



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**YMCA OF GREATER NASHUA**

# EDUCATIONAL ACADEMY

**A YMCA Program in Support of Local School Districts and the  
Families of K-6 Students in the Greater Nashua Region**









## SUPPORTING SCHOOLS, CHILDREN, FAMILIES AND OUR COMMUNITY

As a new school year begins and that school year looks different than any other, the YMCA is committed to providing families with safe and enriching child care while ensuring that students have support in any remote learning they are doing with their schools. The YMCA has been providing child care and summer camp programs to children since the middle of March in a safe, caring and responsible way and we are excited about expanding upon that work by equipping children with the tools they need to succeed academically and socially in this new environment

## REMOTE LEARNING... IN PERSON SUCCESS

Throughout the day, students will have designated time to engage in remote learning with their schools. Quiet spaces will be provided for students to meet with their teachers, complete assignments and further their studies. Staff and volunteers will be available to help students with their remote work.

To enhance what the schools are offering, the YMCA is partnering with BellXcel to provide in-person curriculum using LitArt. Each day during the Brain Power Hour, YMCA staff and volunteers will lead students in fun, project based, grade appropriate educational activities in math, literacy and writing. This work will help students stay ahead throughout the school year.





# SAFETY FIRST

Since March, we have had hundreds of children in our care. As we look to the school year, we will keep these practices in place and continue to adapt.



## Contactless Check In and Health Screens

Parents stay in cars while students are dropped off and picked up. Children have temps taken and parents answer health screen questions



## Stay Home Policy

We require all students and staff to stay home if they are not feeling well.



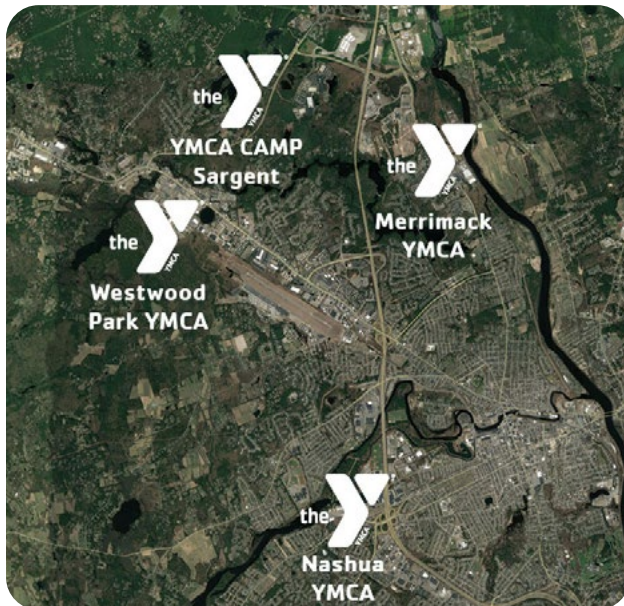
## Enhanced Cleaning

We have more than quadrupled our housekeeping staff with full and part time staff and have scheduled their cleaning around.



## Podding Up

Children stay in their groups, with the same counselor, all day. Groups do not interact with each other.



# LOCATIONS

The YMCA will host the Educational Academy at **Camp Sargent** and the **Westwood Park YMCA** and are open to students from all area schools.

We chose those locations for a reason. Both have been used throughout the summer for summer camp programs and have great systems for contactless drop off and pick up. Camp Sargent provides lots of outdoor time for children as well as indoor spaces for each group. Westwood Park has a large open indoor space and outdoor play area that allows for proper distancing.

Camp Sargent will be used at least through October and possibly longer depending on autumn weather. At that time, the program will move to our Merrimack and/or Nashua Branches.

# DAYS, TIMES AND COST

Our program will run Monday-Friday from 8:00am-5:30pm with families dropping off and picking up within those times. To meet the varying schedules of area school districts, parents can register for various days within a week. Daily cost is \$40 per day and will be drafted on a weekly basis

# FINANCIAL ASSISTANCE

As is the case with all YMCA programs, nobody will be denied participation due to inability to pay. Through the generosity of our community, we are able to offer financial assistance on a sliding scale.

# SAMPLE DAY SCHEDULE – 1st Grade

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	ARRIVAL				
8:30 AM	COMMUNITY TIME CHARACTER DEVELOPMENT	COMMUNITY TIME MINDFULNESS	COMMUNITY TIME SOCIAL EMOTIONAL	COMMUNITY TIME MINDFULNESS	COMMUNITY TIME CHARACTER DEVELOPMENT
9:15 AM	DISTANCE LEARNING/BRAIN POWER HOUR SESSION I				
10:15 AM	FOOD & FUN				
10:30AM	EXPLORATION Literacy – Oh the Places You’ll Go	ENERGIZE Team Games – What Time Is It Mr. Fox	EXPLORATION STEM: Ooblek	ENERGIZE CATCH – Soccer Skill Building	EXPLORATION STEM – Ten Apples On Top
11:15 AM	DISTANCE LEARNING/BRAIN POWER HOUR SESSION II				
12:15 PM	LUNCH & GAME TIME				
1:00 PM	12 BURSTS ACTIVITY TIME				
1:30 PM	COMMUNITY TIME SOCIAL EMOTIONAL	COMMUNITY TIME MINDFULNESS	COMMUNITY TIME CHARACTER DEVELOPMENT	COMMUNITY TIME MINDFULNESS	COMMUNITY TIME SOCIAL EMOTIONAL
2:15 PM	DISTANCE LEARNING/BRAIN POWER HOUR SESSION III				
3:15 PM	FOOD & FUN				
3:30 PM	ENERGIZE Team Games – Scream, Shout, Knock Out	ENRICHMENT Arts and Humanities – Put Me in the Zoo	ENERGIZE CATCH – Ninja Warrior	ENRICHMENT Kids Theater	ENERGIZE Team Games – Catch Thing 1!
4:15 PM	PROGRAM TIME				
5:30 PM	DISMISSAL				

CURRICULUM COMPONENT	CURRICULUM DESCRIPTION
<b>DISTANCE LEARNING SESSIONS</b>	Grade level distance learning support where students will be able to log in to access remote classes or complete assignments. Staff and volunteers will assist students with the work their teachers are engaging them in.
<b>BRAIN POWER HOUR</b> <a href="https://litart.com/elementary">https://litart.com/elementary</a>	Dedicated time for students to engage in fun learning experiences in literacy, math and writing. Using the LitArt curriculum, students will enhance the learning they are getting through their schools
<b>FOOD &amp; FUN</b> <a href="http://foodandfun.org">http://foodandfun.org</a>	A Healthy Snack and then Nutrition activities to help children understand healthy choices
<b>CHARACTER DEVELOPMENT</b>	Character is a key element of the Y's approach to working with youth to develop into ethical, caring, and successful adults. The Y will provide enrichment activities that will support social and academic benefits to develop long term and lasting change.
<b>EXPLORATION</b>	Age-appropriate, hands-on, fun activities intended to reinforce academic learning concepts. The Y uses evidence-based curriculum related to STEM, literacy other various subjects.
<b>COMMUNITY TIME</b>	Daily youth-led activity created to facilitate group conversations, break the ice, and build relationships amongst students (and staff). Each segment will have a focus on Character Development, SEL, or Mindfulness.
<b>ENRICHMENT</b>	Age-appropriate structured enrichment activities such as music, art, theater, DIY crafts, global awareness, service learning and character education intended to expose students to new experiences to ignite their imagination and foster a love of service and empathy for others
<b>ENERGIZE</b> <a href="http://Catchinfo.org">Catchinfo.org</a>	Physical play activities that can take place either outside or in the gym. The Coordinated Approach to Child Health (CATCH) Curriculum creates behavior change by enabling children to identify healthy foods, and by increasing the amount of moderate to vigorous physical activity (MVPA) children engage in each day. The CATCH curriculum also promotes behavior change around making healthy choices. Hands on activities enable children to identify healthy foods using the terminology GO, SLOW and WHOA foods.
<b>SOCIAL/ EMOTIONAL &amp; MINDFULNESS</b> <a href="http://Sanfordharmony.org">Sanfordharmony.org</a>	The Sanford Harmony curriculum teaches problem solving skills as well as teaches children to embrace diversity and build healthy relationships that will last well into adulthood Lessons include diversity & inclusion, empathy & critical thinking, communication, problem solving, and peer relationships. Staff lead activities in the form of Buddy Ups allowing students to work in pairs, as well as Meet Ups or group discussions.
<b>NUTRITION</b>	The YMCA is committed to providing healthy snack options during before school and after school programs. All snacks served will meet USDA nutrition guidelines and align with YMCA Healthy Eating and Physical Activity (HEPA) standards. A variety of healthy foods will be available including fresh fruits and vegetables, whole grains, and items low in sugar and absent of trans-fat. Students will also learn about nutrition through daily lessons and activities.



## PROGRAM REGISTRATION AND BILLING

All program registrations will be conducted through our online account management system. This system provides families with a convenient and secure way to register and provide emergency and medical information electronically. Priority registration will be offered to former participants of the program. Program spaces will be available on a first-come, first-served basis. Wait lists will be maintained and managed once the program capacity has been met. Families may be required to register at least 48 hours prior to starting the program in order to process the application and allow staff to adequately prepare for the child.

Program fees will be billed weekly. Participants will be required to maintain a credit or debit card on file that will be billed automatically through our billing system.

## FAMILY RECESS

Not every family will need full day child care during any remote learning programming. Mom or dad may be able to work from home, an older sibling might be able to help younger siblings, and families will figure out how to make it work. Those families still need a break and so the YMCA will be scheduling both in person and virtual Family Recess each day.

### Recess at The Y

The YMCA will be scheduling blocks of time each morning and afternoon for families to come to the Y for both adult and youth programming. Mom can take a Zumba class while kids are in a swim lesson or sports class.

### Virtual Family Recess

For families who can't make it to the Y, they can access our Beyond Our Walls programming with online exercise classes, youth art and science classes, virtual field trips and much more!

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**YMCA of Greater Nashua | [www.nmymca.org](http://www.nmymca.org)**

**Merrimack YMCA**  
6 Henry Clay Drive  
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603.881.7778

**Nashua YMCA**  
24 Stadium Drive  
Nashua, NH 03062  
603.882.2011

**Westwood Park YMCA**  
90 Northwest Boulevard  
Nashua, NH 03063  
603.402.2258

**YMCA Camp Sargent**  
141 Camp Sargent Road  
Merrimack, NH 03054  
603.880.4845