

March Youth Resources & Opportunities

Start Planning for Spring and Summer 2010!



SUMMER JOBS

HOPELINE Summer 2010 Job Registration: Don't forget to register with the Hopeline to work for the Boston Youth Fund during the summer of 2010! All applicants must be residents of Boston and be between the ages of 15 and 17 years old. You can register online 24 hours a day until Mar 15 at 11:59pm. Registering with the HOPELINE does NOT guarantee a summer job. Please call the Boston Youth Fund with any questions, 617-635-4202. Check out a list of CBO sites that offered HOPELINE jobs last summer.

www.bostonyouthzone.com/teenzone/employment/byf

ABCD SUMMERWORKS: ABCD Summerworks is accepting applications through the rest of the school year at their neighborhood ABCD offices. Youth must be Boston residents, income eligible and between the ages of 14-21. For a list of neighborhood offices and more info, visit www.summerworks.net

Check our "More Summer Job Information" section for additional resources!



YOUTH COUNCIL

Apply for the 2010-11 Mayor's Youth Council: Are you a high school sophomore or junior and Boston resident who wants to make a difference in your community? Do you want to take an active role in government? Then apply for the MYC. Each year, teens from all over the city are selected to outreach to peers, advocate for youth issues, and meet with city officials. Applications available at www.bostonyouthzone.com/myc. Deadline: Apr 15. 617-635-2240, youthcouncil@cityofboston.gov



NO BULLYING

Anti-Cyber Bullying Hotline: Mayor Menino wants to increase the awareness and assist in the anti-bullying efforts in Boston. A hotline is currently available so you can anonymously report online and other forms of bullying. The hotline is staffed by trained public health professionals from the Boston Public Health Commission. Call 617-534-5050 to reach the Anti-Cyber Bullying Hotline. Also, learn more about resources, join the Cyber Safety Facebook page and find out how you can participate in a new design contest to help education youth on anti-bullying.

www.bpscybersafety.org/about.htm



FEATURED PROGRAMS

Citywide Summer Program Resource Fair: Plan your summer now! This event is free and open to all Boston students and families. Learn about a wide range of opportunities including youth jobs, summer camps and resources. Mar 13, 11am-3pm at Madison Park High, 75 Malcolm X Blvd. Morgan, 617-635-1578 x 74129

U.S. Census 2010: The 2010 Census form asks 10 questions and takes about 10 minutes to complete. The data collected by the census helps to determine the number of seats our state has in the Congress and impacts billions of dollars in federal funds. The Census will be mailing paper forms to every known address in the country in late March. Make sure your family fills out the 10-question form and mails it back to the Census Bureau! www.cityofboston.gov/census/

Community Climate Action Workshops: The City of Boston is developing its second Climate Action Plan and we need your input by coming to one of five interactive community workshops! Share your ideas on ways to reduce greenhouse gases, save energy, adapt to the changes we can't avoid, and expand the green economy. It's going to take creative thinking, tough decisions, and real commitment from all of Boston's residents, businesses, and organizations as well as city government, to make it happen. www.cityofboston.gov/climate/workshops.asp

Check out www.eastbostonyouth.org: This new website was created specifically for East Boston Youth and their families. It includes job opportunities, trainings and upcoming events being offered to East Boston youth. www.eastbostonyouth.org



YOUTH SPOTLIGHT

March Youth Spotlight Recipient: Tawana Stokes is this month's Youth Spotlight Recipient! Tawana, a junior at Madison Park High, has been an integral part of the Girls Leadership Corps, a BCYF peer-mentoring program. Her energy, enthusiasm and natural leadership abilities have encouraged her to take leadership roles in projects like Boston Shines, where she motivated other teens to get involved in cleaning the Ashmont neighborhood. This past October, she proudly represented the GLC at the State House Annual Safety Summit. She is a great role model for her peers and continues to give back to her community. Blue Man Group has donated two show tickets to her as a prize! Congratulations Tawana and keep up the good work!

Youth Spotlight: Do you know a young person that deserves some recognition? Here is your chance to let them shine in the spotlight! Nominate a young person to be featured in the BYZ E-newsletter for their outstanding efforts and contributions to a program or their community. Visit www.bostonyouthzone.com/myc/spotlight.asp for details and to learn about the nomination process. Nominations must be submitted by the 15th of each month.



SUMMER PREVIEW

BCYF's Summer Guide is Here!: Check out all the summer programs that community centers are offering during the summer of 2010. This guide includes important information about a variety of summer camps, sports leagues and more. www.cityofboston.gov/bcyf

Summer Stuff- The 2010 Edition is Coming Soon!: Find things to do in the summer for youth of all ages! This annual newspaper highlights all of the great programs and opportunities for Boston Students in the summer. For younger kids, check out Summer Stuff Jr. www.bostonpublicschools.org/summer

Harbor Discoveries Camp: Get the opportunity to explore the fascinating world of water with the City of Boston and the New England Aquarium. Programs include behind-the-scenes activities, excursions to Boston Harbor Islands, daily trips to north and south shore habitats and an overnight experience. A limited number of scholarships are available for Boston residents entering grades 4-7. Deadline: Apr 2. 617-973-0253 for generalcamp info, 617-635-4165 for scholarship info. www.cityofboston.gov/environment/harbordiscoveries.asp

Connections2College: Be a part of a six-week residential program at Suffolk University that combines academic courses and part-time employment at the State House or Suffolk University. Must have a 2.5 GPA or better and be a rising Junior or Senior. Jul 11-Aug 20, Sunday evenings through Friday Nights. Shamekia, 617-282-6110 x12

Glassblowing: This program focuses on design, construction, and marketing of hand-blown glass art, sculpture and jewelry in partnership with Diablo Glass Studio. Boys ages 13-14. Bird Street Community Center, Jul 6-Aug 20, 9am-5pm. Maurice, 617-282-6110 x13

BAC SUMMER ACADEMY: Boston Architectural College's Summer Academy is a four-week design exploration program that includes hands-on experience working in the BAC design studios exploring the processes of architecture and design. Scholarships are available based on financial need. The program runs from Jul 6-30, 9am-12:30pm. Must be a high school student entering grade 10 or above. Nadine, 617-585-0101 www.the-bac.edu/summer

Roxbury Community College's Summer Arts Intensive Program: This program is designed for young people ages 8-16 who are interested in becoming better performers in theatre and dance. It is an intense training program taught by leading professionals, and all participants must commit fully to participation. Runs from Jul 12-Aug 6. Pamela, 617-541-5380



MORE SUMMER JOB INFO

If You Have A BYF HOPELINE Tracking Number...: Check out the list of Boston Youth Fund Community Based Organizations (CBO). This list is intended to give you examples of the type of work sites available, but does not guarantee the availability of slots at each of these sites for the 2010 program. Some worksites may have additional requirements and/or an additional application attached. If you are interested in working at one of the organizations, you can download their attachments or contact that organization directly, after you have registered with the HOPELINE and received a tracking number. Below is

a sample of some of the BYF CBO programs listed
www.bostonyouthzone.com/teenzone/employment/byf/

Bird Street Community Center: If you are registered for the Hopeline, apply for a job at Bird Street. Currently looking for junior counselor and administrative, athletic, and computer lab assistants. Andrea, 517-282-6110 x21

Work with the Food Project: The Food Project is currently hiring youth ages 14-17 to work 6.5 weeks, Jul 6–Aug 18. Youth earn \$200 per week (before taxes), get a t-pass for transportation and also earn a 40 hr volunteer credit to use toward high school graduation requirements. Youth participate in workshops each week, covering issues of diversity awareness, hunger and homelessness, sustainable agriculture, and personal reflection. Deadline: Mar 19. Sonal, 781-259-8621 x23, www.thefoodproject.org/syp

Adolescent Wellness Program: Learn leadership and presentation skills and also participate in a community service and civic engagement workshop. Programs include Urban Youth Leadership Corps and SHIELD. Must be registered for the Hopeline. 729 Mass. Ave, Boston. 617-534-2061 & 617-635-2069

Bikes Not Bombs: Apply to become an On-the-Bike Instructor or a Vocational Bike Shop Apprentice. Must be registered for the Hopeline. 617-522-0222. 284 Amory St, Jamaica Plain.

BNN Youth Media Project: BNN is in need of TV production assistants and youth team leaders. If interested, apply at the BNN Media Center. Must be registered with the Hopeline. 3025 Washington St, Boston. 617-708-3232

Boston Area Health Education Center (BAHEC): BAHEC is looking for student scholars to participate in enriching learning opportunities (Field Trips, Workshops, etc.) and various internships throughout the Boston Medical Center. Apply at the Boston Medical Center. Must be registered with the Hopeline. 617-534-5258

Boston Center for the Arts: Apply to be an administrative assistant with resident theatre companies through the BCA. Apply at the Boston Center for the Arts in Back Bay. 539 Tremont St. Must be registered with the Hopeline. 617-426-5000

Inquilinos Boricuas en Accion (IBA): The IBA is looking for young men to fill jobs in five different departments that have youth managers positions available (peer leaders and junior staff). Apply at the IBA Youth Learning Center. 405 Shawmut Ave. Boston. Must be registered with the Hopeline. 617-399-1957

Judicial Youth Corp: Internship opportunities as well as a chance to get a taste of criminal law exist in various departments at the John Adams Courthouse. Apply at the John Adams Courthouse, 15 Somerset St, Boston. Must be registered with the Hopeline. 617-557-1114

Mural Crew: The Mural Crew is hiring youth artists and senior artists (supervisors). Apply at Boston City Hall, Room 802. Must be registered

with the Hopeline. 617-828-3481

Museum of Science: Looking for young adults for internships at the Museum of Science, 1 Science Park, Boston. Must be registered with the Hopeline. 617-589-0314

MYTOWN: Looking for teens to serve as walking-tour guides of the South End and Lower Roxbury Area. Apply at MYTOWN Inc. 70 Burbank St, Boston. Must be registered with the Hopeline. Vanessa, 617-536-8696 x13

New England Aquarium: Open internships at the gift Shop. Apply at the New England Aquarium 1 Central Wharf, Boston. Must be registered with the Hopeline. 617-973-6745

South End Technology Center: Learn to teach graphic design and digital music. Apply at Tent City, 359 Columbus Ave, Boston. Must be registered with the Hopeline. Susan, 617-578-0597

Zoo New England: ZooTeen jobs include Educational Interpreters, Keepers Aides, Camp Counselors, Member Ambassadors, Guest Services, and Administrative Assistants. 617-989-3746



JOB TIPS & SERVICE

Gotcha Youth Job Fair: Learn about youth job opportunities in the City of Boston on Mar 17, 4-7pm at the Bird Street Community Center, 500 Columbia Rd, Dorchester. Make sure you register with the HOPELINE by Mar 16. www.gotchayouthjobs.org

CPR & First Aid Classes: If you plan on working with youth this summer, get your CPR and First Aid Certification and be a valuable resource for your job. Class dates and times will be announced soon. Fee: \$55. Nate, 617-740-2234, www.dorchesterhouse.org

Department of Conservation & Recreations (DCR) Life Guard Training Classes: Learn how to be a lifeguard for free with the DCR and land a paying summer job upon successful completion of the course! Classes start on Mar 6 and run through May. Saturdays, from 12-4pm. Practice & training times are available now. Nate Caverly, 617-740-2234, www.dorchesterhouse.org

Water Safety Instructor Classes: Learn how to be a water safety instructor and work this summer! Must be 17 by the end of the class. Class dates and times will be announced soon. Class fee of \$195. Also, there are free guard start & water safety assistant classes for ages 11 & up during the summer. Must know Red Cross swimming strokes and be able to swim each one a distance of 25 yards continuously to be eligible. Nate Caverly, 617-740-2234, www.dorchesterhouse.org

Teen Resume Guide: If you need help writing a resume for employment opportunities, check out the BostonYouthZone resume guide. www.bostonyouthzone.com/myc/pdfs/teen_resume_guide.pdf

Job Tips for Teens: If you are looking for a job, be sure to check out Job Tips for Teens.

www.bostonyouthzone.com/afterschool/employment/tips.pdf

Boston Private Industry Council (PIC): Learn about jobs, internships, resume writing and much more. Visit a Career Specialist at your BPS high school. www.bostonpic.org

Dorchester YMCA Community Service: Do you like to volunteer in your free time? Are you looking for work experience or community service hours? Experience in office administration, event planning & promotion and other areas are available. Joanne, 617-436-7750 x217



HELP FOR HAITI

Youth Talent Show Competition, "HOPE FOR HAITI: The American Red Cross of Massachusetts Bay will be hosting a talent show showcasing youth. Youth performance includes theater, dance, and music. All proceeds from the event will go to the Red Cross disaster relief efforts in Haiti. The night will end with a guest performance by AHMIR, who will perform their hit, "No Place Like Home". Tickets are on sale for \$5 and can be bought at the door. Mar 19, 6:30pm. Boston University Morse Auditorium, 602 Commonwealth Ave. Amelia, 617-274-5320



SCHOOL DAYS

St. Peter's Tutoring Program: FREE tutoring for youth ages 12-19 from the Bowdoin/Geneva neighborhood of Dorchester. Tutoring hours for middle school youth 2-5:30pm and high school youth 3-7pm. 278 Bowdoin St, Dorchester. Daniel, 617-282-3614

Mission Possible: High school students in need of homework support, help with standardized tests (SATs, MCAS) and support in the college application and financial aid process can get involved with the College Access Program. Jimmy, 617-442-4299 x120, jimmy@sociedadlatina.org

BPS Re-Engagement Center: Learn more about BPS programs and initiatives aimed at re-engaging students who have dropped out of school. Mon-Fri, 9am-5pm. Walk-ins welcome. Shelburne Community Center. 2730 Washington St, Roxbury. 617-635-CARE.

BPL Homework Help: In the Homework Assistance Program, students in grades 3-12 can get free after-school homework help at any library branch. There is also free one-on-one tutoring online with your library card until 10pm each night. 617-859-2381, www.bpl.org/homework



NAVIGATOR

Find Youth Programs in Boston on BOSTONavigator!: Now, search BOSTONavigator for After-School and Summer programs for youth ages 5-18 with new and better search capabilities! You can now search by a combination of age, activity, keyword and location. You can see all programs at a certain location and even e-mail the results of your search to yourself or a friend. If you have feedback for BOSTONavigator, email feedback@bostonnavigator.org Check out www.BOSTONavigator.org today!



EARLY CHILDHOOD

Early Words: ReadBoston's Early Words program, a partnership with Staples, seeks to increase verbal interaction between parents and caregivers and very young children.

www.bostonredevelopmentauthority.org/ReadBoston/EarlyWords

The Family Nurturing Center: Learn more about services like the Family Nurturing Center which brings people together to learn, problem-solve, and work together to help families provide safe, nurturing homes and communities for their children. Programs include trainings, Circles of Caring, and Smart from the Start. www.familynurturing.org/index.html



SPRING PROGRAMS

64TH Annual Boston Public Schools City Wide Science Fair: Come view the science fair exhibits of some of Boston's finest students. Mar 6, Northeastern University, 369 Huntington Ave. 617-373-8380

Zumix: Come for an open house on Mar 5, 4-7pm and Mar 6, 10am-1pm to find out about spring programs in performance, songwriting, Z-Tech, radio, theater, and more! Sharon, 617-568-9777 x12, www.zumix.org

MFA Free Film Screening: The Museum of Fine Arts' Boston's Teen Arts Council will host F.L.Y. (Films for Local Youth) on Mar 26, 7- 9pm at the MFA. FREE for all high school students. Features a film screening and gallery walk of the Museum. Stephen, 617-369-4359

Citi Performing Arts Center High School Spring Internship Program: Work with the largest theater in Boston to help shine a spotlight in your community, have fun and get paid! Citi Performing Arts Center is now open for participation/auditions in the 2010 City Spotlight Neighborhood Ensembles. Ages 11-19. Weds & Thurs evenings, Mar 22-May 15. Anthony, 617-532-1221



FOR YOUNG ADULTS

Global Potential: In partnership with the Edward Kennedy Academy for Health Careers and the John D. O'Bryant School, Global Potential will be providing urban youth, ages 16-25, from low-income communities with the skills and perspective that enable them to effect positive change. Free program and runs over the course of a year and a half. It includes weekly workshops and a 6 week-long cultural exchange in the Dominican Republic. Sarah, 917-450-0993, www.global-potential.org

Job Networking Group: Be a part of a FREE job search and networking group that is open to all job seekers and career changers. Share ideas, information, contacts and strategies. The group will be held on the first and third Weds of each month from 9:30-11am. Starts Mar 3, at the Kirstein Business Library, 700 Boylston St. 617-859-2142

Crittenton Women's Union GED Program: Boston residents between the ages of 16-21 who dropped out of school and wish to continue their education should check out the Youth GED program. Free meals and transportation. Classes are offered year round Mon-Fri, 9am-3pm. 10 Perthshire Rd, Brighton. 857-559-2124

Firefighter Exam: If you are interested in becoming a firefighter and are at least 19 years old, then consider taking the Firefighter Exam on April

24. Must be a resident of Boston for at least 1 year. 617-343-3024, www.cityofboston.gov/fire/employment

CVS Pharmacy's Pathways to Retail Careers Pre-Employment

Program: Are you looking for a great job opportunity? If so, take advantage of the Pathways to Retail Careers Pre-Employment Program. For out of school youth, ages 18-24. High School diploma and GED not required. Next class starts in March. For those interested inquire early. Roz, 617-232-0330 x143



TAX TIME

Boston's Earned Income Tax Credit (EITC) Coalition: EITC is a coalition which includes the Mayor's Office for Jobs and Community Services, along with non-profit, corporate, and community partners. EITC has provided low and moderate-income taxpayers with free financial services since 2001. From Jan-Apr, EITC provides free tax preparation at 28 volunteer-staffed locations around Boston. www.bostonredevelopmentauthority.org/eitc/default.asp



SPORTS

Mayor's Game of the Week: Watch high school sports highlights during the Game of the Week brought to you by Boston City TV, Boston Public Schools, and the Boston Neighborhood Network. Watch online at www.cityofboston.gov/cable

Sports Group: Every Wednesday, the Curtis Hall Community Center will be welcoming boys and girls 10-14 years old to participate in sports groups. Snacks will be provided. FREE. 20 South St, Jamaica Plain. Ore, 617-983-6089, ogersten@Partners.org

BCYF Youth Swim League: A developmental swim league for boys & girls ages 6-15 who can swim at least 1 length of the pool. No prior swim team experience needed. Teams are now forming at many BCYF Centers around the city. Tony, 617-635-4920 x2150, www.cityofboston.gov/bcyf

Fitness Forward- Leading Youth to Live Well: At Fitness Forward, the staff works directly with youth and their key role models to inspire and empower them with the knowledge, skills and resources that will help them lead healthier lives. The Drive 2 Fitness program engages BPS elementary students and families to reflect on key health behaviors using a combination of health education, web and paper-based health behavior tracking technologies, events, rewards, and social marketing. www.fitnessforward.org



FOR GIRLS ONLY

Girls' LEAP: A safety and self-defense skills program which combines both physical self-defense skills and reflective skills, is hiring Teen Mentors to work at their summer program. \$8.00/hour, for 18-20 hours per week. Positions combine teaching, meetings, and workshops. Ages 14-17. Kristen, 617-787-2112

Hard Knocks "Spoken Word from the Youth": The Girls Leadership Corp in collaboration with the Mayor's Youthline present "Hard Knocks" poetry night. Come listen to live poetry, music and dance. Apr 1, 6-9pm, Tobin Community Center. If you would like to perform or attend contact Erika, Erika.butler@cityofboston.gov or Thelma, youthline@cityofboston.gov

Fashion Design: Girls will learn to design, construct, sew, market, and sell fashionable fashions. Girls will also take business development classes 4 days a week. Must be between the ages of 13-14. Jul 6-Aug 20, 9am-5pm at the Bird Street Community Center. Diana, 617-282-6110 x24

Girls Dance: Girls ages 13-14 with previous dance experience should apply for an intense study of ballet, Afro- Jazz, Hip Hop, Modern and African form as well as choreography. Program runs July 6-Aug 20 at Bird Street Community Center, 8:45am-5pm. Joyce, 617-282-6110 x13

Simmons Institute for Leadership and Change: Be a part of the 10th Annual Girls Get Connected Technology Conference for middle school girls at 300 The Fenway. Mar 17, 8:30am-12:30pm.

Deborah.muscella@simmons.edu

iTeens Program: Learn more about living a healthier life. This is a free 6 month program at UMass Boston that teaches girls ages 11-13 how to eat healthier and have fun exercising. For specific dates, 617-287-7346,

iteen@umb.edu



**APPLY
NOW**

Massachusetts Alliance on Teen Pregnancy Video Contest: Teen parents are invited to submit a 2-minute video that conveys how their child motivates them to achieve their educational goals. Creative video formats such as skits, testimonials, commercials, raps, etc are encouraged. Deadline Mar 10. Liz, 617-482-9122 x101.

Dorchester Day Essay Contest: The Dorchester Celebration & Parade Committee is proud to announce the return of the Essay Contest. Open to all Dorchester residents in grades 6-10. The essay must be written on either one of these Dorchester historical figures: Edward Everett (1794-1865) or Lucy Stone (1818-1893). The entry and essay must be postmarked by Mar 12. Prizes include a \$500 U.S. Savings Bond for one winning essay for a student in grades 9-10 and one for a student in grades 6-8. For Question please contact the committee chair. Ed Geary, Jr., 617-265-5376, essay@dotdayparade.com, <http://www.dotdayparade.com/forms.html>

Teen Art Council: The Institute of Contemporary Art is looking for youth to serve as members of the Teen Art Council. Applications due Mar 30. Download an application at www.icaboston.org/programs/teens

NAGC Nicholas Green Distinguished Student Awards: This award recognizes excellence in children grades 3-6 who have distinguished themselves in academics, leadership, or the arts. Awards include a \$500 U.S. Savings Bond and a Certificate of Achievement. Deadline: Apr 15. www.massgifted.org

Win \$600 for SAT Vocab Videos: The MIT Alumni Association is running a nationwide contest in which students compete to create funny, creative sketches teaching SAT vocabulary. They will award up to \$600 in prize money to the video that receives the most number of votes from viewers. \$200 of the prize will go directly to the winner(s) and \$400 to the class or school club chosen by that person. Deadline Mar 15. www.brainyflix.com

Holocaust Remembrance Essay Contest: Students responding to this year's writing contest should study the Holocaust and then respond to a writing prompt in an essay of no more than 1,200 words. First place winners can win a scholarship ranging from \$2,500-\$10,000. Deadline Apr 2. Must be submitted online. <http://holocaust.hklaw.com/2009/index.asp>



COLLEGE PLANNING

City of Boston Scholarship: If you are a resident of the City of Boston, have a High School Diploma or GED, and plan to pursue a post-secondary institution in Massachusetts, apply to receive the City of Boston Scholarship. Deadline Apr 2, by 5pm. www.cityofboston.gov/mayor/scholarship

Family College Night: Come and learn about what you can do to help your child prepare for college. This event is for families and students in middle school and high school. Apr 8, 6-8pm, Simmons College, Linda K. Paresky Center (3rd Floor), 300 The Fenway, Boston. Billie Jo, 617-521-2245, billiejo.day@simmons.edu

Succeeding in College: Join current college students to learn more about what college is going to be like and how to prepare. Topics will include: What to Expect, Organizing your Time, Bad Food, Annoying Roommates, Crazy Faculty and Academic Support. Mar 20, Apr 3, & Apr 17, 10am-3pm. No cost but space is limited. RSVP-Billie Jo, billiejo.day@simmons.edu

FREE SAT Prep, College Application and Financial Assistance at East Boston: If you want help navigating the college process, then learn more about the Let's Get Ready program being offered at East Boston High on Tues & Thurs, 6-9pm. Mar 2-Apr 29. www.letsgetready.org

Boston Scholarship Guide: Information about local scholarships available to help you pay for college! http://www.bostonyouthzone.com/resources/college_guide/

New England Regional Student Program Tuition Break for New England Residents: Massachusetts students can get a tuition break at state colleges and universities in Connecticut, Rhode Island, Maine, New Hampshire and Vermont in degree programs not offered by any Massachusetts State College or University. 617-357-9620, www.nebhe.org/content/view/19/55/

National Black College Alliance: The National Black College Alliance is a group of alumni and students of Historically Black Colleges and Universities, working together with urban minority high school students to create a new generation of civic leaders. Sign up for college tours and learn about Historically Black Colleges. Chip, 617-442-8045. www.nbcalliance.org

ACCESS Center for College Affordability: Since 1985, ACCESS has provided free financial aid advising to nearly 40,000 Boston students. From advice on filling out the Free Application for Federal Student Aid (FAFSA) to tips on applying for scholarships, you can get answers to all your college affordability questions. Advisors are located at BPS High Schools and at their new St. James St offices. 617-778-7195,

www.accessboston.org



NATIONAL NUTRITION MONTH

Top 10 Tips for Eating Right: March is National Nutrition Month. Learn 10 great ways to make sure you are eating smart!

www.eatright.org/public/content.aspx?id=206

Steps to a Healthier You: Make a personal eating plan with the right foods and right portions for you! www.mypyramid.gov

The American Dietetic Association: Make sure you get the recommended 5 servings of fruits and vegetables per day. This will help ensure you get the vitamins and minerals you need which will aid in good digestion and help fight against disease.

www.eatright.org

National Eating Disorders Association: NEDA is sponsoring the Embrace Your Genes Campaign. The campaign encourages women to love their natural bodies and to accept that everyone is meant to be different. www.embraceyourgenes.org



SAVE THE PLANET

Climate Action Pledge: Join Mayor Menino in pledging to take these 10 simple steps toward reducing greenhouse gasses!

www.cityofboston.gov/environmentalandenergy/pledge.asp

MassSave: Save money, improve the energy performance of your home, and reduce air pollution by checking out www.masssave.com.



ST. PATRICK'S DAY

St. Patrick's Day Parade: Featuring marching bands and pipe bands from throughout North America. Since 1901, this parade has become a prominent part of South Boston's history. Mar 15, 1pm.

www.saintpatricksdayparade.com/southie

Irish Heritage Month Party: Checkout out Visions of Ireland, a celebration of Irish culture. March 18, 6:30pm. West End Branch Library. 617-523-3957, www.bpl.org

70th Annual St. Patrick's Day Road Race & Walk 5K: Come to the 70th annual 5K Race/Walk prior to St. Patrick's Day Parade. All proceeds benefit South Boston Boys & Girls Club. Official shirts given to the first 500 that register. Mar 14, 10-11am. Registration fee of \$20 in advance and \$25 on day of race. Harry Duvall, 617-268-4301 x201, www.bgcb.org/news.cfm

Stroll Boston's Irish Heritage Trail: The Irish Heritage Trail is a self-guided, 3 mile walking tour that takes you through Boston's downtown, North End, Beacon Hill and Back Bay. You'll learn about famous politicians, artists, matriarchs, war heroes and a rich tradition of rebellion, leadership and triumph that personifies the Boston Irish. 617-696-9880.



The Boston Youth Zone E-Newsletter includes youth events from the City of Boston Calendar! Now you can search for events, sign up for email or text message reminders, map the location of the event and much more. www.BostonYouthZone.com/calendar Check out some cool events:

EVENTS

Wed, Mar 3, 3pm

[Antarctica!](#)

Museum of Science, One Science Park, Boston, 02114

Thu, Mar 4, 12pm

[The Ultimate Wave Tahiti 3D](#)

New England Aquarium, Central Wharf, Boston, 02110

Sat, Mar 6, 10am

[Top Secret: Mission Toy Exhibit](#)

Boston Children's Museum, 308 Congress St., Boston, 02110

Sat, Mar 6, 11am

[Children Re-enact the Boston Massacre](#)

Across From the Old State House, 28 State St., Boston, 02109

Sun, Mar 7, 12pm

[Hina-matsuri - Dolls Festival](#)

Boston Children's Museum, 308 Congress St., Boston, 02110

Sun, Mar 7, 2pm

[Family Movie:High School Musical 3](#)

Central Library, Rabb Lecture Hall, 700 Boylston St., Boston, 02116

Sat, Mar 13, 2pm

[Seussical Jr.](#)

Grand Lodge of Masons, 186 Tremont St., Boston, 02111

Sat, Mar 20, 12pm

[Poetry Workshop](#)

Central Library, 700 Boylston St., Boston, 02116

Thu, Mar 25, 3pm

[Teens Knit](#)

Central Library, 700 Boylston St., Boston, 02116

Sat, Mar 27, 10am

[ICA Play Date: Be a Secret Agent Artist](#)

Institute of Contemporary Art, 100 Northern Ave, Boston, 02210



YOUTH WORKERS

Do You Want to Add Information to the Boston Youth Zone

Newsletter?: If you would like to add information about your program, please e-mail Youthline@cityofboston.gov by the 23rd of each month. Please include details about the program, cost, location and who someone should contact for more information

Youth Practitioner's Workshop "Increasing Opportunities to Higher Education for All": The event will include panels and a workshop for youth workers to learn how to best advise and encourage students to go

to college. The workshop will discuss ways to overcome barriers that hinder students from under-represented groups from attending college, identify ways to support students at all grade levels, and learn ways to support students in the application and financial aid process. Apr 8, 10:30am–1:30pm Simmons College, 300 The Fenway. Billie Jo, 617-521-2245, billiejo.day@simmons.edu

9th Annual Youth Work Intensive Conference: Each day includes networking, interactive workshops focused on skill building and a gathering space for attendees to join each other in celebrating and recognizing the work youthworkers do to support the development of young people. Breakfast, lunch, information tables, a speaker and more. Mar 15-16. UMASS Boston, College of Community and Public Service. Hye Won Lee, 617-279-2240 x307

Update Your Spring and Summer programs in

BOSTONnavigator.org?: Make sure your information is updated or added to BOSTONnavigator.org so thousands of families, other agencies and funders know what your organization offers throughout the upcoming months. To be listed on BOSTONnavigator, programs must be located in Boston, provide supervision for youth ages 5-18, and operate during out-of-school time. E-mail Help@BOSTONnavigator.org or call 617-720-1290 x210 to register for a username and password, then log on to enter information about your programs. www.bostonnavigator.org

The Youth Education Program (YEP): YEP is looking to hire a Youth Education Site Coordinator. YEP's mission is to promote youth educating youth to find their passion for community and economic development. The Youth Education Site Coordinator works collaboratively with the school age program child care staff who tutor 30 children, ages 6-12 years old in K1-6 grade. The coordinator will provide program leadership overseeing, co-developing, teaching and coordinating the educational component of the after school and vacation programs. Linda, 617-482-4605

Director of Youth Programs: The Unitarian Universalist Urban Ministry is currently considering candidates for the position of Director of its after-school Roxbury Youth Programs. The mission of Roxbury Youth Programs is to provide a safe and supportive environment that encourages children and youth to develop the academic, social, and leadership skills needed to thrive in a diverse and challenging world, and that offers volunteers opportunities for transformation in helping young people to realize their potential. Sam, SWilliams@UUUM.ORG

Part-time Youth Program Staff Member: The Unitarian Universalist Urban Ministry is looking to hire candidates for a part-time position (25 hrs weekly) on the staff of its after-school Roxbury Youth Programs (RYP). RYP is a comprehensive after-school program serving approximately 50 underserved middle- and high-school students, offering opportunities for youth to improve their academic, interpersonal and leadership skills while empowering them to be leaders in their families, schools and communities. Seeking an individual with a background in working with youth and who possesses good interpersonal skills. Sam, SWilliams@UUUM.ORG

Federal Teen Pregnancy Prevention Funding Info Session: Join the

Massachusetts Alliance on Teen Pregnancy, the Massachusetts Department of Public Health, and the Massachusetts Department of Elementary and Secondary Education for a free info session on the new federal teen pregnancy prevention funding opportunity. March 8, 1-3pm at Best Western Royal Plaza Hotel, 181 Boston Post Road, Marlborough, 01752. RSVP: www.eventbrite.com/event/582882417

The Mayor's YOUTHLINE is a resource for young people, parents, educators and youth workers. Teen listeners offer a variety of referrals to art, athletic, educational, employment, entertainment, legal, health and social service programs and organizations. Call the YOUTHLINE at 617-635-2240 or search the online database of youth programs at www.BostonYouthZone.com

The Mayor's Youth Council is working to connect young people in Boston with resources and opportunities. For more information on the MYC and our projects: www.BostonYouthZone.com/myc

If you have submissions for the Boston Youth Zone E-Newsletter, please email them to Youthline@cityofboston.gov by the 23rd of each month.

You are currently subscribed to youth as: Thelma.Dasilva@cityofboston.gov

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