



MISSION

***TO EDUCATE
TO ENGAGE
TO EXPLORE***

GOALS

- ***PROVIDING ENVIRONMENTAL EDUCATION THROUGH ENGAGING ACTIVITIES***
- ***PROVIDING OPPORTUNITIES FOR YOUTH TO TAKE PART IN HEALTHY OUTDOOR AND INDOOR ACTIVITIES***
- ***CONNECTING YOUTH WITH LOCAL HIKING TRAILS TO ENJOY AND LEARN ABOUT THE OUTDOORS***



WHY ADVENTURE TIME CLUB IS NEEDED?

Teens who “felt like they had friends and teachers who cared about them found classwork ... more interesting, were more engaged in school, and were more confident that they could complete their work”¹ but 40% of teens say they have not been “offered any social or emotional support by an adult from their school”²

WHAT ADVENTURE TIME CLUB DOES

As Youth Development Professionals, we provide mentorship and social and emotional support in an encouraging environment for our teens through Adventure Time Club activities like nutritional classes to invigorating hikes to education sessions.



While ATC is a stand-alone program at the Teen Center, ATC also incorporates our teens from our Distanced Learning Program. There are opportunities within the ATC and our Distanced Learning

Program to foster friendships and support the social engagement portion of youth development. In the ATC Program, there are targeted lifestyle outcomes, such as healthy alternatives to processed snacks and foods, that directly impact the overall effectiveness of the physical exercise portion and in their life choices as well.



Engaging in physical activity amongst teens has been associated with “elevations in self-esteem, improved concentration, reductions in depressive symptoms, and improvements in sleep”³ ... which can combat the recent rise in sedentary behavior and decline in physical activity⁴

WHAT ADVENTURE TIME CLUB DOES

Adventure Time Club offers healthy lifestyle choices through nutritional classes that focus on healthful alternatives, refreshing hikes to various local trails and paths, and interactive activities and lessons that help reinforce the healthy lifestyle choice curriculum.

Resources Cited:

¹ <https://www.apa.org/news/apa/2020/10/online-learning-mental-health>

² <https://www.edweek.org/leadership/teens-are-growing-depressed-and-disconnected-from-school-student-survey-finds/2020/06>

³ <https://medicine.umich.edu/dept/psychiatry/michigan-psychiatry-resources-covid-19/your-lifestyle/importance-physical-activity-exercise-during-covid-19-pandemic>

⁴ <https://bmcpublikealth.biomedcentral.com/articles/10.1186/s12889-020-09429-3>



WHAT IS ADVENTURE TIME CLUB?

Adventure Time Club is an amalgamation of Boys & Girls Clubs national programs and priority outcomes designed to educate and engage teens in an exploration focused strategy.

Here are the national Boys & Girls Clubs of America programs ATC adopts and embraces (in no particular order):

- **Triple Play:**

- Healthy Habits - Nutritional education
- Daily Challenges - Ability in basic movement skills and overall fitness
- Social Recreation - Focus on healthy relationships (with self and others)

- **National Photography Program:**

- Photography skills that “impact the viewer”
- Potential participation in ImageMakers, a national photography contest

- **The Ultimate Journey**

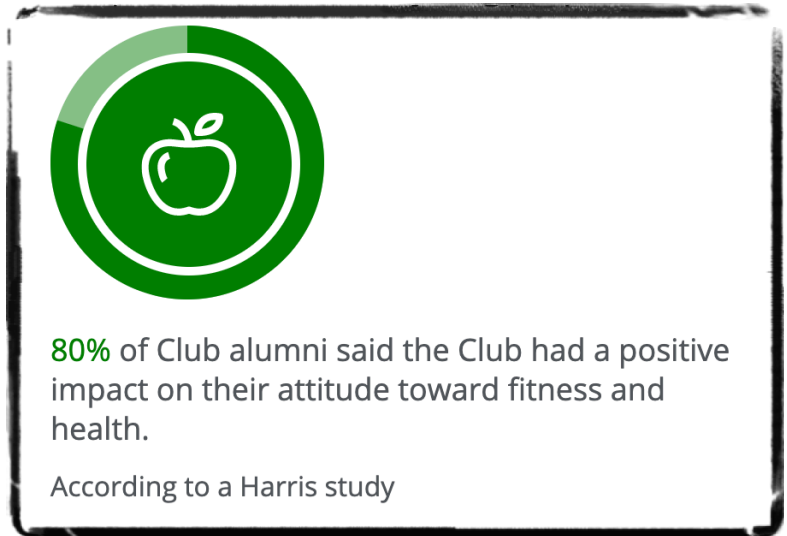
- Education, exploration and awareness of their surrounding environment
- Introduction to environmental stewardship

- **SMART Moves**

- Teen mentorship helping teens develop decision-making skills and analyzing media and peer influence
- Introduction to Passport to Manhood that engages teen boys in discussions to reinforce character, leadership and positive behavior
- Introduction to Smart Girls that engages teen girls with skill building and developing positive relationships with peers and adults

- **Money Matters**

- Developing budgeting and saving understanding and skills
- Implementing short term goals (STG) and plans of actions to achieve those STG



WHAT DOES ADVENTURE TIME CLUB DO?

Part 1 of 2

NUTRITIONAL SCHEDULE

Teens will be given an opportunity to attend one of two sessions to create healthy alternative snacks as part of the educate portion of our Mission. These snacks can be brought along with them on their adventure hikes on that Friday. These sessions are NOT MANDATORY, but HIGHLY ENCOURAGED. Please have your teen sign up for which session they will attend. Due to limited space, your teen may not have the opportunity to participate in these sessions.

Each nutritional session will supply the necessary ingredients and equipment to make their healthy alternative snack. ALL TEENS ARE REQUIRED TO FOLLOW NECESSARY SAFETY PROTOCOLS. Failure to follow these safety protocols may result in removal of that session and future sessions (if applicable). Please let the Staff know of any allergies your teen may have a week before each session.

ADVENTURE TIME - NUTRITIONAL SCHEDULE (TUESDAYS OR THURSDAYS)		
DATE	TIME	FOOD/SNACK/DRINK
2/23, 25	2-3PM	PB&J Granola Bars https://www.freshoffthegrid.com/peanut-butter-jelly-granola-bars/
3/9, 11	2-3PM	Chunky Granola Clusters https://www.thekitchn.com/how-to-make-clumpy-chunky-granola-clusters-cooking-lessons-from-the-kitchn-111316
3/23, 25	2-3PM	Dark Chocolate Cherry Energy Bites https://ohsheglows.com/2012/03/28/dark-chocolate-cherry-energy-bites-a-book-review/
4/6, 8	2-3PM	Banana Oat Bars https://www.thekitchn.com/recipe-4-ingredient-banana-oat-bars-156571
4/20, 22	2-3PM	Blueberry Apple Pie Trail Mix Bites https://paleomg.com/blueberry-apple-pie-trail-mix-balls/
5/4, 6	2-3PM	PB & Pretzel Bars https://chocolatecoveredkatie.com/no-bake-peanut-butter-pretzel-bars/
5/18, 20	2-3PM	Walnut Cranberry Power Bars https://www.thekitchn.com/weekend-snack-diy-power-bars-144235
<p>PLEASE LET US KNOW IF YOUR TEEN HAS ANY ALLERGIES (EX NUT ALLERGY)</p> <p>A maximum of 6 teens can participate in one of the two days available due to safety protocols. Please plan accordingly. Sessions are subject to change (ex date, time or food/snack/drink).</p>		



WHAT DOES ADVENTURE TIME CLUB DO?

Part 2 of 2

ADVENTURE HIKING SCHEDULE

Teens will be given an opportunities to explore local hiking trails and paths as part of the engage and explore portion of our Mission. These hikes will incorporate opportune moments for digital photography (which will be used to both foster photography skills and chances to win prizes for meaningful captures), micro-sessions about environmental stewardship and mentorship with the applicable Staff.

Each hiking trip includes a nominal fee that helps offset staffing, transportation and miscellaneous fees. EACH TEEN HAS AN OPPORTUNITY TO EARN FUNDS TO PAY FOR THEIR TRIP (please see the TEEN FINANCES PROGRAM). Teen participation in the Teen Finances Program is optional, but is highly encouraged.

If your teen is attending one of the hikes, please make sure to fill out a PERMISSION SLIP and provide them with the recommended items and supplies for the hiking trip. THE CLUB IS NOT RESPONSIBLE FOR PROVIDING FOOD, WATER OR OTHER ITEMS FOR EACH HIKE.

It is HIGHLY ENCOURAGED that each teen brings with them a METAL WATER BOTTLE. To commemorate their hiking journey, each teen will receive a unique hiking sticker after each completed hike to represent a visual accomplishment. Stickers are OPTIONAL, but ENCOURAGED.

ADVENTURE TIME - HIKING SCHEDULE (FRIDAYS)				
DATE	TIME	LOCATION	STICKER	COST
2/26	1-5PM	Shibley Nature Trail https://www.alltrails.com/explore/trail/us/california/shibley-nature-trail	ATC 1	\$5
3/12	1-5PM	Oak Canyon Bluebird and Wren Trail https://www.alltrails.com/explore/trail/us/california/oak-canyon-bluebird-and-wren-trail?mobileMap=false&ref=sidebar-static-map&ref=sidebar-view-full-map	ATC 2	\$5
3/26	12-5PM	TBD	ATC 3	TBD
4/9	1-5PM	Hicks Canyon Trail https://www.alltrails.com/explore/trail/us/california/hicks-canyon-trail	ATC 4	\$5
4/23	1-5PM	Santiago Oaks Trail & Peralta Hills Trail https://www.alltrails.com/explore/trail/us/california/santiago-oaks-trail	ATC 5	\$5
5/7	1-5PM	Shady Canyon Trail https://www.alltrails.com/trail/us/california/shady-oaks	ATC 6	\$5
5/21	1-5PM	Crystal Cove Trail https://www.crystalcovestatepark.org/map-of-hiking-trails/	ATC 7	\$5
Hiking schedule is subject to change depending on availability.				
Please wear appropriate clothing (ex shoes, hats, etc), use sunscreen if needed, and bring appropriate amounts of water and snacks.				

ADVENTURE TIME CLUB

ADVENTURE SCHEDULE

FEBRUARY 2021

M	TU	W	TH	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26

MARCH 2021

M	TU	W	TH	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

APRIL 2021

M	TU	W	TH	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

MAY 2021

M	TU	W	TH	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

NUTRITIONAL TUESDAYS/THURSDAYS 2-3PM

- 2/23,25 - PB&J Granola Bars
- 3/9,11 - Chunky Granola Clusters
- 3/23, 25 - Dark Chocolate Cherry Energy Bites
- 4/9, 11 - Banana Oat Bars
- 4/20, 22 - Blueberry Apple Pie Trail Mix Bites
- 5/4, 6 - PB&J Pretzel Bars
- 5/18, 20 - Walnut Cranberry Power Bars

ADVENTURE HIKING FRIDAYS 1-5PM (3/26 - 9AM-5PM)

- 2/26 - Shipley Nature Trail
- 3/12 - Oak Canyon Bluebird and Wren Trail
- 3/26 - TBD
- 4/9 - Hicks Canyon Trail
- 4/23 - Santiago Oaks Trail & Peralta Hills Trail
- 5/7 - Shady Canyon Trail
- 5/21 - Crystal Cove Trail



HOW DOES THE TEEN FINANCES PROGRAM WORK?



*"Making dollars out of cents
and sense out of dollars"*

The Teen Finances Program is part of the Money Matters national BGCA program and utilizes parts of the Money Matters curriculum to help teens earn funds to pay for the Adventure Time Club's hikes and other program costs.

PLEASE NOTE ANY FUNDS EARNED THROUGH THE TEEN FINANCES PROGRAM CAN ONLY BE USED FOR ADVENTURE TIME CLUB EXPENSES. ALL LEFT OVER FUNDS AT THE END OF ATC WILL BE DONATED TO THE TEEN CENTER, SUPPORTING TEEN SUMMER PROGRAMMING AND KEYSTONE.

The Teen Finances Program is NOT MANDATORY for teens, but it is highly encouraged for teens that want to learn about budgeting, setting goals and saving within the context of various opportunities to earn funds.

**HOW
DOES IT
WORK**



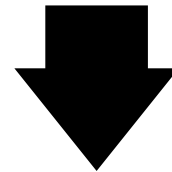
Teens will choose which Adventure Time Club expenses they want to take on and set weekly goals to reach those financial goals through opportunities (ex food sales) to earn funds that will be saved in a Teen Account that can only be accessed through the Staff.

Teens will be in-charge (under Staff supervision) to set reasonable budgets for fundraising opportunities, learning to budget their resources and costs and implementing their plans.

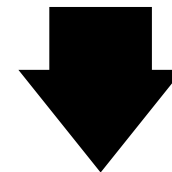
Teens will earn an equal percentage of the funds after a portion of it has been taken out for supplies and for savings for the Teen Center. For example, if 4 teens work at a teen fundraiser and make \$50. \$20 would be subtracted for supplies and \$10 for Teen Center savings. The new total would be \$20 (\$50-\$20-\$10). This new \$20 total would be evenly divided among the 4 teens, so each teen would have earned \$5 deposited into their Teen bank account. All teens can check on their balances through the Staff.

SIMPLY PUT:

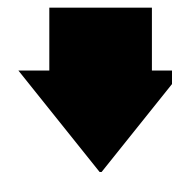
SET A GOAL



**PLAN HOW TO
REACH THAT GOAL**



REACH THAT GOAL



SET A NEW GOAL



**BOYS & GIRLS CLUBS
OF STANTON**



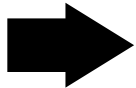
ADVENTURE TIME CLUB - FIELD TRIP PERMISSION SLIP

TRIP _____ COST _____

DATE _____ LEAVE _____ RETURN _____

BRING _____

PARENTS, PLEASE READ



IF YOUR CHILD DOES NOT OBEY OUR RULES, HE/SHE WILL NOT BE ALLOWED ON FURTHER TRIPS!

MEMBERS NAME _____

I GIVE MY/OUR CONSENT FOR HIS/HER PARTICIPATION OF FIELD TRIP DESCRIBED ABOVE WITH THE BOYS & GIRLS CLUB OF STANTON AND GIVE MY/OUR CONSENT TO HIS/HER BEING GIVEN ANY EMERGENCY MEDICAL TREATMENT BY A PHYSICIAN OR HOSPITAL IN CASE OF AN ACCIDENT OR ILLNESS. THIS AUTHORIZATION WILL REMAIN EFFECTIVE UNTIL _____ DATE.

PARENT/GUARDIAN SIGNATURE

HOME PHONE NUMBER

WORK PHONE NUMBER

EMERGENCY CONTACT

EMERGENCY CONTACT NUMBER

TRIP & DATE _____



CONTACT INFORMATION

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VISIT OUR PAGE FOR MORE INFO



BOYS & GIRLS CLUBS
OF STANTON