

UPDATE



Children's Aid ensures the physical and emotional well being of children and families and provides each child with the support and opportunities needed to become a happy, healthy and productive adult.

You Make It Happen for Our City's Children

During my first year as CEO, my most important revelation is this: your support carries our children and families to a happier future. Your investment in Children's Aid helps us to bring all the important extras that matter in childhood to New York City's most underserved children.

Only with your generous support can:

- Fifth-graders attend swim team practice after a full day of school without physical activity.
- Freshmen attend a special seminar to ensure a positive transition from middle to high school.
- Budding actors, singers and musicians discover their talent through arts programming.
- Three- to five-year-olds learn the importance of "go" foods versus "slow" foods.

- Children of all ages receive their primary medical care through in-school or community health clinics.

As a supporter you expect that your donation is making good things happen, and I think you will find your expectations are being met, perhaps even exceeded — I know that mine are.

Sincerely,

C. Warren Moses, CEO
The Children's Aid Society

O at Home Magazine Recognizes Teen Leadership

O at Home recently learned how The Hope Leadership Academy of The Children's Aid Society is helping teens strengthen their leadership skills and become peer mentors and decided to help improve the Academy's workspace in Harlem with a much-needed makeover.

After 9/11, the Hope Leadership Academy was created as a place for disconnected teens to make a connection with each other and develop a teen leadership model. Together, they build their self-esteem, relationship skills and self-expression in a series of workshops facilitated teen to teen.

Teens have facilitated 2,000 leadership trainings for their peers since the program's inception. Now, more than 85 percent of teens graduating from The Hope Leadership Academy program are enrolled in college or other higher-education program. Thanks to *O at Home*, thousands of future teen leaders will enjoy a dynamic and comfortable space.



Children's Aid's hip new space was featured in *O at Home's* fall edition.



Children's Aid Focuses on Nutrition and Fitness

An epidemic of childhood obesity is spreading across New York City and the rest of the country, so Children's Aid has re-examined its food and fitness policy to combat this emerging problem.

Now, Children's Aid is committed to removing sugary sodas and high-fat snacks from program sites and promoting at least 90 minutes of physical activity per day for each child.

Go!Kids Expands to East Harlem

Go!Kids, an early childhood obesity prevention program, is expanding to East Harlem after three years of success in Washington Heights and the Bronx.

Go!Kids was created in 2003 to help children ages 3 to 5 get an early start on the fight against obesity. Go!Kids instructors work within Head Start classrooms using a structured curriculum of songs and games to help children identify healthy foods and exercises.

More than 200 children and their parents are currently part of our Go!Kids programming in Washington Heights and the South Bronx.

The East Harlem Community Center has been selected as a site to begin



Go!Kids participants flex their muscles during a Head Start graduation.

expansion of this program due to the community's high rates of childhood diabetes and obesity.

Children's Aid Cuts Freshman Failure Rate by One-Third



Manhattan Center freshmen meet regularly to build a foundation for success throughout high school.

An 18-week Freshman Seminar at the Manhattan Center for Science and Math, administered by The Children's Aid Society, has cut freshman failure rates by 33 percent after two years. Now, school administrators require all freshmen to enroll in the seminar so students set goals, establish study habits and build class unity with students from all five boroughs of the city. Also, after such success, Children's Aid is implementing the Freshman Seminar at Fannie Lou Hamer Freedom High School in the Bronx.

Give a Gift of Joy for a New York City Child

Spread Joy this Holiday Season by Honoring Friends and Families with A Gift To Children's Aid

With your tax-deductible donation, you can request that Children's Aid send a personalized holiday card to each of your friends and family you choose to honor.



Vellum inserts are a great option if you have already selected personal holiday cards. Children's Aid can send your requested number of inserts for you to include in your holiday cards.



Please call The Children's Aid Society's development office at (212) 949-4936 to place your order or go online at www.childrengivingsociety.org/holidaycards.

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Did You Know?

Without the support from donors like you, Children's Aid could not provide specialized services such as the balance center and other after-school programs. In a recent study by an independent researcher during the 2004-2005 school year, middle-school students who consistently participated in Children's Aid programs had significantly higher rates of attendance than their peers who did not participate. Thanks to your support, children look forward to coming to school!

A Star on Stage

Theatre Program Opens Doors for Young Talent

“Being in the drama program has helped me adapt to any situation: drama, comedy or musical,” says Shaniqua about her Children’s Aid middle-school program. “They [her teachers and coaches] bring something that makes it great to be here. It’s like a second home.”

Shaniqua’s success at The Children’s Aid Society’s Advantage Theatre Program led her to attend New York City’s Professional Performing Arts High School. For years, New York City public schools have slashed arts education funding. Without Children’s Aid, Shaniqua would not have found a stage to project her wide smile and emerging talent.

Before entering the drama program, Shaniqua did not perform well academically and had a difficult time expressing herself; but in the program, she reinforced language skills, expression, reasoning and memory. Students in the Advantage Theatre Program experience learning in a whole different way, build their social esteem and strengthen their identities.



Shaniqua played the lead role in Children's Aid's production of "Little Shop of Horrors."

Balancing Act: Behavior Mediation Without Punishment

Balance Center at P.S. 5 helps students learn how to adjust behaviors



Balance Center facilitators help students identify stressors and sources of anger.

“Yesterday I did something bad, now I am with Nate because of this. So we are doing this activity that made me think a lot and I realize a lot about myself, I learned what annoys me, what angers me. Nate, thanks for doing this activity with us so that we can find our true selves. Everything I learned is in my brain now... I CAN IMPROVE,” writes, Nicholas, 11 years old, about his experience at the P.S. 5 Balance Center.

In three Children’s Aid elementary schools, Balance Centers receive children who may be causing problems

in the classroom, and instead of punishing them for acting out, social workers engage the students in a dialogue about what caused the anger or frustration.

“If they [the students] are angry, we help them identify why and help them learn to cope with that feeling without hurting someone else or themselves,” says Nathaniel Smith, Balance Center Facilitator at P.S. 5. “It makes a difference to have a neutral place where they don’t come to play or get punished, but instead to learn to understand their actions, and take responsibility.”

Historical Society to Preserve Archives

In May 2006, the New-York Historical Society announced Children’s Aid’s donation of its Archives for their preservation, cataloging and protection. The archives will be named The Victor Remer Historical Archives of The Children’s Aid Society.

In the photo, **C. Warren Moses**, CEO of The Children’s Aid Society, **Dr. Jean Ashton**, vice president and library director at the New-York Historical Society and **Victor Remer**, archivist and former executive director of Children’s Aid, examine a portion of the archives.



Did You Know?



The Children's Aid Society is one of seven agencies to benefit from The New York Times Neediest Cases campaign.

To learn more, visit www.childrensaidsociety.org/news/neediest2006.



Thinking of hosting a holiday party? Have your friends and family bring a check or an unwrapped toy or game for a child, and Children's Aid will distribute it to a needy child at one of our centers or schools.

To learn more visit, www.childrensaidsociety.org/toydrive, or call Marisol Nieves-Brown at (212) 949-4684.

THE CHILDREN'S AID SOCIETY

UPDATE

The Children's Aid Society
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The Fall Update is published by the development office.

The Need to Succeed

Teens Chart their Course with Children's Aid

This year's annual meeting was a great opportunity for teen participants in Children's Aid to speak directly to donors, trustees and staff about Children's Aid's impact on their lives.

The goal of all Children's Aid's teen initiatives is the same through arts programming, juvenile justice, health or foster care: to help teens gain the skills and knowledge they need to succeed as independent adults. Even our teens recognize they need a guiding hand in finding their independence, and Children's Aid youth development specialists are there for them.

One important part of all teen programming is that the teens speak out to shape the programs into the tools they need. Here, teens describe their Children's Aid experiences in their own words:



Julissa, 15, Bronx Youth Leadership Council:

"We understand that our future is important, and that it's not just up to the adults to help build that future, but since it is our future we have to give a hand as well."



Jeremi, 15, Bronx Next Generation Center

"[We learn] effective decision-making skills. That means we don't let people make our decisions for us, but we might need help and need someone to lead us to make those decisions."



Some of these teens' stories are featured in Children's Aid's 2006 annual report. To view the complete report, please visit www.childrensaidsociety.org/publications.



Nina, 16, Hope Leadership Academy

"We have a voice and no one would hear it if it weren't for you."



Terrance, 17, Hope Leadership Academy

"I always lived the life of 'I don't care.' That's why I thought I couldn't be anything.

Hope Academy changed that — it really did. I realized I was saying 'I don't care' but I really did care."



Ashley, 15, Goodhue Counselor-in-Training

"You learn that the color of your skin doesn't matter because there are teens from a lot of different nationalities and cultures."