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Wings for LIFE Programs

Our Most Valuable Resource In New Mexico and the Nation

What do you think the most valuable resource we have in New Mexico is? If a resource is a source of supply or a means of producing wealth, would your top guess be mining? Oil and gas? Dairy?

Working with children in our nonprofit organization, I tend to see things differently. In July 1963, at the United States Committee on UNICEF, President John F. Kennedy was quoted as saying: “Children are the world’s most valuable resource and its best hope for the future.”

We at Wings for L.I.F.E. fully understand the value of the children and youth in our communities, nation, and in the world. That is why we embrace programs that have demonstrated effectiveness in helping our young people acquire the skills they need to reach their full potential.

Search Institute’s 40 Developmental Assets is internationally recognized for its research in positive youth development that spans over 50 years and it is the basis of our Building Assets After-School Program. Through it we teach children the various assets that fall into categories of support, empowerment, boundaries and expectations, constructive use of time, commitment to learning, positive values, social competencies, and positive identity.

In addition to Search Institute’s 40 Developmental Assets, another successful methodology in positive youth development has emerged and that is Social and Emotional Learning (SEL) Skills. Research in this area has demonstrated that children who participated in studies that implement this methodology have raised their academic grades 11 percentile points. In addition, children also exhibited self-awareness, self-management, social awareness, relationship skills, and responsible decision making as described below:

(1) **Self-Awareness.** Accurately assessing one’s feelings, interests,

(continued on P. 2)
values, and strengths; maintaining a well-grounded sense of self-confidence.

2) **Self-Management.** Regulating one’s emotions to handle stress, controlling impulses, and persevering in addressing challenges; expressing emotions appropriately; and setting and monitoring progress toward personal and academic goals.

3) **Social Awareness.** Being able to take the perspective of and empathize with others; recognizing and appreciating individual and group similarities and differences; and recognizing and making the best use of family, school, and community resources.

4) **Relationship Skills.** Establishing and maintaining healthy and rewarding relationships based on cooperation; resisting inappropriate social pressure; preventing, managing, and resolving interpersonal conflict, and seeking help when needed.

5) **Responsible Decision Making.** Making decisions based on consideration of ethical standards, safety concerns, appropriate social norms, respect for others, and likely consequences of various actions; applying decision making skills to academic and social situations; and contributing to the well-being of one’s school and community.

Just recently Social and Emotional Learning Skills and Search Institute’s 40 Developmental Assets have joined together in pairing the various developmental assets that correlate with the five SEL competences. One example is as follows:

<table>
<thead>
<tr>
<th>Self-Management*</th>
<th>Correlating Asset</th>
</tr>
</thead>
<tbody>
<tr>
<td>Demonstrates</td>
<td></td>
</tr>
<tr>
<td>and Practices</td>
<td></td>
</tr>
<tr>
<td>Resilience in the face</td>
<td>#11 Family Boundaries</td>
</tr>
<tr>
<td>of obstacles</td>
<td>#12 School Boundaries</td>
</tr>
<tr>
<td>Regulating one’s emotions</td>
<td>#13 Neighborhood Boundaries</td>
</tr>
<tr>
<td>Perseverance</td>
<td>#16 High Expectations</td>
</tr>
<tr>
<td>Pause between</td>
<td>#21 Achievement Motivation</td>
</tr>
<tr>
<td>stimulus and response</td>
<td>#22 School Engagement</td>
</tr>
<tr>
<td>Healthy boundaries</td>
<td>#40 Positive View of Personal Future</td>
</tr>
<tr>
<td>Setting and monitoring personal and academic goals</td>
<td></td>
</tr>
</tbody>
</table>

Wings for L.I.F.E.’s Building Assets After-School Program has utilized both of these practices in our 33 week curriculum. The program has been featured many times in our newsletters because it is so effective in promoting positive behaviors in our participants. The program is offered to children in third through fifth grade and we accept younger siblings or referrals if they are mature enough to understand the skills that are being taught. Last year over 300 children were enrolled. We again anticipate another great year.

We gave surveys to parents/caregivers to ask how these programs were affecting their children. Here are some of the comments we received:

- Feels better about herself
- They like to help their peers.
- His behavior has improved. He’s able to explain how he should behave.
- She finds activities to do in her spare time. Looking forward to what she wants to be.
- She has become more aware of healthy eating, bullying, responsibility, etc.
- Our children are able to talk about making good choices and why it’s important. They seem very comfortable and confident with the skills they’ve learned through the program.
- Respectful and polite.
- Taking on more responsibility and also being polite.

The children in our program are awesome and so are the wonderful and dedicated staff who feel privileged to be doing this work.

*The graphic and all of the SEL competencies along with the correlating Developmental Assets, please check out [http://www.projectcornerstone.org/cms-assets/documents](http://www.projectcornerstone.org/cms-assets/documents)
Why Try?
A Program to Answer that Question

This program is a proactive approach to answer the question, “Why Try in Life?” This year, Wings for L.I.F.E. is helping our sixth grade students make a successful transition from elementary to middle school. We also have our former sixth grade students assisting as mentors in this program. This is our third semester at Mesa Middle School and believe this will be our best year yet. Our great line-up for this curriculum includes:

Importance of Sleep; Personal Hygiene; Future Goals; About the Law; Tearing Off Labels; Making Good Choices; Leadership; Understanding People with Special Needs; Peaceful Conflict Management; Defense Mechanisms; Reality Ride, Motivational Formula for Positive Motivation; Substance Abuse—Understanding Addiction, dangers of alcohol, marijuana, methamphetamines on adolescent brain development; Respect; Following Rules; Gang Prevention; Time Management, First Aid and CPR.

Guest Speakers include: Diane Taylor, DUI Prevention Specialist; Honorable Charles Currier; Bethany Johnston, Down Syndrome Foundation; Lisa Reeves, Pregnancy Resource Center; Colter Childress, Chaves County Sheriff’s Office; Natasha Sing, CASA, Charles Yslas for CPR. We are so thankful for the time and energy our community volunteers invest in our youth.

A big thanks to instructors Ashley Silvas, Chelsea Vasquez, assistant Santos Franco and Mesa Middle School for all their support.

Wings for L.I.F.E.
Community Parenting Program

FREE TO PARTICIPANTS

DATE & TIME: EVERY WEDNESDAY TIME: 5:30 TO 6:30 PM
(CHILDCARE AVAILABLE)

LOCATION: 505 N. PENNSYLVANIA (WINGS CLASSROOM)

INSTRUCTOR: SALLY GREEN, BSW AND M.A. SPECIAL ED TRAINING & DEVELOPMENT/EARLY CHILD

Sally Green brings with her a wealth of experience. As a member of P.A.C.T. (Parents and Children Together), Sally is part of a team (mediators and attorneys), helping parents involved in divorce and custody proceedings. The team provides parenting education and assists in properly resolving custody and timesharing disputes through the development and filing of an agreed custody plan. We feel so fortunate to have her as part of our Wings’ Team.

BENEFITS OF WINGS FOR L.I.F.E. PARENTING PROGRAM:
SUPPORTS AND EMPOWERS PARENTS
MAINTAINS CONFIDENTIALITY
YOU CAN ENTER AT ANY TIME
‘COURT APPROVED’ WITH CERTIFICATION UPON COMPLETION OF CLASSES ATTENDED
MOST IMPORTANT IS OUR REPUTATION FOR BEING A WELCOMING PLACE THAT TREATS ALL INDIVIDUALS WITH RESPECT
505 N. Pennsylvania
P.O. Box 640
Roswell, New Mexico 88202

Phone: (575) 317-2042
Email: shellycwings@gmail.com
website: http://roswell-wingsforlife.org

How wonderful it is that nobody need wait a single moment
before starting to improve the world. — Anne Frank

All Wings for L.I.F.E. Programs are Free to the Public

◊ Community Outreach Program meets from 6:00 PM to 7:30 PM each month on Sundays at Andy’s Hall, St. Andrew’s Church. The program begins at 6 PM followed by a delicious meal prepared on site. Childcare available during program portion.

◊ Building Assets Program offers fourteen classes each week for elementary school-age children. Marty Garcia, Supervisor.

◊ Why Try offered each Wednesday at Mesa Middle School for grades 6th through 8th. Ashley Silvas, MSW, Instructor.

◊ Community Parenting Program offered each Wednesday from 5:30 pm to 6:30 pm at Andy’s Hall, St. Andrew’s Church. Court approved with open admission. Sally Green, BSW/ M.A. Special Ed.

◊ Programs for men and women in adult detention and youth juvenile detention. (Bobby Heard, LCSW/LADAC and Chelsea Vasquez, AA/LSSA)