



**NAUSET
YOUTH
ALLIANCE**

Positively Guiding Today's Youth
Into Tomorrow's World

NEWSLETTER

January 2025

WHY IS NYA IMPORTANT?

Supporting our Youth and Building Futures

A safe and welcoming environment

Unsupervised, unstructured time can lead to problematic behaviors among youth. NYA provides a structured, focused environment that keeps students safe and engaged in positive activities. This reduces risky behaviors and fosters personal development. By offering a space where students feel secure, we create a foundation for emotional and social growth, leading to a kinder, more respectful community.

Opportunities for Emotional Growth

After-school programs like NYA have a measurable impact on interpersonal skills, mental health, and identity development. Engaging activities and supportive interactions help reduce bullying and encourage empathy. Alumni consistently highlight the benefits of feeling heard, building connections, and growing through self-expression. These experiences empower youth to understand themselves and their communities better.

Supportive Adults and Peers

NYA prioritizes relationships that support growth. Students build essential social skills through free play and collaborative activities. Our staff's participation is essential to facilitating these impactful moments. For students to learn communication, collaboration, and problem-solving skills. This supportive atmosphere enhances self-confidence, promotes positive attitudes toward school, and decreases aggression.

A Balance of Learning and Fun

At NYA, students benefit from various activities that combine learning with fun. Every day is intentionally balanced in what we offer, from homework support to social-emotional learning, STEM projects, and life skills. Research shows that engaging in after-school programs like ours builds confidence in schoolwork and encourages



Important Dates

NYA reopens on
January 2nd
There is no NYA
Dec. 23-Jan. 1

School Closed
January 20th
Martin Luther
King Day
And
January 21st
Teach PD Day

Pancake
Breakfast &
Sports Treasure
Chest
Feb 9th @ Eddy
9:30 a.m.-12 p.m.

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lifelong learning. Students who are excited to participate in their after-school program are more likely to carry that excitement to their classroom and personal learning.

Boosting School Engagement and Attendance

Chronic absenteeism negatively impacts academic success, but NYA helps turn this around. Research reveals that students involved in after-school programs are more likely to attend school consistently. For example, 49% of previously chronically absent students improved their attendance after joining an after-school program. Over time, participation leads to better grades, increased academic confidence, and greater future opportunities. Students attending afterschool programs for 90 days or more are more likely to earn a B or higher in ELA and Math courses than students who attended 30 days or less.

Providing Tangible Resources

Daily snacks through CACFP ensure students receive balanced nutrition, which fuels their energy and focus. Our snacks are required to serve at least two of the following five components: whole grain, fruit, vegetable, dairy, or meat/meat substitute. By addressing students' basic needs like hunger, NYA allows students to engage in activities and learn fully.

Preparing for the Future

At NYA, students develop critical life skills, including communication, teamwork, and problem-solving. Leadership opportunities, like having older students mentor younger ones, help build confidence and responsibility. The long-term benefits of participation are striking: Students who reliably attend after-school programs report reduced impulsivity and fewer legal issues in adulthood.

NYA Changes Lives

By creating a safe, engaging, and supportive space, NYA prepares students for academic, personal, and professional success. Together, we're not just guiding students through after-school hours—we're shaping the leaders of tomorrow.

Source: The Latest Research on the Impact of Afterschool and Summer Programs, Afterschool Alliance, Sept 2024





The 23rd Annual Super Bowl Sunday Pancake Breakfast will be held on Sunday, February 9th. Raffle prizes are needed, such as gift cards, services, gift baskets, crafts, and more. If you want to donate a prize, please contact Emma McCrearty, David Ayers, Melissa Oomer, Billy Weimer, or Sofiya Bailey by February 3rd. This year, the event will be held at the Eddy School.

This year, NYA will also host a Sports Equipment Treasure Chest. Please check our website homepage for more details on how to donate!



Stony Brook parents, a change of clothes for your students' baskets would benefit students of all ages. Accidents happen, especially when playing! Please provide clothes in a labeled bag for when these accidents occur, and keep them in their bins at NYA.

Please put your child's name in clothing they might remove while at NYA, i.e., coats, sweatshirts, mittens, gloves, hats, scarves, winter boots, water bottles etc. We would love to have a completely empty lost and found basket. Thank you!

Dressing for The Weather



With the weather turning colder, this is a reminder to send your child to NYA with **a coat, hat, and gloves**. We go outside in temperatures as low as 30 degrees, but we won't allow someone to do so if they are not dressed appropriately. Thanks for your help in making NYA a fun and safe place for your child.