



James S. Rickards High School
3013 Jim Lee Road
Tallahassee, FL 32301

Family Literacy Workshop

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On Thursday, February 24th, at 6:00 p.m. in the James S. Rickards High School Media Center, Rickards' 21st Century program facilitated a Family Literacy workshop to empower families in literacy. With approximately 60 people in attendance, Dr. Ada Burnette, Chair of Florida A&M University's Educational Leadership Graduate School and Dr. Patty Ball Thomas, professor, told parents that literacy is a family affair. Dr. Burnette encouraged the parents to be their child's first teacher. She shared with parents that

they are to be involved in their child's education from infancy until death. She shared many resources that are available in the community to promote literacy (even for adults of all ages in their respective families).

Dr. Thomas said that research has demonstrated that parental involvement is crucial because of the impact that they make on their children. She went on to explain types of parental involvement. Specifically, she shared ways parents could make literacy fun in the home. Parents were empowered with

things that they can do to assure their children's success at all levels.

Parents received dinner and many door prizes complimentary of some of our business partners. They also received a brochure composed by Mrs. Johnnie Mae Bush Engram, Rickards High Literacy Coach, entitled, *TIPS for Parents* (Improving your child's Reading Comprehension).

Goals of 21st Century



1) To increase student learning in core academic areas of reading, math, and science.



2) To increase students' positive behavioral

changes in discipline and attendance.



3) To improve family literacy.

4) To offer a range of high-quality services to



students and their families in high needs environments.



Nandi Brown

2011

4.0 Summa Cum Laude

Graduate

Service Learning Project-Nursing Home-Flowers



Volunteer Services



Project Objectives:



•Bridge the intergenerational gap between JSRHS scholars and the senior citizen community.

- Develop scholars community learning skills
- Students are exploring ways to honor and enrich the lives of senior citizens

in the Tallahassee Community.

Main activities of Project:

- The JSRHS 21st Century program adopted the residents of Miracle Hill Nursing Home as its target audience.
- A small Community of learners from JSRHS 21st Century Scholars explored ways to make a difference in the lives of

the residents of Miracle Hill Nursing Homes.

- Students will research methods to provide academic, social and personal contributions to the residents of Miracle Hill Nursing Home.
- The JSRHS 21st Century program created spring flowers to deliver to residents.

PeaceJam With Jatericka Connelly

PeaceJam is a prestigious foundation that promotes peace throughout the world. It teaches me about charity and inspires me to work together with others. PeaceJam has a goal of



having ONE BILLION acts of service over the course of 10 years. Participants in PeaceJam are expected to participate in the process of having a global call to action that promotes awareness, to, and solves global Issues. PeaceJam also gives us the opportunity to participate in the annual

PeaceJam conference where PeaceJam participates throughout the southeast come together and do community service; meet a Noble Peace prize Laureate; and, have fun by dancing, painting, playing games, and getting to meet new people.

“PeaceJam has a goal to have ONE BILLION acts of service over the course of 10 years”.

Mary Brogan Museum With Asia Irvin

The Mary Brogan Museum presentation captivated the 21st Century After School Program students attention by sharing hands-on experience and knowledge with attraction, repulsion, electrons, current, circuits, conductors, and insulators. During the seminar, I had



the opportunity to explore how exciting magnetism and electricity are. We found out what it takes to complete a circuit, Then used what we learned to build and study an electromagnet. What is an Elec-

tromagnet, you may say? I learned that electromagnets are magnets that run on electricity. I learned that batteries transfer energy to light bulbs. I enjoyed having the Mary Brogan Museum coming and teaching interesting things.



YMCA With Reshad Hart

In YMCA, we talk about issues in the community that are relevant to us: peer pressure, illegal activities, college & career choices, financial problems, and maintaining a budget. What I like most



YMCA

is that we get into two groups. A group discussion that was memorable was when the Firemen came to visit. We discussed their careers, being rescuers, heroes, and job rewards. We've also read about inspirational people, such as prosperous, professional NBA and NFL players who we can compare ourselves with in

order to realize how to succeed. YMCA is a great non-profit organization that helps build our characters and helps us to be well prepared to achieve success in the different paths that we might choose.



College Awareness Seminar With Ashton Henderson Michigan State University

By: Bri'Anna Jenkins

The College Awareness Seminar was very informative. Mr. Ashton Henderson came at the perfect time to raise college awareness of high school students and to promote strategies for helping increase the number of 21st

century students who enter into colleges and universities. Mr. Henderson introduced us to a lot of ways to make the path to college efficient.



He also made me realize that the steps and actions I take in high school will affect my college career. Hence, getting good grades, working hard and adopting great study skills now will benefit me. I would love for him to return and speak again.



New Leaf Market- 1st visit First Visit Health Food Workshop



Students in the 21st century program are connecting real-life situations to their academic content learned at Rickards High School. Students were introduced to the science behind vitamins. The instructor informed the scholars of the benefits of Vitamin D and

assured them that it can be obtained from more than cow's milk. Several other examples were provided along with nutritional snacks highly packed with Vitamin E. The health instructor provided almonds and pistachios with a twist. Instead of having the regu-

lar almonds and pistachios, they were coated with known flavors to appeal to the crowd. The curry flavored almonds were among the audience favorites. The instruction was finished with a sample of natural organic mango juice which won over the crowd again.



New Leaf Market- 2nd visit Health Food Workshop



The New Leaf Health visit was brought back by popular demand. The scholars of the 21st century enjoyed the first visit so much that they wanted to learn more about nutrition and health. So, this time the speaker provided students with milk alternatives and delicious cookies that were not packed with a high fat content. The students were amazed to find out that

soy, and coconut had an amazing taste. The milk was not the only option as they were provided with some yummy cookies that were similar to the infamous Oreos but with less fat content. As the students indulged in their "healthy" milk and cookies, the students learned that soy milk contains all of the essential amino acids needed to meet all the body's necessi-

ties. The Food & Drug Administration states that 25 grams of soy protein per day, as part of a healthy diet, may help reduce the risk of heart disease. Plant-based foods like soymilk are sometimes lower in saturated fat and cholesterol than their animal-based counterparts, making them an especially smart choice for a heart-healthy lifestyle.

The 21st Century After School Program Candid Photos



Managing your Finances **SHERWOOD BROWN**



"A Wonderful Experience"

By: Ellen Peterson

It has always been my dream to grow up and become a millionaire. Mr. Brown's money management workshop has really

informed me of various ways to start trying to achieve my goal. His workshop included ways to save money as a teenager, decrease debt from credit cards, and why it is important to explore different ways for college now. Over-

all, the workshop was a very rewarding experience and I really believe that it was beneficial to me now and will be beneficial to me in the future as well.



100 Black Men of Tallahassee

By: La'Vontae Johnson

The 100 Black Men of Tallahassee visited our 21st Century Program back in February of 2011. They shared many business tips on how to be a professional. We also participated in two mock interviews, and they performed one for us. In doing those interviews I learned that great posture, confidence in your voice and having an enthusiastic attitude about

the job you are seeking are great skills to have.

The 100 Black Men of Tallahassee also reviewed illegal interview questions, that can be asked in a legal manner. For example: "How old are you?; and When is your birthday?" are illegal questions to ask in a interview. But those questions can be asked in a legal manner like "Are you

over the age of 18? And can you, after employment, provide proof of age?"

I'm going to be participating in many interviews, for a summer job, and I am very thankful that the 21st Century program provided the seminar with the 100 Black Men to share these useful tips.



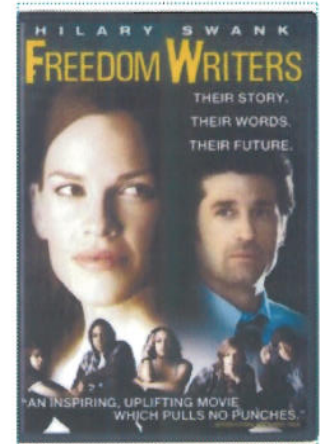
Celebration of Achievement-Freedom Writers

By: Tianna Davis

Freedom Writers was a very inspiring movie. This movie involved an English teacher who resorts to unconventional teaching strategies to break through to her students in gang-infested Long Beach, California. The teacher uses the writings of Anne Frank to teach her students compas-

sion and tolerance and eventually those barriers began to deteriorate. This movie has inspired me to write and express my feelings. It showed real-life problems in the world. I realize how lucky I am to not be in their situation. The kids in the movie came out of their shell. It taught

me not to judge a book by it's cover". People could really have problems outside and inside of their homes. I am glad the 21st Century exposed me to such a powerful movie and I realized that choice, not circumstances, determines your success.



Quote Me!! 21st Century Success Stories

By: Kwabena Sa-Ra

When I was first put in the 21st century program, I didn't want to be here. I really didn't. Why, may you ask? I had other things to do after school that I thought was more important than my school work. When I got into the after school program, I had

other things to do after school. But once my Report card came I was extremely disappointed with my grades. So, I decided to come to the 21st Century After School Program. I got a mentor and I started doing my homework and my grades quickly im-

proved. To this day, me and my mentor work on math, and even when I don't have work, I work on FCAT Explorer. And because of this program I feel more confident taking the FCAT.



"I decided to come to the 21st Century After School Program, I got a mentor and I started doing my homework and my grades quickly improved".

JAMES S. RICKARDS HIGH
SCHOOL

21st Century After School Program



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Quote Me!!

"It's a wonderful program that helps our scholars meet their educational, social and overall needs".

Proud Principal, Dr. Michelle Gayle

From the Desk of the Director...

Greetings,

Here at the home of the Raiders there are many services being offered to our scholars. Academic tutoring, homework assistance, character education, technology, career education, college preparation, dance, drama, music, sports, and so many other activities are of interest to the JSRHS scholars. The 21st Century program works hand in hand with both Florida A&M University and Florida State University. The Collegiate roo Black Men Organization, New Leaf Market, Peace Jam, Oasis and the YMCA are also partners with the program. We have been fortunate to present guest speakers, such as, Ashton Henderson (football player), Sherwood Brown (CFP, Florida Commerce) Ada Burnett (Chair) Educational Leadership Florida A&M University) and Dr. Patty Ball Thomas, Professor.



MORE 21st Century Candid Photos

