

Program spotlights (Click each link to view the associated file.)

- [December Calendar](#): Stay current on everything Irving Rec. Center has to offer middle school students this month.
- [IRC Book Fair poster](#): Last summer Irving Recreation Center collaborated with Indigo Bridge Books to promote reading as recreation and literacy development through summer day camp programming. This month we continue our joint effort by hosting a book fair at the bookstore, 701 P St., on Sunday, Dec. 13 (12-10 p.m.). Indigo Bridge Books will donate a portion of proceeds to Irving Recreation Center in the form of in-store credit to purchase books for our Homework Room and continued reading programs at the rec. center. We hope to see you there!
- [Finger Knitting Service Project flyer](#): Young people benefit from participating in creative activities, service to others in their community, constructive use of time and positive peer influence. For the second year in a row, this fun project will combine all these assets by bringing students together in the rec. center lobby to knit easy scarves for residents of the People's City Mission. After school every Monday and Friday in December.
- [Open Weight Room & Fitness Club flyer](#): One of our goals as a recreation facility and in our work with youth is to promote healthy, active lifestyles. Supervised open weight room and Fitness Club offer students opportunities to be active and stay fit after school. Fitness Club works on an incentive card that includes flexibility and cardiovascular exercises, nutrition activities, weight training lessons, and optional strength exercises.
- [Video of the Month](#): View "Peopimals III: Crabs 'n' Gulls," an IRC Art Club collaborative project with artist Michael Burton made possible by the Haydon Art Center. Mr. Burton taught students about his stop motion animation process as they performed as actors in the film and went behind the scenes in preparation for the opening reception on November 6.

Parent/guardian survey

Please consider taking a moment to complete a brief survey about the youth programs and services offered at Irving Rec. Center. The information we receive will be valuable to us as we gauge the effectiveness of our work with young people and will also be used as part of a larger evaluation of our performance according to City budget outcomes. This survey is anonymous and can be completed online in approximately 2-3 minutes by clicking on the link below:

[2009-2010 Parent Outcome and Satisfaction Assessment](#)

For more information about City of Lincoln budget priorities and performance measures, visit <http://www.lincoln.ne.gov/city/mayor/progress/progress.htm>.

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 the *support* young people receive in their lives. Irving Recreation Center employees are trained in the significance healthy, non-parent adult relationships can make in the lives of young people and are intentional in providing this kind of support. Of 103 middle school students surveyed at Irving Recreation Center last year, 97% reported getting along with at least one adult at the rec. center and 80% reported feeling the adults at the rec. center care about them.

Supportive, healthy relationships make a big difference

Many studies over the years confirm that caring, supportive relationships with adults are critical for raising young people who are healthy and resilient. Support means freely giving young people love, affirmation, and acceptance; surrounding young people with caring families, guardians, friends, teachers, neighbors, and other adults; and helping young people know they belong, are not alone, and are both loved and lovable. Support is one of eight asset categories that make up 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 the more loving, supportive, and caring adults a young person knows, the more likely he or she is to grow up healthy. Search Institute has identified six assets in the Support category crucial for helping young people grow up healthy: Family Support, Positive Family Communication, Other Adult Relationships, Caring Neighborhood, Caring School Climate, and Parent Involvement in Schooling.

Tips for building these assets

Developing bonds with young people takes listening and giving of yourself as needed. Be patient. Different kids and situations call for different kinds of support. Comfort, encourage, and help young people. Or simply be there for them. Remember that support doesn't have to be big or loud to be meaningful.

Also try this:

- **In your home and family:** Have each family member name three ways the family supports her or him. Discuss these, as well as the areas (and ways) in which each family member would like to receive more support.
- **In your neighborhood and community:** Model support for young people by being supportive toward others in your neighborhood, both youth and adults—praise them, take time for them, show an interest in them, and work to understand them.
- **In your school or youth program:** Encourage access to at least one caring adult for each young person in the school or youth program.

Want to know more about Search Institute's other seven asset categories or the 40 Developmental Assets and ideas for helping young people build them? Visit www.search-institute.org/assets.

Remember that Irving Recreation Center will be open for free drop-in during LPS Winter Break (see our December calendar for hours). On behalf of our staff, volunteers and the Lincoln Parks and Recreation Department, I extend a warm wish to you and your family for a happy Holiday Season.

Take care,

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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. This message may be reproduced for educational, noncommercial uses only (with this copyright line). All rights reserved.