



CLUB CHRONICLES

What's Happening This Month?



In the Club!

Club membership fees are assessed monthly. Account balances must be maintained in good standing in order to continue membership. Written notice must be received no less than 5 business days prior to the change requested in order to receive a credit for services no longer needed. Written notice should be sent to membership@bgctopeka.org

December 1st - School Day Out (SDO) enrollment opened in the parent portal for January.

Wednesday, December 11th - USD 437 Early Release

Friday, December 20th - USD 345 Early Release - No PM services

Monday, December 23rd - SDO All BGCT Clubs

December 24th & 25th - All BGCT Closed

December 26th & 27th - SDO All BGCT Clubs

Monday, December 30th - SDO All BGCT Clubs

Tuesday, December 31st and January 1st - All BGCT Closed

January 2nd & 3rd - SDO All BGCT Clubs

Staff Spotlight

Meet Mr. Isa, our new Site Coordinator at West Indianola. We are thrilled to introduce Isain, who prefers to go by Isa, as the newest member of our team! He is currently a full-time student at Washburn University, pursuing a degree in Social Work—a field that aligns perfectly with his passion for helping others.

As the new Site Coordinator at our West Indianola location, Isa brings over five years of experience working with youth. He is excited to make a positive impact on the lives of the children and believes serving as a mentor is his true calling.

Outside of his studies and his work with the Boys & Girls Club, Isa enjoys exploring new restaurants and staying active at the gym. We're excited to see the energy and dedication he brings to our community. Welcome to the team, Isa!





Academic Success

We recently introduced Mad Science programs at our Club to encourage critical thinking, experimentation, and STEM skills (Science, Technology, Engineering, and Math). For a Skittles activity, members were given plates, Skittles, and either warm or cold water. Before starting, staff asked, “What do you think happens when you mix water and Skittles?” Members predicted soggy Skittles or mixed colors turning brown. Once predictions were noted, members poured water at their own pace, deciding whether to pour fast or slow. They watched in awe as the colors gradually dispersed, creating rainbow patterns. The experiment sparked curiosity, excitement, and lots of “WOOOW” moments—all with simple materials: Skittles, plates, and water!

Healthy Lifestyles

This semester our members have been participating in a program called Zen Zone, we are dedicated to helping our members develop essential coping skills and learn various self-soothing techniques. In today’s fast-paced world, it’s important for young people to have tools they can rely on to manage stress, emotions, and daily challenges. Zen Zone provides a safe space for members to explore mindfulness, relaxation, and emotional regulation. During each session, kids participate in a variety of activities designed to promote calm and focus. These activities include guided meditation, breathing exercises, and creative arts like journaling and drawing. The program also introduces members to different self-soothing strategies, such as visualization, grounding techniques, and gentle movement.

Good Character & Citizenship

Club Members have really enjoyed our World Wanderers program this quarter! We are exploring every continent and learning about different cultures through art, dance, and music! Members played a musical instrument called a Didgeridoo, native to Australia and a whole lot of fun to play! Members learned about its origin, sound, and techniques used to play this very unique instrument. So far, we have learned about Africa and Australia, and we can't wait to see where we're traveling next! Be sure to ask your youth what they are learning at Club and give them an opportunity to share about their experience.





Specialty Program Highlight

Our Mentoring program has been a major highlight at our Clubs. Several of our Club Members have had the opportunity to spend time our very special Mentors such as the one pictured here, Ms. Shuhan! She has been a dedicated BGCT Mentor and made a great impact on our Club! Members spend time doing various activities they may be interested in and enjoy having meaningful conversations. Our Mentors are amazing listeners and support to our Members and we so grateful for them!



Member of the Month

We are excited to recognize Theodore, a kindergartener at Tecumseh North this month. Theo's energy and enthusiasm are truly contagious, and he brings joy to everyone around him. We love Theo's dance moves, no matter what is going on you can count on Theodore busting a move and spreading happiness. He reminds us to seek excitement in the little things.

Life & Workforce Readiness

Travelle and Valerie have shown exceptional dedication and hard work in their journey to becoming Topeka's Youth of the Year, going above and beyond to prepare for their speeches on Dec. 5th. Travelle, Freshman at Topeka West High School, made the basketball team. Travelle is a great leader at the Teen Center and is working to be a future teacher that can inspire change in the next generation. Valerie, JR at Topeka West High school, where she spends most of her time involved in multiple programs and groups. Valerie, called the "Club Mama," lives up to her name for her constant nurturing and mentoring of other members, showing genuine care for others and wanting the best for her peers. She is very passionate about her culture and family and part of that is showing care for others. The Boys & Girls Club of Topeka could not be prouder of these two individuals and their example of what it means to be Youth of the Year. Their commitment to personal growth and their club makes them true role models, and we are proud to have them represent the future of leadership.



Conversation Starters

The trick is to ask about things that are specific to avoid the “fine” and ‘nothing” responses after a long day!

- Tell me about the best part of your day.
- What was the hardest thing you had to do today?
- Did any of your classmates do anything funny?
- Tell me about what you read in class.
- What's the biggest difference between this year and last year?

What's Happening Next Month?

January 1st - All BGCT Closed

January 2nd & 3rd - SDO All BGCT Clubs

January 6th - SDO for USD 450

Wednesday, January 15th - USD 437 Early Release

Monday, January 20th - SDO All BGCT Clubs

Showstoppers in the Community

Baker Nursing played a vital role in making our Rise & Shine Event and Family Health & Safety Fair unforgettable successes. Their incredible support, dedication, and hard work spanned two days of service, showcasing the biggest hearts and brightest futures within our community. From assisting with breakfast service to hosting various booths during the Health & Safety Fair, the Baker Nursing team went above and beyond to ensure these events ran smoothly. They arrived bright and early, helped with setup, and stayed through to tear down, demonstrating their unwavering commitment to our mission and the families we serve.

We are deeply grateful for their generosity, energy, and willingness to step up and support our Club. Thank you, Baker School of Nursing, for being true community champions!

Community Resources

Looking for ways to navigate parent-teacher conferences, manage stress, or build stronger connections with your child? Check out this incredible resource packed with tips and strategies to support families provided by Families Together, Inc. It's a valuable guide to fostering communication and well-being for you and your family.

<https://myemail.constantcontact.com/Parent-Teacher-Conferences--Stress-Relief--and-Building-Connections.html?soid=1102230230312&aid=DmG78LSFNzQ>



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