



FRYSCKy BUSINESS

The Official Newsletter of the Family Resource and Youth Services Coalition of Kentucky, Inc.
Bridging Barriers and Changing Lives Since 1991

Winter 2020

"We are in this together and we will get through this together"

A message from Paula Hunter, President, FRYSCky, Inc. – I'm not writing my typical "President's Letter" for this newsletter. As we've heard, a "picture is worth a 1,000 words," so I'm using this space to show just a small fraction of the amazing work and photos from FRYSCs around Kentucky as we work together to serve our communities during this crisis. Thank you and stay healthy.



What FRYSCky membership does for you.

Give Me 5 Good Reasons Why...

1. In 2015, FRYSCky advocated and received an increase of \$1,000,000 in funding.
2. Advocacy, Receptions, Legislative Meetings, Committee Meetings, and Special Projects by FRYSCky take 2,065 hour yearly to coordinate.
3. FRYSCky advocacy efforts lead to restored funding in 2018.
4. Advocacy at the Capitol - the FRYSCky Public Policy Committee averages 75,000 steps per year at the Capitol equaling 35.51 miles walked on your behalf each year.
5. FRYSCky advocacy efforts lead to increased funding for centers in 2019.

BONUS: You are eligible for \$500 scholarship grants to attend state and national trainings through FRYSCky.



Your annual membership payment is an investment to support the strength of FRYSC statewide. Advocacy and communication about the value of our program is a never-ending task starting with YOU at the local level and including the COALITION work throughout the year.

JOIN TODAY
www.fryscky.org/join-us/

FEATURE ARTICLES...

Find Resources to Create a Safer School

Check-out of SchoolSafety.gov, a new website designed to help schools and communities prepare for and address various threats related to safety, security, and support in schools.

SchoolSafety.gov is a resource for the American public, primarily K-12 school administrators, to access free information, guidance, best practices, and tools that make school safety initiatives more actionable in schools. The website launch represents the first phase of work as the federal government looks to expand and refine resource materials in coordination with their partners and stakeholders.

SchoolSafety.gov includes:

- The School Safety Readiness Tool, an assessment that assists users in evaluating their respective school's safety posture across 10 foundational elements of school safety. After completing the assessment, users are provided an action plan with task prioritization, options for consideration, aligned resources, and grant opportunities specific to individual needs;
- A Secure Information Sharing Platform for designated school personnel to share school safety ideas, practices, plans, and tactics in a protected environment; and
- A wide array of resources and best practices on key school safety topics to assist with building awareness within the school community to promote vigilance and build capacity to respond to incidents.

Visit the KY Center for School Safety's website at

<http://www.kysafeschools.org/>

"The Power of Giving and Gratitude!"

During this difficult season of life, you might find some comfort in a recently released book titled "The Power of Giving and Gratitude!" For *every* book ordered using promo code **FYS25**, the publisher, Ozark Mountain Publishing, **has agreed to donate a portion of the proceeds to FRYSCKy**. To order your individual copy...*or to order multiple copies for your staff...*please visit <https://ozarkmt.com/product/power-of-giving-and-gratitude-by-anthony-denino/>

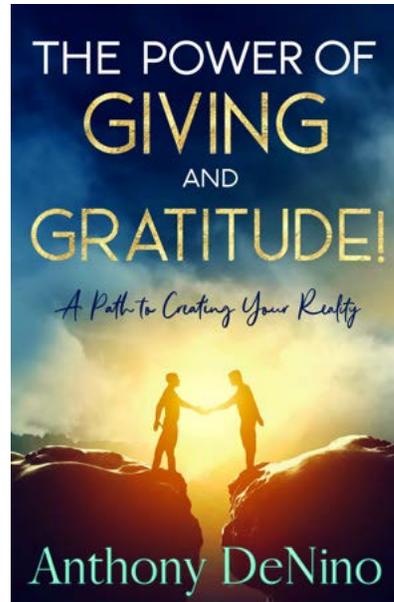
On the order screen, the PayPal button (left) will give option to use credit/debit cards. On final page, please enter the FYS25 code to link your order to FRYSCKy.

A reviewer commented on the book:

"I wanted to reach out and tell you I truly enjoyed the book! I particularly enjoyed the references to research and the conversational tone of the book. I thought the pace of the book was excellent, and it provided clear strategies to improve your outlook and approach to life and the world. I felt like it was empowering and spoke well about steps an individual can take to make their life better.

I was initially thinking it was a self-help book similar to others I have read, but the genuineness of the style and content resonated with me. I found myself open and willing to accept the ideas and activities, ultimately helpful for me to self-reflect and adopt change. I would certainly put a copy of this book on our professional development shelf for staff!

Nicely done sir! This is a timely book considering the current social climate of America. I'm sure it will do good things for those who read it!"



Region 4 (Boone County) • Plan Ahead Smiles

by Kathy Oehler, Coordinator, Collins FRC

Florence (KY) • Collins Elementary held a wonderful dental program called: “Plan Ahead Smiles” for grades 1st and 3rd. Plan Ahead Smiles is an interactive Oral Health Science Course in the school setting that makes learning the biology of the mouth fun! Each child receives their own bag of dental supplies that includes: a toothbrush, toothpaste, and dental floss along with a postcard linking the family to the lessons and tutorials on the website: planaheadsmilesprogram.org. What is taught in the program is gum disease, Cavity Prevention, Sealants, fluoride, nutrition, smoking prevention and dental visits: why going to the dentist twice a year is important and what to expect and how it can be fun! This is a free program and Delta Dental makes it possible to invite this

program to schools in KY. The program is approximately 50 minutes long and is held in the gymnasium, cafeteria or large library area. You can schedule a date/time by emailing Tracy Laughner at: planaheadsmilesprogram@gmail.com. I thought the program was wonderful! We also have the Big Smiles in our school and while walking students to that program, I would get a lot of students telling me that they didn’t have a tooth brush or used their siblings tooth brush or just didn’t know how to brush their teeth so this was very beneficial to our students here at Collins!



Region 9 (Knox County) • Bees and the Environment

by Rita Wood, Coordinator, Girdler FRC



Girdler (KY) • Recently when a couple of groups at Girdler Elementary in Knox County were studying the environment and ecology, Ms. Rita, the FRC coordinator, brought in a local beekeeper who could help educate the students on bees. She arranged for him to visit the school to share the importance of protecting the bees and their production. Harold Farmer and his grandson, Logan Lambo, are local beekeepers that are working diligently to protect the bees and our community. Mr. Farmer brought a see through bee hive to show the students how the bees "work" to make the honey. He also shared with the students how bees work together with so many other things to keep our environment healthy such as the distribution of pollen from plant to plant and the making of honey, one of nature's purest creations. He shared that honey never gets old or goes out of date if it is pure. The students were thrilled with his presentation and saw that learning can be fun!

Those in attendance came away with a better understanding of the Legislature as well as the many people who contribute to getting the word out about FRYSCs. The biggest point learned – we have to advocate for ourselves by making sure we communicate with our local legislators through periodic emails, invitations to events, data sheets, etc.

Region 4 (Grant County) • 4-H Boot Camp

by Marianne Smith, Coordinator, Dry Ridge FRC

Dry Ridge (KY) • Three times a year Dry Ridge Elementary and Grant County 4-H collaborate to host 4-H Boot Camp. Boot Camp is open to all Grant County and Williamstown students in the 3rd -5th grade and began in the spring of 2011. 4-H Boot Camp is not used as a recruiting tool for the military but as a creative way to teach character education, team work, respect and self-discipline.



Recruits report to DRE early on a Saturday morning. They are greeted with a variety of military tunes. They report to the Company Clerk, Radar (FRC, Marianne) and are greeted by Retired Army Captain, Lamar Fowler. Captain Fowler begins the day teaching the seven core values of the Army. Recruits address the superiors using “Yes, sir” or “No, ma’am” and are divided into squads being led by previous 4-H Boot Camp graduates and Marine Sergeant Dusty Webb. They learn marching drills, the value of exercise, participate in team challenges, how to safely use a firearm, first aid and prepare their own MRE’s (Meals Ready to Eat). At the end of the day they have a graduation ceremony where they demonstrate their new skills for family and friends, receive their certificate, dog tags and t-shirt.

Due to success of this program, we have created Advanced Boot Camp which is a more rigorous day. Students pack their gear early on a Saturday morning and head out on a 7-mile adventure. Cadets must use land navigation to find their base camp, complete military style drills, participate in squad challenges on a team building course all while carrying their backpacks and supplies for the day. Each cadet was required to carry a raw egg with them with the goal of keeping it safe throughout the day. Our first ever Advanced Boot camp resulted in 3 eggs remaining.

One the most rewarding outcomes has been the creation of the 4-H Boot Camp Honor Guard. This group of graduates has presented the colors at Child Abuse Prevention Proclamations, Veterans Day Ceremonies and parades as well as local business openings. 4-H Boot Camp has also been featured on Channel 9 News out of Cincinnati.

As stated earlier, this is not a program to encourage youth to serve in the military, but basing the program off of military boot camp gives a time-tested format to accomplish many goals in a short period of time. The seven core values are stressed and explained how they can benefit the student in everyday life.

Loyalty – to their family, friends, school and community. Duty – do your job, you’re are a student and you are at school to learn and to make yourself a better and productive member of society. Respect -to yourself and others, set the example. Selfless Service – put the welfare of others before your own. Honor – doing what is right, morally and legally. Integrity – be honest and truthful. Personal courage – set the correct example for family, friends and classmates by leading in a positive manner.

Region 3 (Jefferson County) • Heavy Conversations Lead to Community Building

by Ricky Owens, Coordinator, Thomas Jefferson Middle YSC



Louisville (KY) • Heavy conversation is the title of a Courier Journal newspaper article that was written about our school and a community project the Youth Services Center helped coordinate. The racial equity committee at our school which I am apart of looked at the data in our school over the summer. We are a school in which over 40% of the students are black and nearly 30% Hispanic. We discovered that just like the district we were disproportionately giving our African American students referrals and suspending them. We had several trainings with our teachers to address this issue.



The next step was to share this information with our kids. We decided to have a book study with all 1,100 of our students. They read a book called Ghost Boys for three weeks. This book opened up the conversation of race to our students and the school. The book was about a 12 year old black boy who was shot by a police officer. The book delved into topics around race, social injustice, bullying and empathy. These heavy conversations led to self-disclosure by our students and teachers. This led to strengthening of relationships and a better understanding of each other.

The next step in this process was engaging the community. Ghost Boys was a great conduit to conversation but because of the subject matter we were fearful of leaving a negative impression about the police. I called a couple of police officers that I had worked with previously and told them we needed help in coming up with a community event. The school counselors and I had a meeting with them the next week and we had 8 police officers in my Youth Services Center. I gave each one of them a copy of the Ghost Boys book and told them of my idea. I wanted to have a panel discussion with the police and talk about real issues that surrounded the police and the African-American community. I also wanted to have some type of recreational/fun activity with the police. The officers were all in and suggested playing basketball with the students after the panel discussion.

We put out flyers and advertised this to our students and parents. The community event ended up being one of our most well attended parent activities. We had well over a 100 people attend. We asked the officers tough questions such as: “Why do they think A-A youth are afraid of them.” We opened the floor up for questions and this heavy conversation lasted for 45 minutes. After the panel discussion, we played basketball with the police, our students and teachers. This was a true community building event that embraced the diversity of our school and strengthened our families.

SAVE-THE-DATES

Persistence to Graduation (PtG) Summit

July 8-9, 2020

Marriott Griffin Gate - Lexington

Victory Over Violence Conference

July 15-17, 2020

Marriott Hotel - Louisville

Fall Institute

November 18-20, 2020

Owensboro Convention Center



Region 4 (Kenton County) • Super Families

by Susan Martin, Coordinator, Ryland Heights FRC

Covington (KY) • On the first Thursday evening of each month, students and their family members gather together at Ryland Elementary for the *Super Families* program. *Super Families* was developed by the Ryland FRC because of the increase in grandparents (and other relatives) raising grandkids. This program provides much needed support for grandparents and also helps cultivate a positive school relationship with the families. Every month the families sit down and eat a meal together first.

Sometimes the families watch a cooking demonstration and then prepare the dinners together. Other times, fun activities and crafts are enjoyed by the kids, and the adults have time to listen to a guest speaker or talk about issues they face on a daily basis.

Super Families has covered topics such as yoga, mindfulness, and is presently in the middle of a speaker series about parenting kids with trauma.



Region 6 (Adair County) • Family Science Night

by Paula Garrison, Coordinator, Adair County Primary Center



Columbia (KY) • Family Science Night was held on Tuesday, February 4, 2020 from 5:30-6:30 p.m. in the Adair County Primary Center cafeteria. Families enjoyed a night of Science fun. There were six different stations for families to visit and learn while doing the experiments. The following stations were set up for students and their families: Sink or Float, Starry Night Constellations, Explore the Planets, Root Systems, Blood Types-Build a Blood, and Investigate Your Senses.

Pictured is the Sink or Float station. The station nearest the windows was Build a Blood. The students were learning about blood types.

This event was sponsored by Adair County Primary Center Family Resource Center, Title I, 21st CCLC (Century Community Learning Center) Camp Casey, and Lindsey Wilson College. The Lindsey Wilson College of Education students set-up the booths for families.

Shop with a Trooper in Pikeville

Students from North Magoffin Elementary (Carrie Allen, Coordinator)



Region 11-North (Hardin County) • Amazing Students Doing Amazing Work

by Leslie Hall, Coordinator, North Hardin YSC

Radcliff (KY) • North Hardin High School Seniors host a coin war to assist fellow students with lunch debt. Phoenix is a member of the NHHS YSC Green Dot Student Committee.

Pictured Madelynn Price, Phoenix Compton, and Austin Myers.



Nikya Smith, NHHS YSC student aid and Green Dot Program Supporter hosted a positivity locker as her senior project. Need a positive statement or quote - take one with you.

Students supporting other students through the NHHS YSC Friends of Rachel Club. Students bought angels as a class challenge. Funds were donated to the Youth Services Center sponsored FOR Club to support shopping for a needy student during the Holidays.

Pictured: Octavious Oxendine, Jackson Cook, Zachary Poff, and Kylie McAtee.



Region 6 (Lincoln County) • Students' Proposal Wins Grant Award

by Mindy Stevens, Coordinator, Lincoln County YSC



Stanford (KY) • Heart of Kentucky United Way presented a grant opportunity to Lincoln County High School's UNITE Club. The students had to write a proposal that would improve their school or community to receive the \$200 grant. This was a great opportunity for the students to learn how to write a grant proposal and how to make a positive impact on either their school or community. This club is sponsored by Mindy Stevens, Lincoln County Youth Service Center and Lori Stathers, Lincoln County Gear Up.

Region 4 (Dayton Ind) • Make a Difference

by Gina Byrd, Coordinator, Dayton Independent FRC



Dayton (KY) • As Director of the Dayton Family Resource Center, I had the idea that since I would be retiring at the end of the school year, I would attempt to get every Lincoln student sponsored for Christmas. I posted a message on Facebook during Fall Break asking for assistance.

Wow! I had no idea how far this would reach! I had responses from former students, cheerleaders, athletes, employees, and co-workers. I heard from long-time friends, family members, and people I had never met. Local club members and groups called me. (One group of lovely ladies have been playing cards / lunching together regularly for over 60 years!) People stopped me on the street and in stores. The outreach was absolutely life altering. I knew our town was special. I realized I have amazing friends and the best family ever. With

assistance, the goal became a reality. Christmas joy blessed every one of my 584 students! My motto, in life and work, is “Make a Difference”. What a difference that was made in the lives of the students and staff of Lincoln Elementary!

I had each teacher assign a writing assignment that included three wishes from Santa. The kids did not know it was a sneaky way for me to get their wish lists. During the last week of school prior to Christmas Break, each grade level had a surprise holiday gathering in the Library. I called the students up one at a time to collect their gift bags. No one could open their gift until the very last student in their grade received theirs. There were sixth graders as excited as preschoolers. Some fifth graders wept with joy at their gifts. The atmosphere was electric and some of the staff were as excited as the children. Tears spilled, hugs were abundant, and love was overflowing. Some of my kiddos were as thrilled with a new pillow and blanket as others were with Legos or a baby doll. It was truly magical and it could not have happened without amazing friends and community partners. I am so thankful for the kindness, generosity, and willingness to help others exhibited. I am humbled, grateful and touched beyond words. This experience was a gift I will always treasure.

Holiday assistance is not a mandatory component. It isn't even a basic need. The smiles and love shared throughout this event was so much more than data on a spreadsheet. Those things are necessary, but touching so many hearts at one time was truly one of the most rewarding things I have experienced in my 35-year career. Make a difference!

Region 2 (Russellville Ind) • FRYSC Store Supports Community

by Carol Kees, Coordinator, Stevenson FRC

Russellville (KY) • Russellville Independent Family Resource and Youth Services Centers recently provided a FRYSC Clothing Give-a-Way open to all RIS families to come shop and choose articles of clothing for each family member, not just students enrolled in the schools, but the entire family. Parents were delighted to get to pick clothing, coats, and shoes not just for the students, but also for themselves. Parents were also given the opportunity to choose from miscellaneous household items including blankets and other bedding, towels and washcloths, miscellaneous kitchen items ranging from dish towels to small appliances, and other items that have been recently donated. The first shoppers arrived at 7:30 a.m., and the last ones left just after 7:00 p.m. Even though the event was provided for the district's families, others within the community who showed up and asked to shop were given the same opportunity as others. How great it was to have them tell us that some of the other local agencies had sent them to us, the same local agencies we refer to when we don't have what is needed on hand.





Jessie Lee (Hardin County) **Bridges Over Barriers – Individual Award Winner 2019**

In her 70's, Jessie Lee is a dedicated volunteer in our community. She is being nominated for her time volunteering for and assisting with the North Hardin High Youth Services Center and the Meadow View Family Resource Center. I am impressed with Ms. Lee and am nominating her for her efforts to go above and beyond in the schools and in the community. She assists at Meadow View FRC as a student mentor. She also helps in the clothing closet, as field trip chaperone, and brings with her an abundance of community resources and contacts to assist students and families. At North Hardin High YSC she is a valuable resource. She organizes and attends the annual Legislative Field Trip to Frankfort through her membership in the Radcliff Optimist Club. She volunteers whenever asked and assists with resources to alleviate the barriers students have to education. With her willing spirit, I have never heard her utter the words, “No, I won’t”. She is one of the busiest retired people that I know. She is a great volunteer with the community Christmas Assistance Program. She is a leader in the community and throughout the schools. It is her willingness to always go the extra mile that has earned her a nomination for the Bridges Over Barriers Award.

Rotary Club of Frankfort **Bridges Over Barriers – Non-Profit Award Winner 2019**



Reading is the foundation from which every child’s academic success is built and first grade is a crucial time for students to master fundamental reading skills. Students who fail to meet their reading goals in first grade typically struggle academically for years to come.

In 2015, when the Rotary Club of Frankfort asked Terri Spellman, Westridge elementary FRC coordinator, how they could help students to succeed, the First Grade Reading Mentor program was born.

Through the First Grade Reading Mentor program, Rotary Club members from all walks of life leave their jobs and daily activities behind for a short time, to make a difference in the life of a child. They accomplish this by working with struggling students one-on-one, to improve reading and other academic skills.

Teachers prepare individualized lessons for mentors to review with students. Often it is simply a short book that the student reads aloud, while the Rotarian volunteer listens, assisting and encouraging the student in decoding difficult words or passages. Other times skills are reinforced through the use of flash cards or completing written tasks.

Rotary Club members are present at least weekly to work with students. As relationships develop and academic skills improve, the children and volunteers alike are touched by the positive impact of the mentoring program.

Looking forward to each new visit, children build their confidence and self-esteem by improving (and sometimes mastering) skills that were difficult to grasp in a large group setting, while bonding with a caring adult who listens to their stories about family, friends, hobbies and dreams.

Classroom teachers are grateful that students have the opportunity to receive extra help, stating that the impact of the mentoring program is evident in their students’ daily classwork. Since the program’s inception, new Rotary volunteers have come on board each year, assuring that the Reading Mentor program will continue to make an ongoing contribution to student success.

In addition to the First Grade Reading Mentor Program, the Rotary club serves as a community representative on the Westridge FRC advisory council, and has conducted multiple drives for school supplies and back packs, as well as new winter coats, shoes, and socks. Focusing their efforts on shoes last year, hundreds of pairs of new shoes were given to Frankfort/Franklin County FRYSC’s for students in need, and they plan to donate even more this year. Their caring and concern helps many children to be better prepared for school, stay warm in the winter, and perhaps most importantly, puts smiles on their faces. The Rotary Club of Frankfort took the initiative to reach out to the FRC and collaborate to develop a meaningful, long-term partnership that will continue to have a positive impact on student achievement for years to come. Through their thoughtful and generous donation of time, goods, and services, The Rotary Club of Frankfort has helped many children to build self-confidence, have their basic needs met, and improve academic skills. They are truly building “Bridges Over Barriers”.

Your shopping will support **Family Resource and Youth Services Coalition of Kentucky Inc.**



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If you have content you'd like to share on our account, please send it
to Katie Morris at katie.morris@ky.gov*



Visit www.fryscky.org

For news, data, resources, links to legislators, conference information, membership applications, scholarship opportunities, award nominations, and much more...

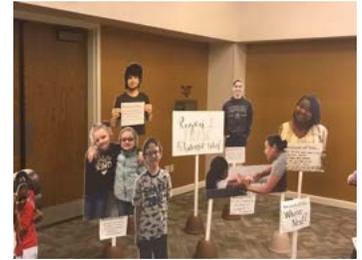
Chris Dudley
Recipient of Harry J. Cowherd Award 2019



Brian Akers
Recipient of FRYSCKy Above and Beyond Award 2019



FRYSCKy Public Policy...
...Legislative Page Days
...FRYSC Legislative Reception



SPONSORS

Fall Institute 2019



Family Resource and Youth Services Centers Coalition of Kentucky

Mini-Grant Training Request Form

Center Requesting Mini-Grant:	
Coordinator's Name:	
Center Mailing Address <i>(include zip code):</i>	
Center Telephone:	
Coordinator's Email:	
School District:	
Region:	
Have you received a Mini-Grant previously? If so, when?:	
How much are you requesting for this Mini-Grant? <i>(requests may not exceed \$500)</i>	\$
If this Mini-Grant is awarded, please make check payable to: <i>(list name in box to the right)</i>	

Guidelines for FRYSCKy Mini-Grants:

1. Coordinators, who request mini-grants for training from FRYSCKy, Inc., must be an active member of the Coalition.
2. A Coalition member is limited to one mini-grant award per fiscal year.
3. Mini-grants requests must not exceed \$500.00. **Requests must include an itemized listing of how the funds will be used (i.e. airfare, lodging, registration fee, ground transportation, mileage, and/or airport parking). The Coalition does not cover food/meals or other miscellaneous costs.**
4. Mini-Grants are only paid on a reimbursement basis **(no money in advance)**. To receive the payment, mini-grant recipients must submit a one-page report highlighting their experience at the training along with a travel form and original receipts within two weeks after the event.
5. A limited amount of funds is available for mini-grants. Therefore, requests will be prioritized.
6. The training for which a mini-grant is requested must hold to the mission statement of the FRYSC Coalition of Kentucky: *"...to promote a network among those who seek to remove educational barriers of children, network with family support practitioners, other human services providers, and to learn from each other, share resources, collaborate more effectively on behalf of families, children, and youth."*
7. The Board of Directors would like a description of the training for which a mini-grant is requested to accompany the request. It should include:
 - I. Name of training
 - II. How the training will benefit you professionally and benefit your children.
 - III. How the project addresses the mission of the FRYSCKy.
8. Mini-grant funds may not be used for Victory Over Violence or Fall Institute attendance. The Coalition and DFRYSC have other opportunities available to help support Coordinators' attendance at these events.

REQUESTS MUST BE SUBMITTED to the FRYSCKy Regional Representative at least 45 days prior to training event. Regional Representatives have 3 days upon submission to forward requests with signature to the FRYSCKy Board for their approval.

Signature ~ Mini-Grant Applicant: _____ **Date:** _____
Signature denotes the applicant has read the guidelines, provided the requested material, and will comply with grant requirements.

Signature ~ Regional Representative: _____ **Date:** _____
Signature denotes application is complete and that it has been forwarded for review.

Signature ~ FRYSCKy Executive Board Approval: _____ **Date:** _____
Signature denotes Mini-Grant has been reviewed and approved for funding by FRYSCKy Executive Board.

Action by FRYSCKy Inc.

Approved Denied Further Action Necessary Date: _____

Comments: _____



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FRYSK Faces in the Crowd

#BeTheOne #WhateverItTakes

#FRYSKAretheHeartofKY

#30YearsofFRYSK

