positive outcomes for youth. This guide offers a variety of activities, games, and discussion questions to help young people discover new information and practice new skills in relationship to their job and career development. The Guide provides a set of curriculum units that focus on an interactive and participatory approach to facilitating this curriculum. Through interactions with participating youth, we will be able to help youth make connections to what they already know and find ways to make the information relevant to their lives. We are anxious to obtain the guide and engage young people in the process.

Computer Literacy

It is imperative that parents become computer literate. Parents need to be able to monitor, filter and control their children's computer and internet activities. Parents also need to be computer literate for themselves to adjust to the new world norm which is technology based. Being knowledgeable and skilled at using computers increases their chances of gaining a more lucrative lifestyle. Our course will give them the basic computer skills they need just to survive today. They can continue to progress from that point on.

Community Building

IT IS SAID THAT IT TAKES A VILLAGE TO RAISE A CHILD. There was a time when people in a community did exactly that, supported each other and looked out for all the neighborhood children. We need to find ourselves back into what we call Community Building. What is it? It is a field of practices directed toward the creation or enhancement of community among individuals within a

regional area, such as a neighborhood, or with a common need or interest. Our children and our safety would fall into that category.

We suggest perhaps starting with simple events like potlucks and small book clubs, to larger-scale efforts such as mass festivals and building construction projects that involve local participants rather than outside contractors. Community safety discussions or special activities for neighborhood children periodically are also starters to connect families and neighbors. Common interests, problems and concerns can also bring people together in building stronger communities. The Academy staff is available to initiate and help identify a wide variety of practices that would benefit from community building.

CHILDREN

Personal Image

Our self-image is the personal viewpoint we adopt towards ourselves which describes characteristics such as intelligence, attractiveness, talents, kindness, and many other traits. The Academy takes a deeper look at what self-image is and how it affects the growing child. Young people are so fixated on what others think of them that they fail to establish a sense of personal worth. Their perceived value is determined only by what others say and think. Learning to accept and love themselves is a goal we strive to help them achieve. The Academy continues to have great success at helping to develop self confidence in those who are young and those who are young at heart.

Respect for Self & Others

Respect is one of mankind's most noble sentiments. The highest levels of respect are always earned – never given. This is true of self-respect as well as respect for others. Sometimes this is hard to teach to children especially if they come from undisciplined homes. At the Academy "Respect for Self & Others" is a module in every class or session that we teach/present. It is essential to healthy relationships whether you are young or older. We address the topic and expectation at a level that is appropriate for each age group.

Reading

COVID-19 has caused so many children who may already have been behind in their academics, to fall even farther behind. Since reading is the most powerful key towards success in education, we have got to find ways to correct the situation. It is important that children can see themselves as doctors, lawyers, astronauts, artists and so much more and they can do so by losing themselves in books and articles featuring people who look like them. We must introduce children to a whole world of discovery where they can imagine themselves becoming whatever or whomever their desires, talents and abilities take them.

These children are growing up in a tech-savvy world. Embracing their use of smartphones and tablets may be one way to get them to read more. At home, their phone and tablet may be the only tutor they need.

Learning to read is a journey, more difficult for some children than others. The Academy is prepared to work with struggling readers, finding reading programs that actively improve reading without overwhelming a child who is already behind, which can be costly and time-consuming. We know that reading while difficult for some, can also be fun. We prove it often that children can improve reading and at the same enjoying it as well.

Math

Math levels have also fallen since children are at home and not in structured classrooms. In 2021 we must make up the difference. Some people believe Math is something that only certain people are born with and cannot be learned, but in fact, with the right strategy, many students can understand Math. Math is the analytical learning of numbers, patterns, and quantity. The Academy knows that one of the most important aspects of learning and mastering the concepts is to practice them thoroughly adding enjoyable math learning activities along the way. The Academy is prepared to meet the challenge.

Science

Science programs for elementary students will be student-centered, easy to implement, supportive, and flexible enough to fit into the Academy's instructional day. The Academy is looking for the appropriate introduction to science modules that meets the needs of our children. Science must be a part of our curriculum.

Computer Literacy

It is imperative that our youth be computer literate. Although most of them know how to play games of all kinds, it is even more important that they use this tool for education and future development. Being knowledgeable and skilled at using computers increases their chances of gaining very lucrative futures. Our course will give them the computer skills they need just to survive today. Skills which they will use for the rest of their lives.

Computer Technology

Our computer technology courses cover everything from computer hardware assembly and system design to data storage and network security to electronics and computer engineering. The introductory courses include instruction in operating systems and servers, computer diagnostics, device architecture and computer operation theory. When completing these sessions student will be able to repair computers or even build their own model.

Team Building

Getting young people to acknowledge that people need people, not just for play time but for all times. They are everyone, each with solid strengths, skills, ideas, and behaviors. There are times when competing is important and there are times when they must work together to achieve a goal. The Academy has structured activities for the young people to help them learn how to work and

play together more successfully. Team building activities also help to develop interpersonal skills such as communication, conflict resolution, problem solving and strategic planning.

Drop Out Prevention

THIS IS A MAJOR CHALLENGE FOR THE SCHOOL SYSTEM AND FOR AGENCIES LIKE THE ACADEMY. So often the student has completely given up on continuing their formal education. So often they have merged into the community with others who have dropped out and developed unhealthy habits that lead to negative consequences. Despite policy efforts at the state and federal levels, the school dropout rate for students in the United States is estimated at a staggering 500,000-to-1,000,000 children and youth per year. Our community has added greatly to that number. We must save our children and find ways to keep them engaged in furthering their education. In March of 2021 we will be meeting to formulate our strategy to help keep children in school and off the streets. Between now and then several of us are reviewing programs and materials that claim to have been somewhat successful.

General Education Development GED

The Missouri Option Program is designed to target students who have the capabilities to complete Missouri High School Graduation Requirements, but for a variety of reasons lack the credits needed to graduate with their class and are at risk of leaving school without a high school diploma. The program specifically, targets those students who are 17 years of age or older and are at least one year behind their cohort group or for other significant reasons identified in the local Missouri Option Program plan. The Academy staff will be available to support and aid in preparing students to successfully obtain their GED.