The CLUB Teen Center Monthly Newsletter -October 2026

YOUTH OF THE MONTH

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

Our CLUB Teen Youth of the Month for September were:
Teens: Zapporah R. – South High
Tweens: Bethann S. – Discovery

PROGRAM HIGHLIGHT – Take 5 – Reset

Take 5 – Reset is a supportive space designed to help youth pause, reflect, and regroup when they are feeling overwhelmed, frustrated, anxious, or simply need a moment to reset. It provides teens with a calm environment where they can step away briefly and return to activities ready to re-engage.

This proactive approach encourages emotional awareness, personal responsibility, and healthy coping skills. While utilizing a Take 5 – Reset, teens have access to reflection worksheets, coping tools, and self-regulation resources to help process emotions and navigate challenges. Staff members work alongside teens to reinforce strategies such as deep breathing, mindfulness, and positive problem-solving, helping build resilience, confidence, and emotional well-being within a safe and supportive environment.

OUR CLUB TEEN CENTER 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 September, our CLUB Teen Center had the following experiences:

- Health & Wellbeing: 693 experiences with Journeys; E-Sports; Huddle Time; Sports, Rec & Fitness
- Character & Leadership: 141 experiences with Leadership & Service; Youth of the Month; Torch & Keystone
- Academic Success: 464 experiences with Art; Power Hour; MindWorks; Teen Interest Clubs
- Life & Workforce Readiness: 78 with Career Launch; Maris Academy

NEWS & UPCOMING EVENTS

On September 10th, our CLUB teens visited the NDSU College of Health & Human Services with Director of Academic Strategy & Engagement, Dana Davis as part of our Maris Academy and Life & Workforce readiness program. They explored career pathways in healthcare, nutrition, exercise science, education, counseling, and sports management. They even got hands-on with cutting-edge Anatomage tables to explore functional anatomy! The day wrapped up with a Health & Human Sciences themed Jeopardy showdown complete with buzzers and lots of laughter.

On October 15, we hosted an open-house–style Family Engagement event at the CLUB Teen Center from 5:00-7:00 PM. Our October event featured a hands-on art activity featuring mini art canvases. Families designed a canvas together using paint. We had some great creations! We saw 6 families and 12 individuals on this occasion.

STAFF TRAININGS

North Dakota State Licensing requires all childcare workers to complete annual training hours based on the number of hours worked each week. BGCRRV provides our employees with multiple training opportunities each month covering a variety of topics such as trauma-informed care, youth development best practices, and building positive relationships. In 2026, 19 courses are offered to employees, along with six First Aid/CPR courses.

HOW CAN WE HELP YOUR STUDENTS SUCCEED?

Each day at the Club, teens participate in Power Hour, our dedicated academic support time designed to help students stay on track and build strong learning habits. This provides a focused time and space to receive homework help, spend time reading, and engage in strategic skill-building activities that strengthen academic confidence. If there are specific ways we can support teens with their assignments or classes, please don't hesitate to reach out.

The Boys & Girls Clubs of the Red River Valley is hiring!

We're looking for positive, caring role models to work with elementary-aged youth in our Club program. If you're passionate about making a difference and helping create a safe, fun environment where kids can learn and grow, we'd love to have you on our team.
Apply now at www.bgcrrv.org/online-application

Unit Director: Paige Lehne – 701.235.2147 or paigel@bgcrrv.org
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