



WINS Family June Newsletter

Assets:

What are assets?

Assets are key building blocks that help youth to succeed.

Each newsletter will feature a different asset.

The asset

This time:

Having Integrity

Dear WINS family,

Hello! The school year is quickly drawing to an end. Summer plans are being finalized and students are looking forward to a relaxing summer before it's back to school again. During the summer, students tend to have more options of how to spend their time and will have to make decisions about what is important to them, with less input from teachers and school administrators.

Something for the girls to keep in mind is how to build integrity in themselves and act as a role model to others. The asset for this issue is **Having Integrity**.

Please note: all the information contained in these "asset" articles consists of general, simple, helpful ideas for navigating the teen years—not meant at all to be specific instructions for parenting your child. Please accept them as "gentle reminders" of issues that you have probably already considered.

Reminder—If you have things that you want to share, or ideas about a topic, please drop it in the mail or give us a call..

Working with you to ensure the girls' success-

W & M



Dates to Remember!

WINS I

May 30 - last day of classes

June 2-3 "Cape to Cape" trip- meet at the Academy at 9 AM Sat.

June 6 - WINS II apps. due

June 13 - Students Making a Difference" event at the Franklin Institute (details inside) 4:00- 6:00 PM

June 28 - WINS 25th Anniversary Town Square! (details TBA)

WINS II

June 8 - College Prep session w/ York College rep. (Mandatory for *juniors*) 1:00 PM

June 13 - "Students Making a Difference" event at the Franklin Institute (details inside) 4:00- 6:00 PM

June 28 - WINS 25th Anniversary Town Square! (details TBA)

June 30 - Butterflies training

Youth are more likely to grow up healthy when they act on their convictions and stand up for their beliefs.

Delaware Aquatic Education Center

For Spring Break, (April 2nd through 4th) WINS I (and Aminah, Sarah, and Jasmine S. from WINS II) headed down to Smyrna, Delaware, to the Delaware Aquatic Education Center, (DAEC). The weather ranged from sunny-but-chilly to downright miserable, but we were bound and determined to learn. Each day was full of enlightening lessons and each night ended with Aminah's fantastic desserts.

On Monday, we headed down. Once we arrived at the lodge and unpacked, we walked around to check out our surroundings. Nearby, in addition to the usual marsh creatures (egrets, ducks, etc.,) we discovered multiple dead swans. We learned that the swans were an invasive species, meaning that they did not live in the area naturally. The problem this creates is that the invasive species' natural predators are not present to control the population.

Therefore,

the invasive species can use up all the resources that the native species need to survive, wreaking havoc on an ecosystem. Thus, the staff at DEAC take on the task of reducing the numbers of invaders- in this case the swans.

We also met two men who made their living catching crabs in the bay. They showed us their traps and we learned that after eating the bait, crabs will tend to crawl upwards, so with the opening to the trap at the bottom, the crabs are unable to get back out.

The next day began with lessons about the watershed and the importance of marshes. We then headed over to Stinkpot Pond (named after a type of turtle) to do water quality testing. We were unfortunately not very successful (and so we repeated our tests in the Wissahickon Creek at a later date).

The next day was simply dreary outside and the rain, although



light, came down unabated. After a morning focusing on the chemical factors involved in water quality, a small crew went out to the pond to look for macroinvertebrates (which can also give clues as to the health of an aquatic ecosystem). We discovered Mayflies, snails, Dobson flies, and Stone flies. Somaya also "caught" two shrimp and Shanaya "caught" a small fish. ***Quick quiz-** *do these mean the pond was healthy or no-so healthy?*

The following day, we headed back to Philadelphia. Although we learned a lot, the girls still managed to find time to be silly: from Shanaya sliding down the steps to Akudo being carried around upside-down. All in all, it was a wonderful trip!



Students Making a Difference

On an almost daily basis we are faced with the increasing violence in the city, much of it

among young people. However, there are many students who are making good choices and are a positively impacting their communities., yet we rarely hear about them in the media. The *Students Making a Difference* celebration aims to counter this trend.

Participants in WINS, the Franklin Institute's *Partnerships for Achieving Careers in Technology & Science (PACTS)*, the Philadelphia Zoo's *Junior Zoo Apprentice*

Program (JZAP), the Please Touch Museum's *Achievement through Community service, Education, and Skill-Building (ACES)* program, and the NJ Academy of Aquatic Sciences *Camden Aquarium Urban Science Enrichment (CAUSE)* program will all come together to celebrate their programs and each others' accomplishments, on Wednesday, June 13th at the Franklin Institute at 4:00.

This event will allow participants, their families, staff and funders of each of the programs to mingle and to reflect on the fact that there really are *Students* out there who really **are** *Making a Difference!*

* Stoneflies and mayflies indicate good water quality...

Having Integrity Means Taking Risks



Fifteen-year-old Ellen Bigger of Key Largo, Florida, had every reason to have strong beliefs—and not act on them.

At the age of 5, she and a group of her kindergarten classmates got caught in cross fire between a sniper high on drugs and a police SWAT team. At age 10, someone high on drugs killed her Girl Scout leader. Ellen quickly learned that drugs were harmful. Nonetheless, she could have lived in fear and cynicism like so many of the people in her community.

But Ellen didn't want to live like that. She wanted to live what she believed—that she could make a difference. So she started a program called "Drug-Free Homes." She printed up a brochure explaining the program

and telling the dangers of drugs. On the back of the brochure, she printed a pledge for people to sign. She then started asking people to sign up. When they did, she gave them a sticker to place on their front door or window that said: "This is a Drug-Free Home. Every Member Within Has Signed a Pledge to Live a Drug-Free Life."

Not only is Ellen an example of integrity, so is the impact of her program. "If people in the community see that even one family has a sticker up, they have the courage to sign the pledge and post a sticker on their own homes," she says.

While it may be hard for young people to stand up for their convictions, Ellen Bigger shows what can happen when young people act on what they believe.

Admit it!
Tell your daughter about a time when you stood up for something even though it was difficult to do. Explain how you felt. Then share a time when you didn't stand up for something because you were afraid. Discuss why it's easier to act on your resolutions in some situations than others.



Integrity Rating

As a family, have each member rate the integrity of the people listed below with either a "high" or "low" mark and explain why.

	HIGH	LOW
The President of the United States	<input type="checkbox"/>	<input type="checkbox"/>
Police officers	<input type="checkbox"/>	<input type="checkbox"/>
The media	<input type="checkbox"/>	<input type="checkbox"/>
Your teacher(s)	<input type="checkbox"/>	<input type="checkbox"/>
Extracurricular leader(s)	<input type="checkbox"/>	<input type="checkbox"/>
Your heroes	<input type="checkbox"/>	<input type="checkbox"/>
Your religious leader(s)	<input type="checkbox"/>	<input type="checkbox"/>
Your next-door neighbor(s)	<input type="checkbox"/>	<input type="checkbox"/>
Your community leader(s)	<input type="checkbox"/>	<input type="checkbox"/>
Your extended family members	<input type="checkbox"/>	<input type="checkbox"/>

3 Steps of Integrity

"One cannot have integrity without also displaying a measure of honesty," says Stephen L. Carter in his book *Integrity*. Yet, he contends that integrity is more difficult than just being honest. Carter's three steps of integrity are:

1. Take time to discern right from wrong. What do you believe? What do you value?
2. Get involved in what you believe and value. Do something about it.
3. Admit publicly what you believe and value while acting on what you say.

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Time Together

Three ways to help your daughter build integrity:

1. Point out what your daughter says that is different from what she does. Encourage your daughter to notice this in you, too.
2. Celebrate when your daughter acts on a belief or conviction when it was obviously difficult to do so.
3. Comment on people's actions in the news and how they show - or don't show - integrity.

Talk Together

Questions to discuss with your daughter::

- When is it easy to act on your convictions? When is it difficult? Why?
- What happened the last time you stood up for or spoke out about what you believed?
- How confident are you in acting on your con-



Schuylkill Sunset - taken by Justin "World of Juice"



Happy Birthday to you.....

Ashley Hooks - April 1 (18)
Rameerah Anderson - April 18 (17)
Jasmine Smith - April 22 (17)
Antoinette Barnes - May 29 (17)
Genelle Goodman - June 13 (17)
Aminah Ford-Ellison - July 27 (16)
Shanaya Shoats - July 27 (15)

Final Word

"A person of integrity lurks somewhere inside each of us; a person we feel we can trust to do right, to play by the rules, to keep commitments.."

- Stephen L. Carter, author of *Integrity*