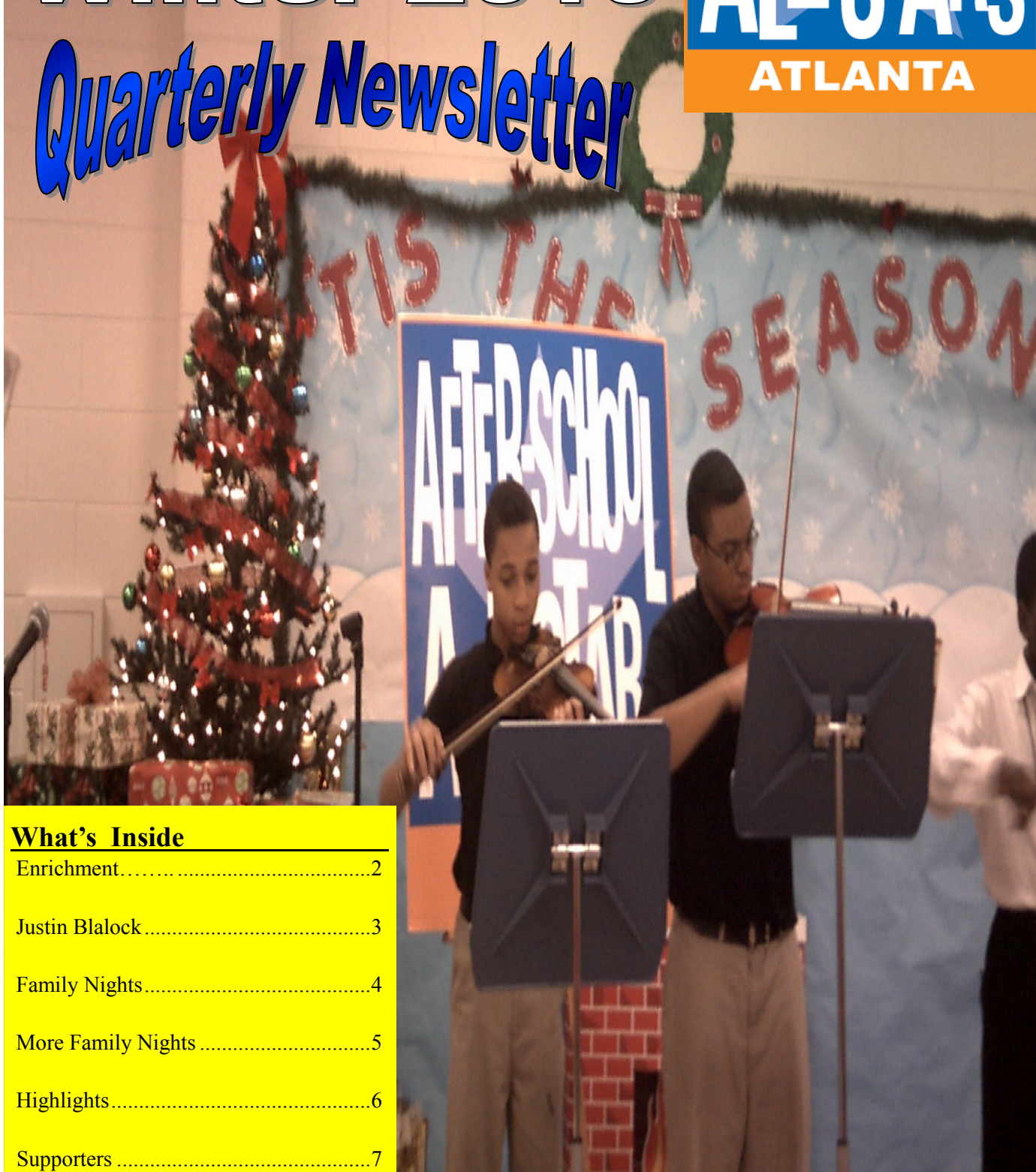


After-School All-Stars

Winter 2010

Quarterly Newsletter

AFTER-SCHOOL
ALL-STARS
ATLANTA



What's Inside

| | |
|--------------------------|---|
| Enrichment..... | 2 |
| Justin Blalock | 3 |
| Family Nights..... | 4 |
| More Family Nights | 5 |
| Highlights..... | 6 |
| Supporters | 7 |

Enrichment

Men of Valor



Brown Middle School's Men Of Valor & Excellence (M.O.V.E.) have taken the Atlanta "stepping" community by storm! The Men Of Valor & Excellence are a newly formed step team made up of gentlemen from 6th to 8th grade. However, what separates these precise and finely tuned young men from your average step team, is that they also incorporate spoken word into many of their shows. Recently, they competed in The KAPsi Foundation Step-show where they received the first place title in their division. Not too long after that victory, they competed in The Champion Theme Middle School Step-Show and "stepped" away with the first place title out of their division as well. They also took the grand champion title for receiving the highest scores out of all the step-team contestants! In addition, they were invited to the Georgia regional

competition. Afterwards, they celebrated with step performances for Black History month. These fellas are definitely making a positive "M.O.V.E." in life! Go Brown Middle School Dolphins!

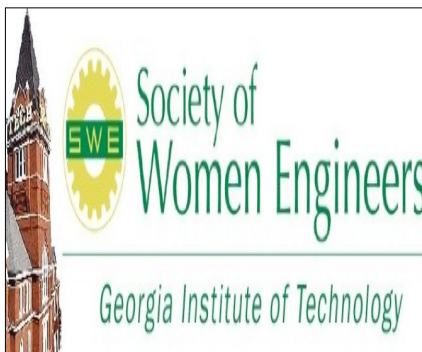
Activities R' Us



After-School All-Stars Atlanta provides many activities for our kids to participate in. The students at Sandy Springs Middle School listened to a speech about traffic safety from the S.W.A.T. Division of the Community Service/Crime Prevention unit in Sandy Springs. In addition, Sandy Springs Middle School hosted a karaoke night for the kids. The Brown Middle School cheerleading team splashed their way to first place at the annual APS Cheerleading competition and scored an additional victory when they competed against Harper-Archer Middle School in a soccer game. The students of Long Middle School went on field trips to the CNN Center, the State Capitol, and had a college tour at Spelman College. Furthermore, they took part in a community gardening initiative. The gentlemen at the B.E.S.T.

Academy partnered with EcoForce to recycle items throughout the school. Students at the schools have taken advantage of the HOPSports units to engage in physical fitness exercises. Volunteers from Bank of America offered financial literacy sessions to the All-Stars kids through their Operation HOPE program while Operation Frontline and the Georgia State University Division of Nutrition continued their nutrition classes at the schools. Overall, winter was quite a busy quarter for After-School All-Stars.

Engineering



The ladies of Coretta Scott King Young Women's Leadership Academy had an extraordinary opportunity to participate in the engineering middle school outreach program at the Georgia Institute of Technology. The program was hosted by the Society of Women Engineers, an organization primarily devoted to education. SWE focuses on opening up awareness of the opportunities in science and engineering, especially for young women. With a lot of hands-on experiments, the projects were messy but enjoyable nonetheless. Students learned how to make silly putty, how to build a marble race, and received lessons on the workings of a water filter and how to build them. Who knew you could make silly-putty from Borax? They were also taught how to build mini-submarines which they carried home with them, along with Society of

Women Engineers T-shirts. After-School All-Stars Atlanta extends a special thanks to the Georgia Tech Society of Women Engineers for their commitment to community awareness to our young women.

Justin Blalock

Dairy Association



The Atlanta Falcons and the Southeast United Dairy Industry Association teamed up with After-School All-Stars Atlanta to offer a program of nutrition and physical fitness at Turner Middle School. Betsy Dietsch, Program Account Manager of the Southeast United Dairy Industry Association, gave lessons to the students about the nutrients that different foods contain and provided food models for them to follow. These food models



included the USDA Food Pyramid and dietary models with emphasis on lean meats, organic foods, and dairy products with reduced fat. Justin Blalock and the Atlanta Falcons cheerleaders assisted with these lesson plans. Afterwards, the kids participated in four different physical activities. Students broke into various stations, which were volleyball, football, a relay race that consisted of jump roping and hoola hooping, and races in which the students were bouncing basketballs. The students received donations of yogurt from the Southeast United Dairy Association after the activities. After-School All-Stars Atlanta extends its thanks to the Atlanta Falcons, Justin Blalock, and the Southeast United Dairy Association for their involvement with our program. We are very excited about what the future holds in store for our students, as the

partnership between the Atlanta Falcons and After-School All-Stars Atlanta will benefit even more kids.

School Visits



There is no limit to Atlanta Falcons Justin Blalock's commitment to our kids. This year he made appearances to several all of our schools to talk with the students about the value of eating right, getting enough exercise, and the relationship between education and their future success. Moreover, he spoke to the kids about the value of teamwork and highlighted his career as an offensive lineman, an example to aspire to. He indicated that the successes of the Atlanta Falcons not only rely on his contributions to the team, but also the skills and hard work of other players. Certificates were distributed to the students for their academic accomplishments and afterwards they had a pizza party with Justin Blalock. Justin Blalock signed footballs and autographed T-shirts for the students. We appreciate everything he has done for our kids.



Family Nights

Brown

The Student Council members of Brown Middle School's After-School All-Stars program organized a family night filled with some spectacular demonstrations of talent. The dance team put on a step show while the Men of Valor displayed their energy with dance performances. Also, a student named Anthony Ralph, who was a member of the Student Council, read a poem about the benefits of joining After-School All-Stars. Tiana Worrell, another Student Council representative, gave an inspirational reading about how she enhanced her academic and leadership skills



through her involvement in After-School All-Stars. There was also a musical ensemble that took place, along with a dinner for the kids and their families. At the end of the day door prizes such as Atlanta Falcons football tickets were given out. Kudos to the After-School All-Stars Student Council members of Brown Middle School for their hard work and determination in putting this event together.

Long

Last year Crawford-Long Middle School kicked off its status as a new After-School All-Stars school with a family game night. This year, they decided to continue their game night and added more activities to celebrate their 1-year anniversary as a school served by After-School All-Stars Atlanta. The cheerleaders put on phenomenal displays of acrobatic talent and the Dance Team of Long Middle School put on an incredible step show for attendees of the event. Later on, the students and their family members participated in a game of BINGO, with door prizes being given out to the winners. At the end of the event the clubs and enrichment activities were announced and the activity leaders were honored for their roles in overseeing these exceptional programs:



| | | |
|---------------------------|--------------------------|---------------------|
| Step Team | Technology Club | Games |
| Year Book Staff | Art Club | Scrapbook |
| Culinary Arts Club | Arts & Crafts | Book Club |
| Journalism | Tennis | Dance |
| Girls Basketball | Boys Basketball | Chess Club |
| Chorus | Band | Cheerleading |

Sandy Springs

The kids at Sandy Springs Middle School celebrated their first year with After-School All-Stars by hosting a remarkable family night event. Students from the Hip-Hop Studio program sang songs in honor of Michael Jackson and afterward a series of martial arts demonstrations took place. Also, the Dance Team of Sandy Springs Middle School displayed some fantastic performances in front of the audience. Students also read poems about the wonderful opportunities that After-School All-Stars offers to the kids that are served. At the end of the event, students and their family members dined on some delicious food. Perhaps the parents of the students enjoyed this event every bit as much as their kids.



More Family Nights

Parks

The amazing musicians of Parks Middle School performed at the 5th Annual Holiday Theatre. The Mighty Mustangs sang a variety of different Christmas carols for the families that were present. The 6th, 7th, and 8th grade chorus groups individually performed songs such as "The Twelve Days of Christmas," "Silver Bells," and "Carol of The Bells." Also, the three chorus groups sang "Santa's Holiday Favorites" together. In addition, the band groups played exquisite music with their clarinets, trumpets, flutes, and other instruments. At the end of the event, students and their family members had dinner. After-School All-Stars Atlanta extends a special thanks to the Stone Family, Brandon Wiggins & Wiggins Studios, and Rembert Larant & Photo Camp USA for their assistance in organizing this event



B.E.S.T.



The B.E.S.T. Academy hosted magnificent holiday night for the students and their families. Isiah Jenkins and Michael Williams, two students at B.E.S.T, read a Christmas poem while the orchestra, band, and choir put on some incredible holiday melodies. However, the most exciting aspect of the event was the presence of none other than our partner, Justin



Blalock, from the Atlanta Falcons. He spoke to the students about the impact that education will have in their lives and how it impacted his life. In addition, he signed a football for the B.E.S.T. Academy students. Afterward, attendees were fed an exceptional meal.

Other



Three schools had their own family night events. The students of Turner Middle School celebrated the holidays with delicious meals, games, and a raffle for door prizes. The ladies of Coretta Scott King went to the Centennial Park Skating Rink for their family night event while the kids at Harper-Archer Middle School visited Life University to see the holiday lights. All the kids had marvelous times at their family night events, as this year there has been more participation from family members of the kids we serve than in previous years. With all the excitement that has taken place at our schools, we are looking forward to seeing how successful these events will be next year.

Highlights

Water for Haiti



Community service has always been a strong component of After-School All-Stars Atlanta. As a response to the earthquake in Haiti, our kids answered the call to service immediately. Students from all the schools made the decision to work together on their common goal of reaching out to the survivors of the earthquake. They organized a charity drive in which they collected bottled water. From the end of January to the beginning of February, 106 cases of water bottles have been donated. The After-School All-Stars staff picked up the water bottles and dropped them off to Hosea Feed The Hungry & Homeless. They will be shipping the donations to Haiti. After-School All-Stars met the students challenge by doubling the amount of donated water. The students 106 cases became 212! Long Middle School decided to extend the water drive to the end of

February and provided an additional 80 cases, which resulted in 292 total cases. We applaud our students for their continuous efforts to promote civic engagement. Elizabeth Omilani, Executive Director of Hosea Feed The Hungry and Homeless, wrote a letter of gratitude to After-School All-Stars for the donations that they received.



B.E.S.T. At Wonderland



The Children's Nutrition Education & Physical Activity Expo provided a variety of services for the boys at B.E.S.T. The students and their parents were able to get health screens, observe cooking demos with Chef Marvin Woods, take Zumba Dance classes, take part in hockey drills with the Atlanta Thrashers, and practice basketball drills with the Atlanta Hawks. Also, they had the opportunity to participate in baseball with the Atlanta Braves, play Dance Dance Revolution and Nintendo Wii video games, and receive prizes and giveaways.

8th Grade Writing Workshop



After-School All-Stars at BEST Academy sponsored an 8th grade writing test kickoff luncheon and activity day. BEST Academy treated the 8th graders to an afternoon of food, fun, and learning in preparation for the 8th grade writing test. The After-School All-Stars at BEST Academy hosted a sit down style luncheon for the 8th graders which involved all 8th grade faculty actually serving the young men of BEST their lunch. The students were able to keep in line with the After-School All-Stars model by partaking in some physical fun in the form of interactive inflatables such as the "Joust" and the "Jacob's Ladder." The day ended with a practice writing test, review of the rules and expectations of the students, as well as words of praise and encouragement.

MANY THANKS TO OUR SUPPORTERS

Marcus Foundation

The Annie E. Casey Foundation *Helping vulnerable kids & families succeed*

BOARD OF DIRECTORS

Kirk Posmantur,
Chairman of the Board
Valerie R. Jackson,
Co-Chair of the Board
Kwanza Hall
John Schuerholz
Don Waddell
Mike Burton
Scott Polhemus
Jim Tafel
Damion Carufe
Ann Lally
Dr. Carolyn Huff
Dr. Sharon Ordu
Ted Florence
Barry Donovan

ADVISORY BOARD

Jill Riemer
Gail Hayes
Laureen Lamb
Kwanza Hall
Kathy Augustine
Dr. Carolyn Huff
Dr. Roy H. Forbes
Kirk Posmantur





PLEASE
STAMP
HERE

After-School All-Stars Atlanta
Department of Kinesiology and Health
Georgia State University
P.O. Box 3975
125 Decatur Street, Room 137
Atlanta, GA 30302-3975



Our Mission

The After-School All-Stars mission is to develop children to their fullest potential, where they are critical thinkers, effective communicators, responsible citizens, technologically competitive, and active life-long learners better prepared for academic success.

Our goal is to offer quality, high performing programs with collaborative leadership where students will get better grades in conduct and school, more opportunities for academic and personal growth, and enhance peer relations and emotional adjustment.

To Contact Us:

Dr. Walt Thompson, Executive Director
Lyndsy Greene, Associate Executive Director
Yanna Jones, Program Coordinator
David Winslow, Program Coordinator
Jarel Small, Program Coordinator
Gaurav Bhatia, Public Relations Specialist
Eljin Andrews, Graduate Fellow

wrthompson@gsu.edu or 404-413-8365
lgreene@gsu.edu or 404-413-8355
yanna04@yahoo.com or 404-413-8481
dwinslow@gsu.edu or 404-413-8481
jsmall@gsu.edu or 404-413-8481
kingab@langate.gsu.edu or 404-413-8481
eandrews@student.gsu.edu or 404-413-8357