



CU Cradle2Career

Pathways to Success for Every Student



AUGUST 1, 2016

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“Whether it’s the best of times or the worst of times, it’s the only time we’ve got” – Art Buchwald

New Members Community Council

Community Member
Robert McGrath

Community Member
Barbara Wleklinski

Champaign Area
Relationship Education for
Youth
Kellie Anderson

Family Advocacy in
Champaign County
Grace Mitchell

Illini Radio Group
Ryan Leskis

Community Council Planning Team:

Debbie Hensleigh

Abby Hobbs

Dena Schumacher

Topper Steinman



“Play is the highest form of research” – Albert Einstein



Most of us can't wait for summer—fresh corn on the cob, going to the pool, watermelon—our senses have filled our brain with “good vibes.” You can read about some of those “good vibes” in this newsletter including all the enthusiastic KR summer camp families. Without the generous members of CUC2C who gave time, talent, and treasure to the effort, it wouldn't have been possible; you can catch their names in the newsletter as well as other “assists” from the numerous people working so *all* our children can succeed.

Unfortunately, “hot time” can also refer to the rise in violence in many communities. A snapshot of the kinds of violence that alter a child's development and impact public health can also be found in this 3-page issue.

We continue to be gratified by and grateful for the number of people in our community who want to work towards a “thriving community where every child achieves and every student succeeds.” Thanks for your commitment to *all* of our children and families. – Denise and Lee Ann

Team updates:

Support for Academic Success (SAS)

Our members have been working this summer on needs assessment surveys to be distributed to all faculty/staff and parents early in the school year. Those assessments will help us identify the most needed skills and support.

Community Engagement

Had a great “Get to Know CUC2C” coffee this month – thanks to everyone who invited a friend. More are in the works so watch your email for upcoming dates.

Workforce Readiness (WFR)

Our team is close to finishing a K-12 plan to address the skill gaps identified by area employers. The framework proposed will utilize career technical education (CTE) and Social Emotional Learning (SEL) strategies at each grade level to improve the targeted skills. Specifically, the grade level experiences will focus on career awareness, career exploration, career experiences & practice, and career preparation & training.

Kindergarten Readiness Team (KR)

KR Family Camp continues to be a hit, with 70 families this year. Comments ranged from “Learned how important reading every day with my child is for her education to “learning can be fun and be worked easily into our day” to “thank you for showing me how to have fun while helping my child succeed in school.” Upcoming in the fall: (a) A Community Awareness Campaign will be kicking off with a door-knocking event Sept. 13 (check out “Get Involved” and please sign up); (b) READY! for Kindergarten workshops will begin for 0-1yr., 3-4yr. and, 4-5yr. families and a special training for home day care providers; (c) work has begun with Carle to provide “Baby Talk” to new moms.

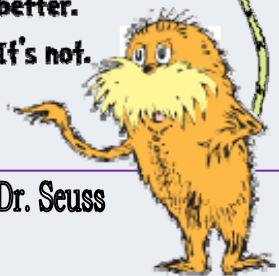
We welcome you to join the CUC2C Community Council. For more information, email Denise Martin at denise@mhfa.net

Community Council members commit to:

1. Be a community champion of the CUC2C effort.
2. Provide identified expertise when requested.
3. Stay informed: read the emails, newsletters and attend Community Council meetings (3/year).

**Become Part of the Change—
Join us!**

Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.



Dr. Seuss

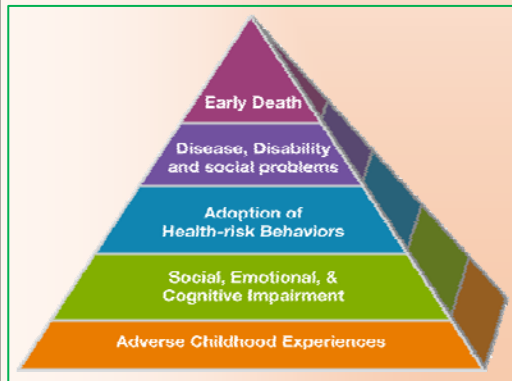


The Bears Are Here

Ever heard of “Adverse Childhood Experiences” aka “ACEs”? If you haven’t, you are not alone. Dr. Robert Block, past president of the American Academy of Pediatrics calls ACEs “*The single largest ‘unheard of’ public health threat to America today.*”



ACEs are different types of trauma a child may experience. It is also shorthand for a survey originally taken in the 90’s by 17,500 adults who answered 10 questions about their childhood experiences.



The most striking findings from that study (which has now been replicated in 19 other states) are:

- (1) ACEs are incredibly *common* – 67% of the study population had at least one ACE and 12.6% (1 out of 8 people) had four or more ACEs.
- (2) The higher the number of ACEs experienced as a child, the higher one’s risk for *7 out of the 10 leading causes of death in the U.S.*

(3) Of the 17,500 surveyed, over 70% of the adults taking the survey were white and 70% were college educated. In other words, “common” means *any one of us regardless of economic status or race.*

Here’s a summary of how Dr. Nadine Burke explains ACEs. Imagine that you see a bear while walking through a forest. To survive, your body releases emergency stress hormones – fight or flight mode takes over. These hormones actually bypass your thinking brain and help you stay alive. *Yet, what if the bear is in your house or neighborhood and isn’t leaving?*

Repeated, chronic stress in a child’s life—whether it is abuse/violence at home or in the community, a parent with mental illness/substance abuse or incarcerated, divorce, chronic poverty, and in most recent studies, racism—lead to changes in the structure and function of that child’s developing brain and body that could keep them in perpetual “flight, fight or freeze” mode. Without intervention, it impacts the child and everyone around that child—right into adulthood.

There IS good news. Children are the most resilient of all of us. Yet intervention even in adulthood can help—which is *really* good news since intervening with the adults in the family is one of the key factors in tipping the scales for a child.

Can it happen? Yes. Communities across the country are embracing resilience initiatives. Will it happen here? *That is up to us.*



For the survey and other links plus more CUC2C news, head to page 3↓

Facebook Help:

Know Facebook backwards and forwards? The KR team would like its own “Ready for Kindergarten” Facebook page. Choose one or both tasks: (1) Setting up the page; (2) posting info forwarded to you (about once a week). For more info or to sign-up, contact Patti Hood at p.hood@cuc2c.net



To find the original ACEs survey, more information (or the references for “The Bears Are Here”) check out:

- o Dr. Nadine Burke Harris on “Ted Med” (she also quoted Dr. Block): <https://www.youtube.com/watch?v=95ovIJ3dsNk>;
- o <http://www.cdc.gov/violenceprevention/acesstudy/>
- o <http://www.acesconnection.com>
- o <http://www.centerforyouthwellness.orghttps://acestoohigh.com>



WALK with US! Sept 13th, 5:00-7:30 (includes training) CUC2C will be knocking on doors and talking with families in Champaign, Urbana, and Rantoul about Kindergarten Readiness. United Way and the Champaign County Community Coalition are co-sponsoring the walk, which will be in neighborhoods targeted through census maps to have both dense populations of poverty and children under age six. For more info or to sign up, contact: beverley@uwayhelps.org



We need labels (3 1/2 x 4”; same size as Avery 6164). Labels will be applied to diapers for distribution to new moms. Contact: beverley@uwayhelps.org



“Our progress as a nation can be no swifter than our progress in education. The human mind is our fundamental resource”
-- John F. Kennedy



- McKinley Foundation for Community Engagement Printing.
- To our new grants researcher – Sarah Bradshaw.
- Anthony Pendleton (MHFA), for developing our Community Mapping database.
- Champaign Federation of Teachers and Jennifer White for READY! for Kindergarten meal.
- Champaign West Rotary and Jane Solon for READY! for Kindergarten meal.
- Cheryl Van Ness for Help with READY! for Kindergarten.
- July Healy, Gwenna Pelz, Nan Gaylen, and Lisa Perry for READY! For Kindergarten.
- Vineyard Hope Center, McKinley Foundation, Hendrick House, Cozad Asset Management, Martin Hood and Friese Associates, Champaign Kiwanis, and the Lynne Barnes family for KR Summer Family Camp Meals.
- New Covenant Fellowship and Windsor Road Christian Church for activity bags and child care for KR Summer Family Camp.
- Booker T. Washington School and the Urbana Early Childhood Center for hosting KR Summer Family Camp.
- Faithful Friends Preschool Staff help with book store for Family Summer Camp.
- Lisa Sheltra, Bev Baker, Lee Ann Kelly, Nan Gaylen, Ruth Myers Dunnum and family for their help with KR Family Summer Camp.