



POWER SCHOLARS ACADEMY PROGRAM OVERVIEW

A SCHOOL DISTRICT 90 and THE WEST COOK YMCA COLLABORATION

In partnership with BellXcel and the Y, Power Scholars Academy™ (PSA) offers summer learning & enrichment for youth grades K-8. The goal of this program is to increase students' academic success by preventing summer learning loss and by providing whole child classroom programming designed to support healthy minds and healthy bodies while also engaging families in the education process.

The program focuses on academic instruction and remediation in literacy and mathematics. With the adoption and early implementation of the Common Core State Standards, the curriculum has been expanded to include new resources consistent with common core, and to increase our focus on project-based learning and blended (technology) learning. The specific curricula (topics/units) used with scholars will be guided by the school and its efforts to implement the Common Core standards, as well as instructional focus areas, and the availability of computer and tablet devices to access online curriculum.

A typical elementary PSA program has three hours of academic instructional time, split between literacy and math, and two enrichment classes on Monday through Thursday. In many programs, Fridays are reserved for guest speakers, field trips, or work on community-service projects.

Program Model Design includes:

Five weeks of academic instruction in conjunction with YMCA summer enrichment experiences. The program operates from Monday through Friday for a minimum of 7.5 hours per day. The following key program elements make up the experience:

Community Time: Students, called “scholars,” start the day with a nutritious breakfast and community time activity to develop leadership skills and strong friendships with fellow scholars and staff.

Literacy: Certified teachers lead literacy instruction using a customized Scholastic curriculum. The curriculum focuses on the priority skills critical for student success: phonemic awareness, phonics, fluency, vocabulary, and comprehension. It provides teachers with highly specific instruction and explicit, consistent, easy-to-follow lessons. The program includes the STAR Enterprise Assessments, by Renaissance Learning, on a pre- and post-program basis. STAR assessments are built for measuring progress against Common Core standards.



Math: Certified teachers lead math instruction using a customized curriculum developed by Scholastic. The curriculum focuses on foundational concepts to prepare students for the deep mathematical understandings of the Common Core State Standards and is designed as a supplemental program for grade 1-8 scholars. The curriculum blends conceptual understanding, problem solving, and foundational skills in targeted intervention modules that get at the misconceptions that so often prevent student progress. Throughout the lessons, scholars engage in the eight Standards for Mathematical Practice as they build their conceptual understanding and critical thinking.

Lunch & Recreation: Scholars eat a healthy lunch and spend approximately 30 minutes engaging in physical activity during recess.

Enrichment: Scholars rotate through enrichment opportunities during the afternoon. Themes typically include:

- **Life and leadership development**, such as character development, social and emotional learning, civic values, substance and violence prevention, and service-learning.
- **Science, technology, engineering, and math enrichment** courses that enable scholars to engage in these fields in fun, non-traditional ways.
- **Health and fitness activities** including a wide array of traditional and nontraditional subjects. *(1 hour daily required)*
- **Creative arts** providing scholars opportunities to explore dance, art, writing, music, drama, and other artistic expression.
- Additional activities are considered and included as determined through community interest.

Fostering the well-being of scholars and educators alike leads to stronger communities. A strong social and emotional learning curriculum is vital to creating classroom experience aimed at supporting the whole child. It empowers a growth mindset in youth as they forge a path to excel in learning and in life and can lead to both heightened self-confidence as well as valuing diverse perspectives.

LADDERS SEL CURRICULUM

Instill a growth mindset

- ✚ Prepare scholars to reach for their full potential to learn and lead.
- ✚ Empower scholars to take safe risks and experience vulnerability while feeling supported and connected.

Encourage mindfulness

- ✚ Connect scholars to the present moment in the context of the learning environment.
- ✚ Model learning to listen to the needs of their minds and bodies.

Grade appropriate activities and game

- ✚ Activities and games aligned with CASEL core competencies.
- ✚ 11 units organized by grade band (K-2, 3-6, 7-8).

SAMPLE WEEK PSA SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM - 8:30 AM	Breakfast and Community Time				GUEST SPEAKERS FIELD TRIPS and COMMUNITY SERVICE PROJECTS
	<i>5 minute transition</i>				
8:35 AM - 10:05 AM	Academics: Literacy				
	<i>5 minute transition</i>				
10:10 AM - 11:40 AM	Academics: Math				
	<i>5 minute transition</i>				
11:45 AM - 12:20 PM	Lunch/Recess				
	<i>5 minute transition</i>				
12:25 PM - 1:25 PM	Enrichment 1: <i>Physical Activity</i>				
1:25 PM - 1:40 PM	Afternoon Snack				
	<i>5 minute transition</i>				
1:45 PM - 2:45 PM	Enrichment 2: <i>SEL, STEM, arts, etc.</i>				
2:45 PM - 3:00 PM	Dismissal				

Program Budget Narrative:

The total program cost for the 2021 PSA Program is \$76,530.00 for 40 students for 5-weeks a total of 188 program hours.

A few factors that are impacting overall cost per student are:

1. Estimated Enrollment Projections
2. Per classroom census reduced from 24 scholars to 10 scholars.
3. Total program population of 40 compared to other years with additional partners of 100 to 120 scholars so the cost structure is spread over fewer scholars.

The West Cook YMCA is pleased to provide a \$21,530 subsidy of 30% of the program cost, reducing our 2021 program cost to \$55,000. This translates to a per student per hr. cost of \$7.31



2019 SUMMER IMPACT REPORT

POWER SCHOLARS ACADEMY
THE WEST COOK YMCA IN PARTNERSHIP
WITH D90 & D91

86

GRADE K-5
SCHOLARS

5

WEEKS

5

DAYS PER
WEEK

+1

AVERAGE MONTHS
GAINED IN MATH

0

MONTHS LOSS
IN LITERACY

92%

ADA

37.5

HOURS OF
MATH

37.5

HOURS OF
LITERACY

256

HOURS OF
PROFESSIONAL
DEVELOPMENT

Program Goals

- Increase literacy and math skills
- Strengthen self-confidence, social emotional learning
- Increase parent engagement
- Build a stronger connection with schools and the community

88%

of parents reported an increase in their eagerness to learn



Enrichment courses foster critical 21st Century skills like teamwork and leadership, increase self-confidence, and expose scholars to new subjects, opportunities, and career paths. Scholars rotated through the following courses:

Art | Reader's Theater | Dance | Music | Spanish | Cake Decorating



100%

of teachers said scholars exhibited growth mindset



Field Trips & Community Engagement

Field trips, special events, and guest speakers supported learning by exposing scholars to diverse ideas, people, places, and opportunities while nurturing increased tolerance and critical thinking skills.

Experiences included:

Brookfield Zoo
Field Museum
Adler Planetarium
PSA Open House
Closing Ceremony



Financial Supporters

John G. Symons Trust Charities
Forest Park National Bank & Trust
The Rotary Club of OPRF
West Cook YMCA
BellXcel
Forest Park School District 91
River Forest School District 90



"The Rising 5th grade class showed enthusiasm and excitement as they collaborated and learned throughout the Power Scholars Academy." PSA Educator