

February 2021  
Newsletter

**Virtual**  
Partners After School  
**Oakland**  
5:00 PM-6:00 PM  
Google Meet

One of our performance measures is to interact with your child 30 times within the school year. Please have your child attend and participate in as many live meets as possible. If your child is unable to attend a live meet I will send you a link to the video instructions. If you can send me a picture of your child doing the activity I would greatly appreciate it! Photos can be sent to Mr. James' Cell phone or email: [James.michaels@maryland.gov](mailto:James.michaels@maryland.gov).

**GARRETT COUNTY  
HEALTH DEPARTMENT**

## Adverse Childhood Experience's February Fact

Safe, stable, nurturing environments play a large role in preventing ACEs by creating the context that allows families to share quality time together, resolve conflicts, and provide emotional support to one another. In addition to supportive relationships, helpful measures include mental health treatment, regular exercise, high-quality sleep, healthy nutrition, and mindfulness practices.

Monday 2/1 Mr. Landon Guest speaker– Music presentation

Tuesday 2/2 Health Rocks– What about other risks?  
Painting a Crest

Wednesday 2/3 Fun with Mr. Derek– incentive winner announced

Monday 2/8 PAS Prevention– Nutrition and Water Challenge- \$10 gift card for participating

Tuesday 2/9 Fun with Mr. Derek

Wednesday 2/10 Health Rocks—Mixed up messages – making “Kindness Rocks” – Incentive winner announced

Monday 2/15 Health Rocks– I can do it!  
Marshmallow Tower building

Tuesday 2/16 Play Hard, Live Clean– It’s Challenge Time

Wednesday 2/17 Fun with Mr. Derek– Bike Safety Knowledge with Mr. Landon- Incentive winner announced

Monday 2/22 STEM-Mrs. Karen– Mars Rover Program

Tuesday 2/23 Health Rocks All stressed out. Financial Planning

Wednesday 2/24 Mustastic with Mr. Landon– Building a custom instrument– Monthly Grand Prize Incentive winner announced

## PAS STAFF

James Michaels

DIRECTOR

240.321.4284

ASSISTANTS

Derek Silbaugh

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Candace Jones

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Cassy Baker

301.616.2776

PREVENTION

SPECIALIST

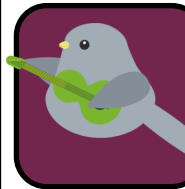
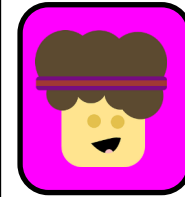
Kristen Walker

301.616.8610

Landon Custer  
AmeriCorps

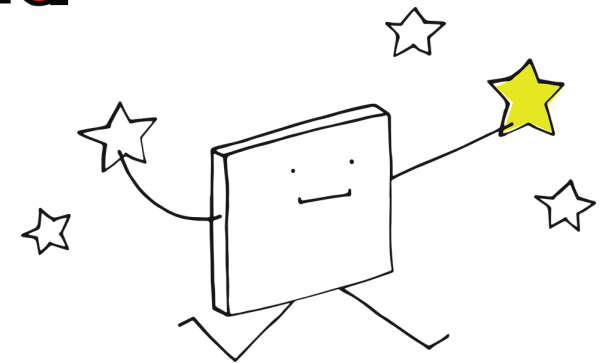
Madison Prudnick  
Tutor

If your child is needing help with a skill or subject in school, please contact Mr. James



## Reminder

Thursdays: PAS Staff will drop off food and program supplies for the next set of activities (If Weather is Appropriate)



February 2021

## Incentive Announcements to Promote Attendance

Students will earn \$10 in the form of a gift card for each prevention lesson they attend. A prevention lesson and a make up day are scheduled each month. Students will have the opportunity to earn \$50 total between now and June. Also, if students complete our health and wellness challenge they will also earn an additional incentive.

Weekly giveaway – on Wednesdays we will be doing a gift card choice giveaway. Each day the student attends, their name will be entered into the drawing. Anytime the student participates in our activities that are worth points, their name will be entered into the drawing as well. The more days a student comes and the more engaged they are, the more opportunities they have to win!

Grand prize monthly giveaway prize package that will be worth \$50+. Each time a student attends a virtual session in the month their name will go into the drawing. On the last program day each month we will do a live giveaway. The student must be in attendance during that session to win the prize (students must be logged into the meeting no later than 5:15 pm to be counted as present).

## Reach for 30 Goal

When a student reaches 30 days of attendance they will have their choice of an item from our new PAS Apparel Store. They will earn a custom appeal item ranging from sweatshirts, T-shirts, blankets, bookbags, water bottles, and cinch sacs.