BOYS & GIRLS CLUBS
OF THE RED RIVER VALLEY

Boys & Girls Clubs of the Red River Valley - Monthly Newsletter

October 2026

YOUTH OF THE MONTH – SEPTEMBER

Youth of the Month is a Club-driven experience that aims to recognize and honor Club members who exemplify strong character and leadership. To achieve this recognition, the Club member will have consistently demonstrated growth and/or skill in the following areas: Character, Leadership. Responsibility, and Group Participation.

Our Centennials' Youth of the Month for September were:
Group 1: Kira R.
Group 2: Eddie N.
Group 3: Marja J.
Group 4: Phoebe N.

PROGRAM HIGHLIGHT –CALM CORNERS:

A Calm Corner is a space within the program that is designated to support the social-emotional development of children. It provides a safe and quiet space away from the rest of the youth where your child can take a break when they are feeling overwhelmed, upset, or need time to self-regulate. The use of the Calm Corner is a proactive strategy that promotes emotional awareness, independence, and positive behavior. It is not used as a form of punishment, but rather as a supportive resource that empowers children to manage their emotions in a constructive and respectful manner. Staff members guide children in understanding when and how to use the space appropriately, reinforcing the importance of self-care and emotional resilience within a nurturing classroom environment.

OUR CLUB IN ACTION

Clubs provide youth with experiences that build essential social-emotional and subject-specific skills in each of BGCA's four priority outcome areas. In October, our Centennial Club had the following experiences:

- Health & Wellbeing: 644 experiences with Emote Control; Healthy Habits; Huddle Time; Sports, Rec & Fitness
- Character & Leadership: 86 experiences with Leadership & Service
- Academic Success: 348 experiences with High Yield; Power Hour
- Life & Workforce Readiness: 144 experiences with STEAM

NEWS & UPCOMING EVENTS

On October 14th, we held our fall Create & Connect family engagement event! We had 16 families attend, with a total of 37 people. Our open-house–style event ran from 4:00–6:00 p.m. and offered our families the opportunity to participate in a hands-on painting activity with their kids, learn more about the academic supports we offer, and have time to connect with Club staff.

In recognition of the 27th annual **Lights On Afterschool**, BGCRRV celebrated the importance of out-of-school time programs! Our club participated in the *Lightbulb Challenge*, joining a

nationwide effort to raise awareness of the positive impact afterschool programs have on youth, families, and communities

Volunteer with us!
The work we do is critical for the success of the youth in our community, and we could not do it without our committed volunteers. Our Clubs have a diverse set of volunteer opportunities that vary by site and age group. With a variety of volunteer opportunities available, you can assist with our day-to-day activities, engage in a specific program of interest, or bring your own special skill or talent to share with our Club Kids!

If you are interested in volunteering with our Clubs, please fill out the **Volunteer Interest Form** located on our website.

HOW CAN WE HELP YOUR STUDENTS SUCCEED
Each day at BGC, students participate in Power Hour (reading, homework help, educational games). If you have specific ideas of what students could use extra practice on, please reach out. We can individualize targeted practice by student, grade, subject, etc.

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