

# Welcome to CAPS!

SBCUSD Creative Before and After School programs for Success (CAPS) is dedicated to providing an exceptional program that improves student achievement. We have carefully chosen highly effective programs, staff, projects, and activities that meet and exceed state standards. The CAPS program provides a structure for daily activities that address the specific needs of the children in the areas of reading/language arts, math, homework, enrichment, nutrition and health, and recreation. We have the capacity, experience and expertise to meet our community's needs. CAPS is the leader in providing and developing safe environments for the children of San Bernardino City Schools. CAPS is involved with mentoring, apprentice style learning, physical education, art, drama and dance. We focus on academics through disguised learning and parent involvement. We provide opportunities for computer literacy and civic responsibilities. We connect to the community by providing work opportunities and educational outreaches through Family Nights. We believe CAPS makes a difference in the life of a child.

Currently there are 45 schools in the San Bernardino City Unified School District that offer CAPS. Seventeen elementary schools offer both a before and after school program.

The before school "Sunrise Club" operates each school day from 7:00 a.m. - 9:00 a.m. The after school "CAPS" program operates each school day from dismissal until 6:00 p.m. Students enrolled in the after school component are encouraged to attend while they are off track.

The major objectives of the Creative Before and After School Program for Success include improvement in reading, language arts, and math proficiency scores for enrolled students by:

- Providing three hours of supervised, engaging, and challenging activities daily
- Keeping students safe and nurtured while promoting academic achievement
- Providing a daily nutritional snack
- Building resiliency skills to reduce behavioral risk factors
- Improving student behavior and promoting positive social development through character education and leadership training
- Improving student attendance
- Reducing student's use of alcohol, drugs and tobacco, and the incidents of violence, and juvenile crimes
- Increasing meaningful parent involvement through Family Literacy Programs and other training opportunities
- Utilizing existing and new partnerships and community collaborators
- Providing homework assistance and academic enrichment activities daily
- Tutoring students in language arts and math
- Providing structured recreational opportunities including physical fitness, and sports
- Providing computer-assisted experiences, video production, photography, and school newspaper
- Encouraging reading and library time
- Offering dance, fine arts, and other enrichment activities including drama, chorus, music, arts and crafts, and movement
- Hosting assemblies, special presentations, and Family Nights
- Providing ongoing CAPS staff training and professional development
- Creating safe, nurturing, and engaging learning environments
- Expanding the school day creatively to support district goals

- Linking families and communities with schools in positive ways
- Empowering students and stakeholders with opportunities to create a better world
- Monitoring, measuring, and sharing successes
- Fostering the love of learning

CAPS provides a variety of proven and effective, research based academic assistance activities. These activities meet the needs of our students and community. We have carefully evaluated many programs and currently use the programs described below. We have the capacity to deliver these services to our students with facilities and personnel. CAPS has a successful history of providing a program that will enhance the academic performance of our students. Each program meets specific needs in our community addressing academics, achievement, and youth development. In addition to providing extensive homework help, we utilize the following programs:

- Achieve 3000, content reading and writing program using technology
- Read 180, reading and language arts
- Accelerated Math and KidzMath, computer based and hands-on mathematics
- Orchard Computer Based Mathematics Curriculum, comprehensive math program
- California After School Content Literacy Project, tutoring in reading and language arts
- Young Visionaries Youth Leadership Academy, mentoring program
- Brainchild, supports English Language Learners
- School Library, Computer labs available to all CAPS students and parents
- Junior Achievement, entrepreneurial education program
- School Counselor and District Case Management Team
- Tiger Woods Foundation Start Something Program, character education
- Newspaper in Education, provides activities in science, geography, and social studies

At our SBCUSD CAPS program we believe that enrichment activities provide students challenging opportunities to develop gifts and talents. The activities are designed to complement the regular academic program and to extend the level of sophistication of projects and expression. We use our CAPS Program Providers as Guide-on-the-Side or Apprentice Style mentors. With our focus on Youth Development and Character Education we design classes, clubs, and outreaches based on student interest. We develop our program through the use of a Youth Advisory Council, student interest survey, and teacher profiles. A Leadership Team is formed from the students, instructors and site director. The goals of our enrichment activities include:

- Promoting Youth Development/Mentoring/character education
- Healthy social skills/Positive behavior changes
- Recreation/Physical fitness/Sports
- Personal development
- Fine arts expression and performing arts, music, drama, speech
- Prevention activities – Safety, Violence Prevention, Drugs, Alcohol, and Tobacco resistance
- Family support, Counseling, Case Management
- Nutritionally balanced breakfast (before school) and Snack (after-school)
- Community outreach
- Career/technical education

Enrichment activities include exploratory experiences, individual and small group investigations, interdisciplinary skills, imagination, and productivity models. Activities include, but not limited to:

Art/Painting	Reading/Poetry	Computers
Games	Science	Quilting
Spanish	Sports/Aerobics	Drama
Dance/Music/Karaoke	Drawing	Cheerleading
Fitness/Exercise	Crochet/Knitting	Community Outreaches

CAPS utilizes a “Thematic Approach” that transcends academic and positive youth development activities. Students work on an art project that involves math concepts, a cultural holiday, or a book they have read. We encourage students to express themselves in a variety of methods using “Multiple Intelligence Learning,” where students use a variety of strategies for completing projects.

The students of San Bernardino Unified School District are predominately from a socio-economically disadvantaged community. We focus our enrichment activities to cultivate the Search Institutes 40 Development Assets, and Protective Factors/Resiliency Skills. These assets and skills empower children to cope with adverse life experiences. CAPS staff actively seeks out and identifies 10 students weekly to connect with focusing on a particular asset. They include:

Development of emotional strength	Communication Seeking support
Problem-solving skills	Hobbies
Internal locus of control	Personal expression

CAPS strives to reach out to parents and the community through our Family Literacy Program. It is our responsibility to insure that parents are informed about their children’s educational opportunities and improve literacy in the home. CAPS provides family literacy that engages the child and the parent. We focus on parent/child interaction time in which this interaction time can be successfully transferred to the home. Our research indicates that parents are not equipped to meet their children’s literacy needs at home. With a lack of computers and available educational materials our families will greatly benefit from our services. We provide weekly classes on:

- The importance of parents learning to facilitate their child's learning
- The role parents play in a child's learning process
- Common problems and solutions for implementing parent/child interaction time
- Use of library services
- Computer access, including word processing, e-mail, technology
- Parent literacy training, classes for English Language Learners, adult literacy
- Family Literacy events, book give-a-ways, free newspapers, community readers
- Career, job skills, filling out applications, conducting interviews
- Resource and referrals for community services

The CAPS Central Office support staff and school site instructional leaders collaborate to ensure that children are offered academic, enrichment, and healthy opportunities that are challenging, engaging, and aligned with state standards.

All CAPS staff can have positive impact on students' academic achievement and literacy development. Equally important is the development of the child's character. As a member of the CAPS program you belong to an organization dedicated to becoming a world-class leader in an emerging field. You have a great opportunity to make a difference in the world. "Real leadership is an art, a science, a challenge," Dr. Andria Fletcher. This is your opportunity to become the "real leader" by dedicating yourself and your ambitions; committed to building relationships and gaining the confidence and trust of those you serve. See the children of San Bernardino as an asset. Look at people as possibilities with potential. Acknowledge others for a job well done. Determine to make a difference, take the lead, work hard. Stay open to learning, put people first, and be the one person everyone can count on to do the right thing.

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