

## Elementary School Out-of-School Time

The MetroWest YMCA's Out-of-School Time programs allow children to be social, to feel empowered and to participate in hands-on learning activities. Through our programs, young people have opportunities to test themselves through action and performance, which enables their brains to mature and help them learn how to solve problems, make sound judgments and try on broader responsibilities. By participating in a large variety of engaging activities that support all areas of development, children will be more successful academically. Our programs provide safe and reliable environments for kids to select and develop new interests . . . while they have fun!



Extended day programming is available for children in full-day kindergarten through 5th grade at six Framingham Elementary Schools: Barbieri, Brophy, Dunning, Hemenway, McCarthy, and Potter Road. We work with families from other schools to find transportation to one of our existing sites. Each location offers snacks, supervised homework periods, physical activities and a variety of enrichment programs.

### We build strong kids by focusing on:

- Variety:** A wide array of activities are delivered by trained staff members.
- Social skills:** Elementary school is a social environment in which kids learn chiefly through interactions with peers and teachers. We help kids develop and practice "getting along."
- Emotional development:** Several studies link future success to a child's ability to deal with daily challenges and "tune in" to others. At the YMCA, we work to build self esteem and self concept in all programs.
- Nutrition:** We serve healthy snacks to build strong bodies.
- Physical Activity:** in the face of a growing youth obesity epidemic, the YMCA engages children in health enhancing physical activity on a regular basis through our KidsStrong program.
- Partnerships:** The YMCA maintains relationships with the Framingham Public Schools and other youth development partners so that we can help all children reach their highest potential.

### Hours of Operation:

**Before-school care:** 7:00 a.m. until start of school  
(not available at McCarthy Elementary School)

**After-school care:** school release until 6:00 p.m. (including early release days)  
Vacation and snow day programming is also available.

### For more information call us at:

Schools:	<b>Barbieri, McCarthy &amp; Potter Road</b>	508-879-4420 ext. 46
School:	<b>Brophy</b>	508-879-4420 ext. 42
Schools:	<b>Dunning &amp; Hemenway</b>	508-879-4420 ext. 54



## MetroWest YMCA Child Care and Educational Programs



Cultivating Potential



### MetroWest YMCA Mission Statement

The MetroWest YMCA is dedicated to the development of all people regardless of age, gender, race, religion, income and ability. Our programs, services and facilities are designed to enhance the spiritual, mental, physical and social quality of life for our families, our communities and ourselves.

For more information about our programs, center visits, parent handbooks, tuition rates or enrollment information, please call the Director at the site of your choice. Financial assistance is available.



280 Old Connecticut Path  
Framingham, MA 01701

[www.metrowestymca.org](http://www.metrowestymca.org)




MetroWest YMCA

We build strong kids,  
strong families, strong communities.

**Framingham Branch**  
280 Old Connecticut Path  
Framingham, MA 01701  
(508) 879-4420 [www.metrowestymca.org](http://www.metrowestymca.org)

# MetroWest YMCA Framingham Child Care and Educational Programs

## We're accredited!

 The MetroWest YMCA's Early Childhood Centers have been accredited by the National Association for the Education of Young Children (NAEYC). This mark of quality is nationally recognized as the gold standard in early childhood programs. It is achieved by completing an exacting one-year self-study to identify strengths and weaknesses, make adjustments, then successfully demonstrating excellence to independent on-site evaluators in ten quality categories.

Accreditation ensures the high quality and safety of programs, staff, facility, training and curriculum. It also signifies that our early childhood programs surpass state health and safety licensing requirements.

## Quality Counts

Our Early Childhood Programs also bear these hallmarks of quality:

- Developmentally appropriate curriculum based on the Massachusetts Early Childhood Program Standards for 3 and 4 Year Olds and the Guidelines for Preschool Learning Experiences Based on the Massachusetts Curriculum Frameworks (Spring 2003)
- Clear and attainable goals and objectives for children and staff
- Teachers have a Bachelor's Degree, Associate's Degree or are working toward a degree
- Professional development and training for staff
- Staff ratios below state requirements
- Low staff turnover, which supports continuity of learning and important relationship building with children
- Nutritious snacks
- Physical activities to build strong bodies
- Family participation, support and education
- Referrals
- Transition to kindergarten support
- Systematic evaluation and monitoring to improve practices
- Opportunities to participate in other MetroWest YMCA activities such as swim and gymnastic classes
- All staff are First Aid and CPR certified

## Early Years are Important



Your child is learning at an astonishing pace even before formal schooling begins.

The latest research shows that babies are born with about 100 billion neurons in their developing brains. By age 3, nearly 85 percent of their brain's core structure will be established. By age 6, physical connections will have been made for all the major cognitive and emotional functions – including vision, language, emotions and movements. In the first 10 years of life, children have the capacity to learn twice as rapidly as adults.

Your child's early experiences and interactions with people will shape his or her intellect and provide a social and emotional context for relating to the world.

## The Family Is The First Teacher

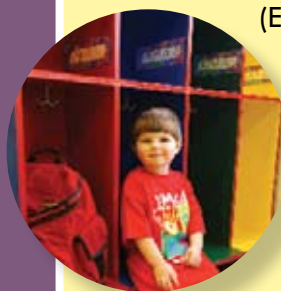
The family is your child's first and most important teacher. Individuals continue to learn and change throughout life, but the early years are those of greatest growth, and the time to lay the foundation for educational – and life – success.



Parents, Grandparents and other caregivers nurture your child and build trust. They can turn every day activities into learning opportunities. These roles are more important than ever before, because today's child is expected to enter kindergarten primed to learn.

## The Benefits of Early Education

Research shows that children who participate in high-quality early learning programs develop better language skills, score higher on school readiness tests and have better social skills than peers who did not attend a program. They have fewer behavior problems and are 40% less likely to need special education services or be held back a grade. They are more likely to perform well academically, complete high school and become part of a productive workforce and contribute to society and the economy.



The Massachusetts Department of Early Education and Care (EEC), our licensing authority, supports high quality early learning programs because they create a level playing field for children entering school, and minimize potential costs associated with remedial and special education. Nationally, long term benefit studies by several universities and think tanks have propelled a strong movement to provide universal pre-kindergarten education.

## Early Childhood Education

MetroWest YMCA Early Childhood Programs provide high quality early education and care to children ages 15 months through 6 years old. Part-week and full-week programs are available for preschool and pre-kindergarten classrooms. Only full-week care is available in the toddler room. Before and Afterschool care and enrichment is also available (see back cover) to elementary school-age children.

Our classes are designed to make your child feel safe and comfortable while learning, exploring, socializing and having fun. The YMCA offers a versatile schedule to accommodate the work day, school vacations and the summer break, because families deserve affordable and flexible programs.

Activities at the YMCA are designed to put learning in the context of play and to celebrate the joys of learning and growing. They include gross motor and language activities, sensory experiences, creative expression, learning through hands-on exploration and acquisition of self-help skills. Our curriculum addresses each child's developmental needs and interests and emphasizes the YMCA character values of caring, honesty, respect, and responsibility. This individualized instruction will help your child grow and succeed.

The Early Childhood staff is multilingual, diverse and trained to be culturally sensitive.

Our mission is to build strong kids, strong families and strong communities. The Early Childhood staff at the MetroWest YMCA looks forward to working with you and your family.

The MetroWest YMCA can help your child prepare for the future. Call the Early Childhood Director at 508-879-4420 x51 for more information.

**Toddlers** Ages 15 months to 2 years, 9 month (33 months)

**Only Full Time Care Available for Toddlers**

**Preschool and Pre-K**

**Ages 2 years, 9 months to 6 years**

**Full-week and Part-week care available for Preschool and Pre-Kindergarten**

## Old Connecticut Path Center

280 Old Connecticut Path  
Framingham, MA 01701  
508-879-4420 x51

**Hours of Operation**  
**Monday - Friday**  
**(year-round)**  
**7:30 a.m. to 6:00 p.m.**

Information in this brochure provided by the following resources:

- Ad Council [www.bornlearning.org](http://www.bornlearning.org)
- NAEYC Accreditation [www.rightchoiceforkids.org](http://www.rightchoiceforkids.org)
- The Future of Children [www.thefutureofchildren.org](http://www.thefutureofchildren.org)
- Afterschool Alliance [www.afterschoolalliance.org](http://www.afterschoolalliance.org)
- Early Education for All [www.earlyeducationforall.org](http://www.earlyeducationforall.org) / [www.strategiesforchildren.org](http://www.strategiesforchildren.org)
- SECPTAN State Early Childhood Policy Technical Assistance Network [www.finebynine.org](http://www.finebynine.org)

## School Readiness?



*School readiness is more than what children know -- it is being ready to learn.*

Children are expected to acquire skills and knowledge BEFORE entering kindergarten so that they can learn at a pace that meets the high standards of the Massachusetts Comprehensive Assessment System (MCAS) and the Federal No Child Left Behind Act.

At age five, your child should already have:

- An expanded vocabulary of 2100 words
- Language skills including the ability to listen and to speak appropriately, print awareness, story sense and the understanding that ideas can be represented through drawings or letters
- Awareness of numbers, shapes and spatial relationships
- Curiosity about the world
- Persistence in completing tasks
- The ability to interact socially, take turns, follow directions, cooperate and be able to play and work well with others
- A positive sense of self worth and ability
- An ability to handle feelings – excitement, frustration, disappointment, boredom
- An understanding of social conventions



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