

# AFTER-SCHOOL PROGRAM

## St Thomas Lutheran Church

The word "Synod" in The Lutheran Church comes from Greek words that mean "walking together." The term has rich meaning in our church body because congregations voluntarily choose to belong to the Synod.

### The Seven Principles of Synod include:

- #1 - Plant, sustain, and revitalize Lutheran churches
- #6 - Enhance early childhood edu., elementary & secondary edu., & youth ministry
- #7 - Strengthen and support the Lutheran family in living out God's design

### The St Thomas After-School Program is designed to support the needs of SW Baltimore

By definition, after-school programs run before & after school, & often during non-school days, such as holidays or summer vacation. That they are designed to offer safe, secure places that children and youth can go to on a regular basis when schools are not in session.

After-school programs help neighborhood youth develop the social competencies needed to become community leaders. They have been shown to improve young people's "feelings of self-confidence & self-esteem"

### Seven Mission Priorities of Synod

#1-Plant, sustain, & revitalize Lutheran churches
#2-Support & expand theological education
#3-Perform human care in close proximity to Word & Sacrament ministries
#4-Collaborate with the Synod's members and partners to enhance mission effectiveness
#5-Promote and nurture the spiritual, emotional, financial, & physical well-being of pastors & professional church workers
#6-Enhance early childhood education, elementary & secondary education, and youth ministry
#7-Strengthen & support the Lutheran family in living out God's design

## REFERENCES

MSDE Office of School and Community Nutrition Programs at 410-767-0214 to determine initial eligibility for an After-School program.

# AFTER-SCHOOL PROGRAM

## EDUCATIONAL GOALS

- Cognitive Development; collaborative / hands-on learning activities
- One-on-One Tutoring, matched to Student’s deficiencies at School

## SPIRITUAL GOALS

- To Translate & Follow the Spirit & Teachings of the Scriptures, Not the Words

## NUTRITIONAL GOALS

- After-School / Evening Meals.....Breakfast & Lunch on Full Days

## PHYSICAL FITNESS GOALS

- Daily Exercise Routines; games, physical activities, organized sports, etc....

## PERSONAL STUDENT DEVELOPMENT GOALS

- Whole-Person Student Development & Follow-up Support Services

## SUSTAINABLE DEVELOPMENT GOALS

- Local Community Development / Service-Learning Projects

FOCUS OF  
AFTER-SCHOOL  
PROGRAM

TARGETED  
STUDENT  
POPULATION

FULL-TIME  
STAFF

VOLUNTEER  
STAFF NEEDED

SERVICE HOURS

HOLIDAY &  
SUMMER HOURS

6-Months—5-yrs

1st—6th Grades

7th—12th Grades

X

Total Number of Students

#Boys

#Girls

30

12+

12+

Number Full-Time Staff

#Male

#Female

2

X

X

Number Volunteer Staff

#Male

#Female

4

X

X

Days per Week

Open

Close

5

3:00 PM

6:00 PM

Days per Week

Open

Close

5

8:00 AM

6:00 PM

# AFTER-SCHOOL PROGRAM

## The 10 Commandments - The first four commandments define how God wants us to show love for Him

- 1... **thou shall have no other gods before Me.**—The First Commandment is recorded in **Exodus 20:3**:  
“It tells us to put God first. “Other gods” can be anything—possessions, desires, goals or even people—that we treat as more important than the true God
- 2... **thou shall not make idols.**—The Second Commandment against idolatry is recorded in **Exodus 20:4-6**:  
Commandment keeps us focused not only on what we’re worshipping, but how we think about what we’re worshipping
- 3... **thou shall not take the name of the LORD in vain.**—This Third Commandment is recorded in **Exodus 20:7**:  
God does not expect or want us to swear by anything, but rather, to be truthful in all our dealings, developing a reputation of trustworthiness. To that end, Christians shouldn’t emphasize the truth of their statements by saying “I swear to God,” but rather by letting their “Yes” be “Yes” and their “No,” “No” (Matthew 5:37).
- 4... **Remember the Sabbath day, to keep it holy.**—God recorded the Fourth Commandment in **Exodus 20:8-11**:  
Six days you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates

## The Fifth Commandment tells us to honor our mother & father & begins a series of six commandments that show us how to love other people—starting from our earliest years in the family.

- 5... **Honor your father and your mother.**—In **Exodus 20:12** the Hebrew verb translated “honor” is *kabad*. According to *Zondervan Expository Dictionary of Bible Words*, is based on a root meaning “to be heavy,” which “denotes honor & glory.” Listening, respecting & obeying are all implicit in the concept of honor
- 6... **thou shall not murder.**—God recorded the Sixth Commandment in **Exodus 20:13**: God values human life highly, and wants us to value & choose life as well. Can you break the Sixth Commandment without ever killing someone? The command to not murder focuses as much on our hearts as it does on our hands.
- 7... **thou shall not commit adultery.**—The Seventh Commandment is from Exodus 20:14: This timeless law protecting marriage is relevant today. Adultery can begin in the heart long before any action takes place.
- 8... **thou shall not steal.**—Eighth Commandment is found in **Exodus 20:15**: Bible describes many forms of stealing. Instead we should learn to give. This helps us focus on how we view our neighbors & digging deeper into Scripture helps us see that not stealing requires more than just not taking what doesn’t belong to us. There are laws against larceny, laws against embezzlement, laws against grand theft & petty theft, laws against robbery & stealing intellectual property & laws against shoplifting. All of these break God’s commandment, “You shall not steal,” & some of them also break the Ninth Commandment against lying.
- 9... **thou shall not bear false witness against your neighbor.**—Ninth Commandment is found in **Exodus 20:16**: This principle includes all forms of lying & has its roots in integrity & honesty. Truly obeying the command to not lie requires changing how we think. Dishonesty is in opposition to the character & identity of God because it distorts & twists the truth, damaging relationships & creating uncertainty.
- 10... **thou shall not covet.**—(**Exodus 20:17**). The 10th Commandment looks at our motivations. **Deuteronomy 5:21** says: “You shall not covet your neighbor’s wife; and you shall not desire your neighbor’s house, his field, his male servant, his female servant, his ox, his donkey, or anything that is your neighbor’s”  
  
In modern terms, coveting often includes our neighbor’s cars, electronic gadgets, money, prestige, etc. Covetousness is a lustful desire for something that doesn’t belong to us. It is the first commandment to focus explicitly on what happens within the heart.

# AFTER-SCHOOL PROGRAM

## 15 Great Principles Shared by All Religions

1. **The Golden Rule / Law of Reciprocity** – The cornerstone of religious understanding. “Do unto others what you would have them do unto you.” – *Christianity*
2. **Honor Thy Father and Mother** – Knowing them is the key to knowing ourselves. The day will come when we shall wish we had known them better.
3. **Speak the Truth** – “Sincerity is the way of heaven, and to think how to be sincere is the way of a man.” – *Confucius*
4. **It’s More Blessed to Give than to Receive** – Generosity, charity and kindness will open an individual to an unbounded reservoir of riches.
5. **Heaven is Within** – “Even as the scent dwells within the flower, so God within thine own heart forever abides.” – *Sikhism*
6. **Love Thy Neighbor / Conquer With Love / All You Need is Love** – Acts of faith, prayer and deep meditation provide us with the strength that allows love for our fellow man to become an abiding part of our lives. Love is a unifying force.
7. **Blessed Are the Peacemakers** – When people live in the awareness that there is a close kinship between all individuals and nations, peace is the natural result.
8. **You Reap What You Sow** – This is the great mystery of human life. Aware or unaware, all are ruled by this inevitable law of nature.
9. **Man Does Not Live by Bread Alone** – The blessings of life are deeper than what can be appreciated by the senses.
10. **Do No Harm** – If someone tries to hurt another, it means that she is perceiving that person as something separate and foreign from herself.
11. **Forgiveness** – The most beautiful thing a man can do is to forgive wrong. – *Judaism*
12. **Judge Not, Lest Ye Be Judged** – This principle is an expression of the underlying truth that mankind is one great family, and that we all spring from a common source.
13. **Be Slow to Anger** – Anger clouds the mind in the very moments that clarity and objectivity are needed most. “He who holds back rising anger like a rolling chariot, him I call a real driver; others only hold the reins.” – *Buddha*
14. **There is But One God / God is Love** – Nature, Being, The Absolute. Whatever name man chooses, there is but one God. All people and all things are of one essence.
15. **Follow the Spirit of the Scriptures, Not the Words** – “Study the words, no doubt, but look behind them to the thought they indicate; And having found it, throw the words away, as chaff when you have sifted out the grain.” – *Hinduism*

# AFTER-SCHOOL INSTRUCTION

**40-WEEK CURRICULUM** (*paralleling school year*), creative Spiritual Teaching, Hands-on Activities

## TARGETED COGNITIVE SKILLS CRITERIA

**Skills / Competencies / Behaviors** - Defined (*learned / natural*) abilities, Physical / Cognitive / Academic

**SKILLS** - defined as learned capabilities

Basic Education; (**Reading-Writing-Arithmetic**), Procedures, Concept Formation, Memorization, Expression

**COMPETENCIES** - defined as Aptitude / Talents / Capacity

Problem-Solving, Analytics, Cognition, Inductive / Deductive Reasoning, Conceptual Interpretation, Capacity for Constructive Skepticism, Symmetry, Pattern Recognition, Associative / Comparative Analysis

**BEHAVIORS** - defined as Supporting Characteristics

- **Character;** Honesty, Fairness, Respect for Others, Responsibility, Justice, Trustworthiness, Obligation, Ethics
- **Social / Interpersonal Skills;** Influence, Communication, Conflict Resolution, Teamwork
- **Self-Regulation;** Discipline, Motivation, (*Study Skills, Health / Physical Fitness*), Mgt.-Time / Resources
- **Aesthetics;** Artistic Awareness / Appreciation, Creativity, Managed Ambiguity, Introspection, philosophy

## TARGETED COGNITIVE SKILLS

<b>COGNITIVE</b> - <i>thought as an information processing function &amp; the application of knowledge</i>	
·Demonstrate Analytical Skills	·Demonstrate Problem-Solving skills
·Demonstrate Reasoning Skills	·Demonstrate Ability to Think Creatively
·Distinguish Between Fact & Opinion	·Improve Ability to Follow Directions, Instructions
·Improve Ability to Organize & Use Time Effectively	·Develop a Commitment to Personal Achievement
<b>ACADEMIC</b> - <i>Memorization, Concept Formation, Procedures, Skills Development &amp; Execution</i>	
·Improve Memory Skills	·Improve Listening Skills
·Improve Speaking Skills	·Improve Reading Skills
·Improve Writing Skills	·Improve Mathematical Skills
<b>AESTHETIC</b> - <i>the appreciation of beauty, art, culture and nature. The way one sees &amp; perceives the world</i>	
·Concern for Contemporary Social Issues	·Informed Historical Perspective
·Appreciation of other Cultures	·Informed Ethical Choices
·Develop an openness to new ideas	·Develop Aesthetic Appreciations
<b>SOCIAL / INTERPERSONAL</b>	
·Respect for & Work Productively with Others	·Management Skills
·Leadership Skills	·Commitment to Accurate Work
<b>INTRAPERSONAL</b>	
·Personal Responsibility	·Self-Esteem / Self-Confidence
·Emotional Health & Well-Being	·Fitness & Physical Health
·Active Commitment to Honesty	·Capacity to Think for One's Self













**Student Lounge Area**



# OUTDOOR PLAY AREA

## Limited Green Space / Secure Outdoor Play Areas

Outdoor settings foster hands-on, experiential learning & results in more student-driven lessons & collaborative task assignments. Students are more enthusiastic about what they learn, & that enthusiasm stays with them when they return to the classroom.



The outdoors can be a transformative educational tool. Student having an outdoor lesson once a week exhibited lower levels of the stress hormone cortisol than students who only learned inside.

Studies show that bringing students outside to learn has both cognitive and physiological benefits. Multiple studies also point to an increase in learning retention We will leverage secure outdoor surroundings for engaged learning

