

# BRIDGES Update



BRIDGES' first class with Mayor Duffy and Program Coordinator, Chris Hartman

Now in its third year, BRIDGES (*Building Relationships Involving Diverse Groups, Experiences, & Service*) is a unique opportunity for Horizons and Harley high school students to work together on a team project—building and sailing wooden boats. Students learn about each other and boat-building simultaneously, finding common ground in new experiences together.

This year, students will create a 16' Bank Dory, the second of its kind to be built at BRIDGES. A Chamberlain Dory, started at The Harley School some 30 years ago, was completed by BRIDGES in 2006. The boats will be used by Horizons students to collect water quality samples in summer 2009, as part of *Get Real! Science*.



## Support Horizons

*"I believe Horizons is a place and experience that my son will never forget."*

Horizons at Harley aims to level the playing field of summer opportunities by providing a hybrid of high-quality academics and enrichment to low-income Rochester children.

We invite you to join our effort by:

- Making a direct **charitable donation** to Horizons at Harley (donate online at [www.horizonsatharley.org](http://www.horizonsatharley.org)).
- Making a **United Way contribution** using donor choice option #2316.
- Sponsoring a **fundraiser** to support Horizons.
- **Volunteering** your time.

## EVOLUTION

*Build a vessel that will hopefully  
float on blind aspirations  
Sink or sail. A question.  
Will I prevail?*

*I build to serve the bridging of gaps  
the bonding of wood, the rivet caps  
discovery of friendships  
They stick like caulk to your new favorite jeans*

*I wear a badge of substance as I build a life,  
from a skeleton from nothing to something.  
My body grows slowly, tedious and complex.  
Full of tenacity and complexity with special attention to detail  
Righteous angles measure my timeline.  
Clench nails show perseverance and reconfirm a commitment to life.*

*I live now I live then I live here  
And here I grow the framework of our once hollow wooden skeleton  
into a heart filled of friendship and a soul filled with dreams for our future.  
I grow words of change through revolutions*

*Meet change beyond a visual range  
I birth passion, extremes, ideas  
of hope, of passion, of beauty  
I birth with determination a final destination.  
Together we birth a new Nation.*

EVOLUTION WAS WRITTEN COLLECTIVELY BY 2008 BRIDGES STUDENTS,  
THROUGH A PROCESS GUIDED BY SPOKEN WORD ARTIST REENAH GOLDEN.

The Horizons  
Speakers Bureau is  
available to present a  
short program to your  
club or  
organization.  
Contact  
Ann Pennella

442-1770, ext. 3104 or

[apennella@harleyschool.org](mailto:apennella@harleyschool.org)



**HORIZONS**<sup>®</sup>  
at The Harley School

*Awakening Students to their Potential*

*Winter 2009*

*Eating the Rainbow* PG. 2

*Partnering with  
Rochester Roots* PG. 2

*Summer Reading Day* PG. 3

*Graduate Update* PG. 3

*BRIDGES Update* PG. 4

### BOARD OF DIRECTORS

*Conger Gabel*  
CHAIR

*Richard Finkelstein*  
VICE-CHAIR

*Helen Wiley*  
SECRETARY / TREASURER

*Jim Benjamin*  
*Marge Booker*  
*Tim Cottrell, PhD*  
*Gary Goodwin*  
*Sara Hartman*  
*Pamela Kimmel*  
*Jonathon LaRue*  
*Sanford Mayer*  
*Kenneth E. Motsenbocker*  
*Nydia Padilla-Rodriguez*  
*Mark Rosica*  
*Karen Saludo*  
*Mimi Freund Tilton*  
*Kate Turner*

HONORARY BOARD  
*William Burleigh*  
*Cynthia Marshall*  
*R. Scott Wilson*

*Ann Pennella*  
EXECUTIVE DIRECTOR



## Growing Together

*Healthy kids, families, and communities*

Horizons vibrant learning community was enhanced this year by a new health and wellness initiative, *Growing Together*. Underwritten by the McGowan Fund for 2008-09, *Growing Together* provides an array of classes and experiences for children and parents focused on health, nutrition, and active living. Program activities continue through summer 2009. Careful evaluation of the program will determine its impact on students' health-related knowledge, skills, attitudes, and behaviors.

Summer 2008 was the first year for the Harley-Horizons Organic Garden (HOG), a centerpiece of *Growing Together*. Students were in the garden daily for lessons in science, gardening, food production, and nutrition. Fresh garden produce was featured in cooking classes where students created and tested healthy snacks. A Harvest

Celebration was combined with Field Day, where families and community guests joined the children to share a meal filled with fresh vegetables prepared by our young cooks, followed by an afternoon of active games, swimming, and tennis.

*Spreading our wings,  
we move forward  
and dream on.*

Another first in 2008 was the Middle School camping trip. Students spent two nights and three days in the High Tor wilderness area with teachers and experienced outdoor educators. They braved the unknown, and returned with new tales, now part of Horizons summer lore.

# Eating the Rainbow

*“I learned that you should eat the colors of the rainbow everyday.”*

**K**ids and carrots, and beans, and strawberries... vegetables and fruits were abundant this summer, and provided many new eating experiences. Because what, how, and why we eat are important dimensions of personal health, *Growing Together* focused on fresh garden produce, easy, healthful recipes, and lots of exposure to hands-on gardening, harvesting, and cooking.

Try a pizza cookie topped with fresh fruit? How about black bean dip or sweet and sour cucumber salad? Curious, reflective, and adventurous eaters emerged quickly or slowly, across the breakfast or lunch table, in the garden, or on a field trip. Weekly cooking classes prepared healthy snacks. Favorites were selected

## Partnering with Rochester Roots

*“I loved this and enjoyed it a lot! It’s fun and I always learn.”*



**M**aking connections between fun activities, healthy food, and family time is the goal of Horizons’ school-year activities offered with our program partner, Rochester Roots, Inc. Students and their families gather several times in the fall and spring semester for active games/sports, gardening, cooking, and sharing a meal together.

Rochester Roots is a local not-for-profit organization dedicated to “*Growing Youth, Growing Community, Growing Food.*” Their school-community garden program was recently featured in *Edutopia*, a publication of the George Lucas Foundation (November 2008 [Edutopia.org](http://Edutopia.org): *Cultivating Minds: Food-Related Curricula Take Root Nationwide*). Rochester Roots’ programs focus on



*“I learned that sour vegetable colors do something good to your body.”*

across the program, and recipes were sent home to be tried there.

Since they experienced the food production cycle from compost, to balanced soil, to healthy foods, students were “grounded” to food in new ways. Not only could they make personal choices about eating the rainbow, but personal choices like recycling

and composting that contribute to community health.

As we shared meals, so too did we share the garden. Teachers found creative ways to use the garden as a learning lab for lessons linked to class themes. The five senses... the water cycle... birds and bugs... garden as habitat—we covered lots of fertile ground!

growing, preparing, and enjoying high quality, safe, affordable healthy food in neighborhoods directly affected by poverty.

Part of Horizons *Growing Together* initiative, the partnership with Rochester Roots provides seasonal cooking classes for parents and children, and opportunities for hands-on garden training.

### Spring semester events:

**February 10, 2009**  
Horizons Healthy Heart Celebration

**April 14, 2009**  
Horizons Spring Into Health Celebration

# Summer Reading Day



*Horizons Board Chair, Conger Gabel with County Executive, Maggie Brooks and Mayor Duffy’s Chief of Staff, Jean Howard*

**S**pecial guests, students, and teachers thoroughly enjoyed Summer Reading Day 2008. Highlighting the importance of summer reading, community guests shared favorite books, stories, and activities with students. County Executive Maggie Brooks and the Mayor’s Chief of Staff, Jean Howard, were warmly welcomed by Grades 1 and 2.

Sharing their personal stories with Grades 5 and 6 were local entrepreneur Ms. Betty Cody Smith, and Dr. Osman Alawiye, of SUNY Geneseo. State Senator Joe Robach, and City Councilwoman Carla Palumbo joined educators Terry Fonda-Smith, Miriam Cruz-Vasquez, and Natalie Rogers-Cropper of Garth Fagan Dance who also read to students. A program-wide celebration of silent reading topped off the day.

# Graduate Update

*“I am thankful for Horizons memories every single day.”*

**M**oving into high school marks an important rite of passage for Horizons Grade 8 class. These students join 18 other program graduates who are currently high school students in the Rochester region. Like younger Horizons students, the majority of our high school students attend city district schools, while some attend charter schools, participate in the urban/suburban program, or attend private schools.

As we follow students’ progress through high school, we see to date that 90% of Horizons graduates completed high school on time. All of these high school graduates are involved in post-secondary education at either two- or four-year colleges. JV and varsity athletics, volunteerism, and school leadership are among the areas where our graduates are making a mark.

Our students also take advantage of internships, scholarships, job training programs, and after-school programs. In 2008, three program graduates returned to Horizons to work for the summer, serving as program ambassadors and wonderful role models for younger children.



*Horizons Grade 8 class (l to r) Landon Thompson, Jazzia Willis, Summer Diesch, Hanan Allen, and Vanessa Neal (seated) enjoys a rare moment of rest.*



*Volunteer Caitlin Richard with Grade 2 friends. Caitlin is one of several Harley students who volunteered full time for five weeks in 2008.*

## Volunteers

### Friendships, Learning, and Service

Volunteers are central to Horizons’ success, extending our ability to reach and teach children in one-to-one and small group settings. Each summer, special relationships between volunteers and students strengthen Horizons. Volunteers help in classrooms, the library, and with recreational activities. In 2008, there were 24 student volunteers who gave 1,395 hours to the program. Adults volunteer to provide field trip transportation, administrative support, and program governance throughout the year. **THANK YOU!**