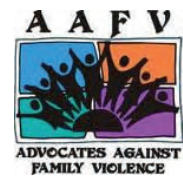




# CALDWELL YOUTH MASTER PLAN

ADOPTED NOVEMBER 7, 2011



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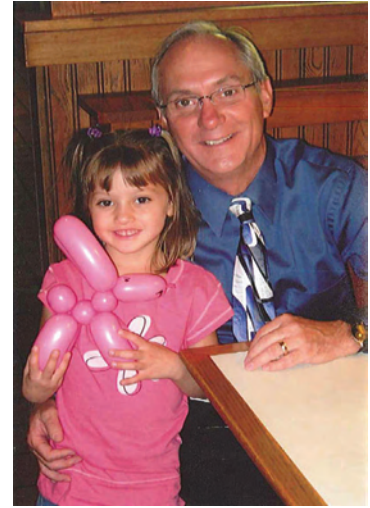


## **VISION STATEMENT**

Our vision for the City of Caldwell is to provide a safe, healthy and service-oriented community for our children. We believe that by emphasizing these qualities, we can help them develop the necessary skills to become responsible, conscientious adults and succeed as the future leaders in the community.

## LETTER FROM THE MAYOR

I have had the privilege of serving the City of Caldwell and this wonderful community for nearly 20 years. In that time, I have learned that the single most important unit in society is family. Youth and families are the cornerstone to building a successful community and when families thrive, the community, city, state and nation do as well. Investing in human capital is the key to providing a safe and successful community, this all begins with the families and most importantly our youth. Ensuring the success of the community in the future means investing in our youth today.



The Caldwell Youth Master Plan is a commitment from myself and other leaders to not only ensure the safety, health and happiness of our children today, but also to teach the generation that will lead our community in the future to be good citizens and leaders. This plan is something that I feel passionately about and I need not look any farther than the face of my own granddaughter to be reminded of the importance of following through with the promises illustrated within the Youth Master Plan.

It has been nearly a year long process for drafting this plan and I would like to thank all of the staff, students, parents and community partners who devoted their time and efforts to developing these 12 pledges that will serve thousands of children and youth throughout the City of Caldwell. As we move forward I would like to reiterate that this document is not an end, but only the beginning in our efforts to better serve our youth and provide a brighter future for Caldwell.

Garret Nancolas  
Mayor, City of Caldwell, Idaho

## LETTER FROM THE SUPERINTENDENT

My goal in Caldwell is to increase student achievement, and the Caldwell Youth Master Plan is another tool to accomplish that goal. The Caldwell School District's staff and students are on the road of continuous improvement. Our students are performing better than ever. Graduation numbers and teacher retention at both are at an all-time high. We have plans and programs in place that will increase the rate at which Caldwell graduates go on to college or professional or technical training programs. Kids in Caldwell are understanding that their opportunities after high school are endless. Eradication of generational poverty is very possible in Caldwell, and we can do that if we all work together and invest in the education of children.



The Caldwell School District has shown dramatic improvements over the last six years. Our success comes from employing highly effective teachers and building principals with the leadership capacity to help us strive forward. Our success also comes from having wonderful students, parents and community partners who consistently support our schools.

The Youth Master Plan is just more proof that the community bonds together to support children. We promise to be a key partner as we continue developing and implementing this community plan.

I find this plan exciting and an opportunity that I will embrace. We can make our educational system better in Caldwell. Better for kids and parents, better for teachers and better for the future of the City of Caldwell.

My commitment to you is that I will continue to do whatever it takes to find the best solutions for the kids and the community of Caldwell. I will work diligently with the Mayor and all partners who created the Youth Master Plan, which is a wonderful beginning to building and sustaining community relationships that benefit our kids and our future.

Roger Quarles  
Superintendent, Caldwell School District

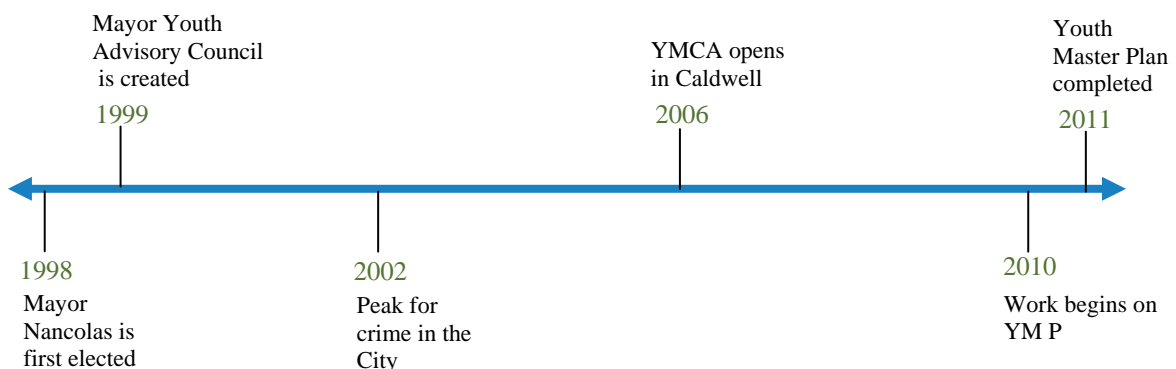
# TIMELINE LEADING TO YOUTH MASTER

Writing and implementing a Youth Master Plan is only the latest step in a very long and dedicated process to improving the lives of youth in the City of Caldwell. Mayor Nancolas, the city, school district and the devoted parents and community leaders have been actively working towards this goal for over a decade.

Mayor Nancolas has been passionate about community involvement since he was first elected in 1998. He created a tradition of visiting local high schools to teach government to students and discovered that students felt disenfranchised from the local government and were uninformed about the City. Mayor Nancolas determined that if the City of Caldwell wanted to strengthen the youth of the community, a program was needed to facilitate that type of activity. The Mayor's Youth Advisory Council was created in 1998 and it has flourished over the past 12 years. There are currently more than 40 high school students from three different area high schools that are actively involved in the group.

High school students are not the only ones of concern to the mayor and City. The focus has settled on making the quality of life for all of the children and youth in Caldwell second to none. In 2006, the Caldwell YMCA opened, filling a need for safe and healthy programs for children and young adults of all ages. In addition, Mayor Nancolas has worked tirelessly with the Caldwell Police Department to address gang violence and provide a safe community for children grow up. These efforts have paid off and in 2010, Caldwell experienced record low crime rates. The police have also begun working to strengthen the DARE/PAL program to keep kids active and away from drugs.

While the City of Caldwell has come a long way in creating a safe and happy environment for the younger members of the community, it is important to remember that we can always improve. It was in that spirit that in 2010, Mayor Nancolas met with the superintendent of the Caldwell School District, Roger Quarles, and they decided that it was necessary to develop a Youth Master Plan to ensure that the city and schools continue to improve in education and services to the youth.



# PLANNING PROCESS

In September 2010, the City of Caldwell, in partnership with the Caldwell School District and under the direction of Mayor Garret L. Nancolas and Superintendent Roger Quarles, began the process of developing a Youth Master Plan. The goal was to pinpoint the greatest challenges facing the youth ages 0-21 in Caldwell and form a plan for how to address these issues by improving services and opportunities that are provided to the young people in the community.

A youth coalition made up of a diverse group of volunteers from the public and private sectors as well as non-profit and student leaders, convened to lead the planning process. First, an advisory panel was formed and met in September to develop an outline for how the project would most effectively be accomplished. The consensus from the first advisory panel meeting was that community feedback and involvement would be critical to the success of the plan so surveys were developed for the children and adults.

In October, with the help of the Caldwell School District, over one thousand surveys were distributed to parents and students at the elementary, middle and high schools. The advisory group met and discussed the results of the surveys and offered advice and recommendations for the issues that were of most concern to the community.

Sub-committees led by college students were formed to discuss the results of the surveys and suggestions offered by the advisory panel. The students brainstormed and came up with the most effective solutions for their peers as well as the younger children in the community. The subcommittees prepared their recommendations and took them to the advisory panel for approval.

The coalition then prepared the plan based off of the findings of the surveys and the recommendations provided by the subcommittees. In April 2011, the plan was presented to city council in a public workshop. Finally, it was submitted to city council and the school board for approval.





# MEET THE YOUTH COALITION



**Lourdes Matsumoto**  
Executive Assistant to the Mayor  
City of Caldwell



**Jennifer Swindell**  
Information Director  
Caldwell School District



**Erin Mullen**  
RN  
Syringa Middle School



**Nancy Randall**  
RN  
Caldwell School District



**Melinda Allgood**  
Fire Prevention Officer  
Caldwell Fire Department



**Donna Shines**  
Executive Director  
The Mentoring Network



**Kim Ivacek**  
Executive Director  
Hopes Door



**Stephanie Larson**  
Development Coordinator  
Hope's Door



**Barbara Burri**  
WIC Coordinator  
Southwest District Health



**Mark Pemble**  
Caldwell Young Professionals



**Scott Pemble**  
West Valley Medical Center



**Ariel Foster**



**Jessica Perez**  
Student  
College of Idaho



**Chelsee Moore**  
Student  
College of Idaho



**Morgan Bow**  
Student  
College of Idaho



**Susan Miller**  
Administrative Assistant to Mayor  
City of Caldwell



**Heidi Olsen**  
Student  
Caldwell High School



**Mikayla Solis**  
Student  
Caldwell High School



**Sydney Wise**  
Student  
Vallivue High School



**Allison White**  
Student  
Caldwell High School





# MEET THE YOUTH COALITION



**Elizabeth Anzaldua**  
Workforce Consultant  
Idaho Department of Labor



**Sandee Garcia**  
Workforce Consultant  
Idaho Department of Labor



**Scott Curtis**  
Branch Director  
Caldwell YMCA



**Kent Noethe**  
Youth Director  
Caldwell YMCA



*City of Caldwell*

# YOUTH MASTER PLAN



The City of Caldwell is committed to improving the lives of our youth and children. This Youth Master Plan is the next step in a long process of re-examining and restating our commitment to the next generation of healthy and productive citizens. Under the direction of Mayor Garret Nancolas and in partnership with the Caldwell School District and numerous volunteers this plan was created as a guide for how to continue moving forward with our promises to the children, youth and families in our community.

Mayor Nancolas and Superintendent Roger Quarles, of the Caldwell School District have dedicated time and resources to improving the lives and education of the children in Caldwell. Caldwell's Youth Master Plan empowers Caldwell youth and sets a standard for holding community leaders accountable to our youth.

After all of the hard work that was put into crafting this plan, it is important to remember that it is to be thought of as a means and not the end. This plan is not the answer to any problems or issues that we have seen but rather a guide for how to continue to improve the lives of the children of Caldwell. The promises that are made to in this document are goals that we wish to achieve for our youth.

Greatness can not be achieved by limiting our efforts and expectations. The Caldwell Youth Master Plan is a step in raising the bar for both the leaders in the community and the youth themselves.





Most importantly, this plan is for the youth. As the leaders and educators in the City we are held accountable to our children to follow through with the promises that we have made to them. We encourage the youth to use this plan to make sure that we are following through with the promises that we have make to them.

*“The first duty to children is to make them happy. If you have not made them so, you have wronged them. No other good they may get can make up for that”*

*- Charles Buxton*







# OVERVIEW AND AREAS OF FOCUS

## OVERVIEW



When taking on a project like the Youth Master Plan it is easy to have the urge to want to tackle every problem all at once. In the planning process it was important to understand that this plan is not the answer to all of the problems that are currently facing the children and youth in the City of Caldwell, but rather a roadmap for how to better educate them and guide them into making good choices. There are so many issues that need to be addressed but the first step to managing the issues was to break each issue into the overall category that can and should be addressed. After much discussion the coalition broke the issues into five main categories that we felt were the foundations of a safe and happy community; safety, out-of-school time, health and wellness, education and workforce readiness and community involvement.

After examining the results of the surveys that were sent out to the community, the coalition determined which category each issue and concern fell under. Sub-committees were created to specifically address each category and the issues within them. The sub-committees, chaired by College of Idaho students, then met to discuss the findings and proposed ideas for how to best address the underlying issues. The sub-committees submitted their final proposals for how the City and school district could improve many of the wonderful programs that are already in place and some new ideas that would help reach more teens and younger students.

The following are the pledges that we are making to better improve the lives of children, youth and teens throughout the City of Caldwell. By working towards these goals we aim to make Caldwell the safest, healthiest and happiest place for kids and young adults to live.

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## SAFETY

Security and peace of mind for both youth and parents that mental, emotional and physical violence will not be tolerated and resources will be available to help those in need.

## OUT - OF - SCHOOL TIME

Time when parents are at work but there is no school are the most likely for children and teens to get into trouble. Providing more fun and educational opportunities minimizes the time youth have to be bored and make bad decisions.

## HEALTH AND WELLNESS

This is something that affects every member of the community. By increasing fitness and nutrition awareness the youth in our community will have the best opportunity to enjoy being a kid. These values will carry into adulthood and make for an overall healthier community.

## EDUCATION AND WORKFORCE READINESS

Caldwell is taking on the task of becoming a leader in producing a generation of better educated and better prepared citizens who will lead our City, State and country in the global economy.

## COMMUNITY INVOLVEMENT

Caldwell is rich with civically responsible individuals who continually give back to the community. The City will continue this tradition by teaching our youth the importance of giving back and serving in their community.

## COMMUNICATION & RELATIONSHIPS

In the age of high tech gadgets, cell phones and the internet, it is easy for youth to forget or neglect the importance of building relationships and interpersonal communication skills that are imperative to succeeding in the workforce. We will teach our youth to go back to the basics of proper etiquette and building personal relationships.

*“There is always one moment in childhood when the door opens and lets the future in.”*

*-Deepak Chopra*

# CHILDREN AND YOUNG ADULTS WILL BE PROTECTED FROM BULLYING AND ABUSE FROM ADULTS AND PEERS.

## SURVEY RESULTS

- Anti-bullying classes or programs were suggested from every group of survey respondents elementary school students to parents.
- Only 17% of high school and elementary school students do not feel like they have a supportive adult to go to for help.
- 22% of parents think the City needs to provide a greater police presence and do more to cut down on gang violence. While that number has reduced dramatically in recent years, nearly 1/4 of the population still fear gangs.
- Suggestions from parents on how to improve the health and safety of the lives of the children in Caldwell included the following comments:
  - “Zero tolerance does not stop bullying.”
  - “We need more prevention programs like Rachel’s Challenge”
  - “There is a ‘mean girls’ problem in our high schools, we need mediators.”
  - “We need better security around school bus stops.”



### \* CURRENT PROGRAMS:

JUVENILE FIRE SETTER INTERVENTION PROGRAM - CALDWELL FIRE DEPARTMENT

SART - SEXUAL ASSAULT RESPONSE TEAM

HOPE’S DOOR CLASSES - CHILDREN’S SUPPORT GROUP, TEEN CLASSES,

## GOALS:

- Increase the bullying awareness campaigns in schools. Make awareness an ongoing program throughout the year.
- Provide classes and programs to demonstrate how to react when witnessing acts of bullying.
- Increase police patrol of bus stops and off-campus social gathering places.
- Increase opportunities for counseling and mentors for those who have been victims of bullying or abuse.
- Implement a zero tolerance for hazing policy in schools and colleges.
- Increase awareness and training for teachers and staff on how to identify and approach victims of bullying.



\* for more information on programs please see appendix



# CHILDREN AND YOUTH WILL HAVE SAFE PLACES TO GATHER WHERE THEY CAN LEARN, GROW AND ACCESS EDUCATIONAL RESOURCES.

## SURVEY RESULTS



- 47% of High school respondents had concerns about their safety out of school.
- 84% of parents had concerns for the safety of their children.
- 69% of high school respondents said that they do not feel like their opinions always matter to adults.
- 53% of high school respondents and 53% of elementary school respondents reported that they are currently not involved in any kind of after school or extracurricular activity.
- 17% of high school and elementary school students do not feel like they have a supportive adult to go to for help and/or advice.

**\*CURRENT PROGRAMS:**  
STATION TOURS - CALDWELL FIRE DEPARTMENT  
YMCA  
C.A.T.C.H.  
HOPE'S DOOR CLASSES - CHILDRENS  
SUPPORT GROUP,  
AAFV HOUSING

## GOALS:

- Increase awareness of PAL and other police sponsored activities.
- Encourage all citizens to know their neighbor for the safety and protection of the families and children in the community.
- Increase education, beginning in elementary school, on the negative and dangerous risks associated with gang culture.
- Increase awareness of the variety of safe places and activities available to children and youth.
- Implement a phone system that issues automated phone calls to parents alerting them of school closures and any other important updates.



# CHILDREN AND YOUNG ADULTS WILL BE AWARE OF ANY AFTER SCHOOL OPPORTUNITIES.

## SURVEY RESULTS

- 53% of high school respondents are not involved in any after school activities.
- 36% of high school respondents indicated they would like to be involved in an after school activity.
- 15% of high school respondents indicated that they wanted to participate in an after school activity that the city or school already offers.
- 72% of 4th and 5th grade respondents are not involved in any after school activities.
- 88% of 4th and 5th graders who are not involved in an after school activity would like to be.
- 11% of parents indicated that they had no knowledge of After-School opportunities or that there were not enough after-school programs for their children.
- 64% of parents said there are not currently enough after-school activities for their kids.



### \* CURRENT PROGRAMS:

YMCA  
CALDWELL SCHOOL DISTRICT AFTER-SCHOOL PROGRAMS  
CALDWELL PUBLIC LIBRARY

### GOALS:

- Increase distribution of information on out-of-school opportunities to students and parents.
- Expand programs to incorporate more of the students' interests.
- Increase involvement of volunteers, mentors, parents and teachers in out of-school activities.
- Increase extra-curricular activities for elementary and middle school students.



\* for more information on programs please see appendix

# CHILDREN AND YOUTH WILL BE PROVIDED WITH A MEANS OF TRANSPORTATION TO PARTICIPATE IN OUT-OF-SCHOOL ACTIVITIES

## SURVEY RESULTS

- 11% of parents reported that transportation was an issue when it came to their children participating in after school activities.
- 22% of parents indicated that more after school programs and more affordable transportation to and from those activities was necessary to make Caldwell safer for their children.
- 88% of 4th and 5th graders who are not involved in an after school activity would like to be.
- 15% of high school respondents indicated that they wanted to participate in an after school activity that the city or school already offers.



**\* CURRENT PROGRAMS:**

YMCA	CALDWELL BUS COMPANY
VALLEY REGIONAL TRANSIT	CALDWELL PARKS AND RECREATION DEPARTMENT



## GOALS:

- Increase awareness of free transportation options to and from YMCA.
- Develop an option for transporting students home from extra-curricular activities and events.
- Increase public transportation options.
- Provide more and safer bike and walking paths for pedestrians and cyclists.



# PARENTS AND CHILDREN WILL BE EDUCATED ON NUTRITION AND HEALTHY FOOD OPTIONS.

## SURVEY RESULTS

- 40% of high School respondents indicated that their school never or only sometimes served healthy lunches and snacks.
- 11% of Caldwell High School students and 21% of Vallivue High School students said that they did not feel there were enough healthy lunch and snack options.
- 9% of elementary school respondents felt that there are not enough choices or variety in their healthy lunch options.
- All age groups indicated that they would like a vegetarian option added to the school lunch menu.
- 27% of parent respondents said that lack of access to healthy food was their greatest concern for the health of their children.
- Only 8% of parents surveyed ranked the overall health of the youth in Caldwell as the healthiest they could be.



### \* CURRENT PROGRAMS:

BIKE ROUTES MASTER PLAN  
WIC

TOBACCO PREVENTION PROGRAM

PHYSICAL ACTIVITY AND NUTRITION PROGRAM

### GOALS:

- Increase “marketing” of healthy programs and classes available for youth and young parents.
- Incorporate more fitness and nutrition education in school curriculums, beginning in elementary school.
- Develop a community garden to promote healthy eating and nutrition education.
- Increase educational opportunities for classes for young parents on how to shop for healthier food for infants and children.

\* for more information on programs please see appendix

# CHILDREN AND YOUNG ADULTS WILL HAVE ACCESS TO HEALTHY FOOD, ACTIVE LIFESTYLE CHOICES, AND PROTECTION AGAINST PREVENTABLE

## SURVEY RESULTS

- 27% of parent respondents said that lack of access to healthy food was their greatest concern for the health of their children.
- 16% of high school respondents said that exercising was their favorite part of after-school activities.
- 40% of high school respondents indicated that on a weekly basis, they exercised only minimally to not all (0-4 hours).
- 34% of elementary school respondents indicated that on a weekly basis, they exercised minimally to not at all (0-4 hours).
- 40% of high school respondents indicated that they watched five or more hours of television a week.
- 45% of elementary school respondents said they watched five or more hours of television a week.



### \* CURRENT PROGRAMS:

IMMUNIZATION PROGRAM  
FAMILY PLANNING  
DENTAL HEALTH

YMCA  
CHIP  
WIC

### GOALS:

- Provide more options for cost-effective transportation to and from the YMCA, Southwest District Health, the hospital, pool and parks.
- Replace traditional vending machines with healthy snack vending machines.
- Implement a bike program throughout the city providing everyone with access to a bike.
- Increase education on healthy lifestyle choices beginning in middle school.



# CHILDREN WILL BE ENCOURAGED TO PURSUE POST-SECONDARY EDUCATIONAL OPPORTUNITIES.

## SURVEY RESULTS

- 82% of high school respondents said that they had plans to attend college, a trade school or join the military after high school but only 23% of high school graduates actually go on to continue their education.
- When asked what they wanted to be when they grew up, 58% of students indicated they wanted to go into a profession that requires a college degree.
- 21% of high school respondents said that they were motivated to do well in school by the idea of having a better quality of life than they had growing up.
- 11% of high school respondents indicated that college and scholarships motivated them to do well in school.
- 57% of parents surveyed said that they did not know or disagreed with that the schools and community are doing an excellent job of encouraging high school students to continue their education.



### \* CURRENT PROGRAMS:

THE MENTORING NETWORK  
CALDWELL SCHOOL DISTRICT  
VALLIVUE SCHOOL DISTRICT

YMCA  
DEPARTMENT OF LABOR - YOUTH PROGRAMS

### GOALS:

- Provide training sessions for high school students on the college entrance process.
- Increase the number of college tours given to elementary school students.
- Increase awareness and information distributed to high school students on all post-secondary options including military and trade school.
- Develop programs and classes to teach financial responsibility and budgeting to high school students.
- Increase college prep classes during grades 9-12.



\* for more information on programs please see appendix



# YOUNG ADULTS WILL BE TAUGHT BASIC JOB SKILLS AND PREPARED TO BE PRODUCTIVE MEMBERS OF THE WORKFORCE

## SURVEY RESULTS

- 73% of parents surveyed said that they either did not know or disagreed with the idea that high school and college students are being adequately prepared for the workforce.
- When asked how well the City and schools were preparing them for college or the workforce, 71% of high school students indicated that they were only kind of or not at all prepared.
- 13% of high school respondents indicated that they plan to begin their careers right after high school.
- When asked which class or after school activity they would like their school to offer, 11% of high school students said they would like a prep class to help with current schoolwork, college prep and basic life skills (balancing checkbooks, putting together a resume, sex ed., etc.)



### \* CURRENT PROGRAMS:

MAYOR'S YOUTH ADVISORY COUNCIL  
DEPARTMENT OF LABOR YOUTH ACTIVITIES

GO ON CHALLENGE  
FAFSA DAY  
THE MENTORING NETWORK

## GOALS:

- Provide opportunities for students to obtain training in resume writing and basic job skills.
- Provide more opportunities for internships for high school and college students.
- Implement job shadowing program for middle school students.
- Provide young parents with training and child care options while they conduct job searches.



# CHILDREN AND YOUNG ADULTS WILL BE AWARE OF AND ENCOURAGED TO PARTICIPATE IN VOLUNTEER OPPORTUNITIES.

## SURVEY RESULTS

- 33% of high school students and 33% of elementary school students said that they never volunteered in their community.
- 39% of high school respondents said that they only volunteered once or twice a year.
- 72% of parents indicated that they volunteered minimally to not at all.
- 26% of the parents indicated that the reason they did not volunteer more was due to a lack of awareness for opportunities
- When asked which program(s) they would like offered at school, the second most popular answer among high school students was community service.



### \* CURRENT PROGRAMS:

WEST VALLEY MEDICAL CENTER -  
UNION VOLUNTEER PROGRAM  
YMCA  
CATCH

HOPES DOOR VOLUNTEER PROGRAM  
MAYOR'S YOUTH ADVISORY COUNCIL



### GOALS:

- Increase emphasis on the importance of civic involvement by providing more opportunities to students and parents
- Increase the distribution of information regarding existing volunteer opportunities.
- Create a volunteer pool through which non-profits can seek and obtain volunteers easily and more quickly than through the current methods.
- Increase overall community awareness of service opportunities.

\* for more information on programs please see appendix

# CHILDREN WILL BE GIVEN AN ACTIVE VOICE IN THE COMMUNITY AND HAVE THE OPPORTUNITY TO LEARN ABOUT DECISION AND POLICY MAKING.

## SURVEY RESULTS

- 69% of high school respondents said they felt like their opinion either did not matter or only sometimes mattered to adults.
- 29% of elementary school students felt their opinion mattered only sometimes or not at all.
- 17% of high school and elementary school students do not feel like they have a supportive adult in their life.
- 15% of high school students and 29% of elementary school students indicated that their favorite thing about after school activities was “learning new things”.
- When asked what they wanted to be when they grew up, 12% of elementary school students chose a profession in some form of government.



### \* CURRENT PROGRAMS:

MAYOR’S YOUTH ADVISORY COUNCIL  
YMCA  
CALDWELL SCHOOL DISTRICT

CALDWELL YOUNG PROFESSIONALS  
GOVERNMENT CLASSES TAUGHT BY MAYOR



### GOALS:

- Increase opportunities for youth representation on boards and commissions.
- Implement a polling system for youth to weigh in on youth related issues.
- Improve the methods by which information on current events is distributed to students.



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# CHILDREN AND YOUNG ADULTS WILL BE EDUCATED ON PROPER SOCIAL ETIQUETTE TO HELP THEM SUCCEED IN THE WORKFORCE AND COMMUNITY.

## SURVEY RESULTS

- 18% of high school students and 10% of elementary school students did not know of or did not have a supportive role model in their lives.
- 20% of high school students said that they would like to be offered more prep, writing or language classes to help them in a future career.
- Less than 1/3 of high school students who were surveyed feel that they are being adequately prepared for college and the workforce.
- 33% of high school students never do any form of community service where they have to interact with other members of the community.



### \* CURRENT PROGRAMS:

DEPARTMENT OF LABOR - YOUTH EMPLOYMENT GUIDE  
SCOUTS  
YMCA

THE MENTORING NETWORK  
MAYOR'S YOUTH ADVISORY COUNCIL



### GOALS:

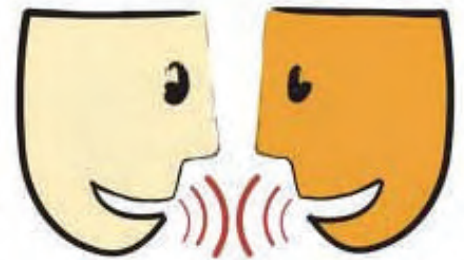
- Increase emphasis on the importance of manners and civility in our overall community.
- Develop educational opportunities for parents on how to teach and enforce social etiquette with their children.
- Place a greater emphasis on the etiquette of technology, social networks and social media in schools.
- Increase individuals using the, core values, respect yourself, others and the places you are and take responsibility for your actions when using technology, social networks and social media.

\* for more information on programs please see appendix

# YOUTH WILL BE TAUGHT AND ENCOURAGED TO USE VARIOUS FORMS OF COMMUNICATION IN ORDER TO VOICE THEIR OPINIONS RESPECTFULLY AND CONFRONT AND RESOLVE PERSONAL AND SOCIAL ISSUES.

## SURVEY RESULTS

- 69% of high school students indicated that they never or only sometimes felt that their opinion mattered to adults.
- Only 27% of parents surveyed believe that high school and college students are being adequately prepared for the workforce.
- Less than 1/3 of high school students who were surveyed feel that they are being adequately prepared for college and the workforce.
- 45% of 4th and 5th graders who responded to the survey spend more than 5 hours a week just watching TV.



### \* CURRENT PROGRAMS:

THE MENTORING NETWORK  
SCHOOLS  
MAYOR'S YOUTH COMMITTEE

SCOUTS  
SCHOOL-BASED WORK PROGRAMS  
HOPE'S DOOR CLASSES - CHILDRENS  
SUPPORT GROUP, TEEN CLASSES



### GOALS:

- Implement school communications, relationship building and conflict resolution classes or learning opportunities
- Increase the ability of youth to handle conflicts and resolve differences as they develop and maintain great relationships.
- Increase opportunities for diversity training for youth (and adults) in our community.
- Increase opportunities for sexual harassment training for youth and adults.

# SUMMARY OF 12 PROMISES

Quick summary of the  
*12* promises to the youth of Caldwell, Idaho.

SAFETY

EDUCATION AND  
WORKFORCE READINESS

OUT - OF - SCHOOL  
TIME

COMMUNITY  
INVOLVEMENT

HEALTH AND  
WELLNESS

COMMUNICATION &  
RELATIONSHIPS



P R O M I S E S	1. Children and young adults will be protected from bullying and abuse from adults and peers.	2. Children and youth will have safe places to gather where they can learn, grow and access educational resources	3. Children and young adults will be aware of any after-school opportunities.	4. Children and youth will be provided with a means of transportation to participate in out-of-school activities.
G O A L S	Increase bullying awareness campaigns in schools. Make awareness an ongoing program throughout the year.	Increase awareness of PAL and other police sponsored activities.	Increase distribution of information on out-of-school opportunities to students and parents.	Increase awareness of free transportation options to the YMCA
G O A L S	Provide classes and programs to demonstrate how to react when witnessing acts of bullying.	Encourage all citizens to know their neighbors for the safety and protection of families and children.	Expand programs to incorporate more of the students' interests.	Develop an option for transporting students home from extra-curricular activities and events.
G O A L S	Increase police patrol of bus stops and off-campus social gathering places.	Increase education starting in elementary school, on the negative and dangerous risks associated with gang culture.	Increase involvement of volunteers, mentors, parents and teachers in out-of-school activities.	Increase public transportation options.
G O A L S	Increase opportunities for counseling and mentoring for those who have been victims of abuse or bullying.	Increase awareness of the variety of safe places and activities available to children and youth.	Increase extra-curricular activities available to elementary and middle school students.	Provide more and safer bike and walking paths for pedestrians and cyclists.
G O A L S	Implement a zero tolerance for hazing policy.	Implement a phone system that issues automated calls to parents alerting them to school closures and other important updates.		
G O A L S	Increase awareness and training for teachers and staff on how to identify and approach victims of bullying.			

P R O M I S E S	5. Parents and Children will be educated on nutrition and healthy food options.	6. Children and young adults will have access to healthy food, active lifestyle choices and protection against preventable diseases.	7. Children will be encouraged to pursue post-secondary educational opportunities.	8. Young adults will be taught basic job skills and prepared to be productive members of the workforce.
G O A L	Increase “marketing” of healthy programs and classes available for youth and young parents.	Provide more options for cost-effective transportation to and from the YMCA, Southwest District Health, the hospital, pool and parks.	Provide more training sessions for high school students on the college entrance process.	Provide opportunities for students to obtain training in resume writing and basic job skills.
G O A L	Incorporate more fitness and nutrition education in school curriculums beginning in elementary school.	Replace traditional vending machines with healthy snack vending machines.	Increase the number of college tours given to elementary school students.	Provide more opportunities for internships for high school and college students.
G O A L	Develop a community garden to promote healthy eating and nutrition education.	Implement bike program for the city providing everyone has access to a bike.	Increase awareness and information distributed to high school students on all post-secondary options including military and trade school.	Implement a job shadowing program for middle school students
G O A L	Increase educational opportunities or classes for young parents on how to shop for healthier food for infants and children.	Increase education on healthy lifestyle choices beginning in middle school.	Develop programs and classes to teach financial responsibility and budgeting to high school students.	Provide young parents with training a child care options while they are conducting a job search
G O A L			Increase college prep classes during grades 9-12.	

P R O M I S E S	9. Children and young adults will be aware of and encouraged to participate in volunteer opportunities.	10. Children will be given an active voice in the community and have the opportunity to learn about decision and policy making	11. Children and young adults will be educated on proper social etiquette to help them succeed in the workforce and community.	12. Youth will be taught and encouraged to use various forms of communication in order to voice their opinions respectfully and confront and resolve personal and social issues.
G O A L	Increase emphasis on the importance of civic involvement by providing more opportunities to students and parents.	Increase opportunities for youth representation on boards and commissions.	Increase emphasis on the importance of manners and civility in the community.	Implement school communications, relationship building and conflict resolution classes or learning opportunities.
G O A L	Increase the distribution of information regarding existing volunteer opportunities.	Implement a polling system for youth to weigh in on youth related issues.	Develop educational opportunities for parents on how to teach and enforce social etiquette with their children.	Increase the ability of youth to handle conflicts and resolve difference as they develop and maintain great relationships.
G O A L	Create a volunteer pool through which non-profits can seek and obtain volunteers easily and more quickly than through the current methods.	Improve the methods by which information on current events is distributed to students.	Place a greater emphasis on the etiquette of technology, social networks and social media in schools.	Increase opportunities for diversity training and for youth (and adults) in our community
G O A L	Increase overall community awareness of service opportunities.		Increase individuals using the core values, respect yourself, others and the places you are and take responsibility for your actions when using technology.	Increase opportunities for sexual harassment training for youth and adults.





# APPENDICES

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# PIPEDREAM SKATE PARK



# ELEMENTARY SCHOOL SURVEYS

1. On a scale of 1 to 3, how safe do you feel in the community you live in? (circle one)  
1 =60%      2 =37%      3 =3%  
safe          kind of safe      not safe
2. Do you feel like your opinion matters to adults?  
YES=71%    NO=22%    Only Sometimes=7%
3. I have a supportive adult (teacher, coach, boss, parent, sibling, etc.) who I can turn to for help and advice:  
Yes=90%  
No=3%  
I don't know=7%
4. Are you involved in an afterschool program? If yes, which one(s)? [See Attached](#)  
YES=28%    NO=72%
5. What after school program would you like offered? [See Attached](#)
6. What is your favorite part of after-school programs?  
Friends =39%  
Competing or Performing =19%  
Exercising =13%  
Learning new things =29%
7. Does your school offer healthy lunch and snack options?  
YES=87%\*    NO=4%      Don't know=9%    \*comments were yes but there are no choices/variety
8. How much do you exercise in a week?  
0-4 hours =34%  
5-8 hours =39%  
More than 8 hours =27%
9. How much TV do you watch in a week?  
0-4 hours =55%  
5-8 hours =27%  
More than 8 hours =18%
10. How often do you volunteer in your community?  
Never =33%  
Once or twice a year =26%  
As often as I can =41%
11. What do you want to be when you grow up? [See Attached](#)
12. What do you like about school? [See Attached](#)

# ELEMENTARY SCHOOL SURVEYS

## ANSWERS TO QUESTION #4:

CHEER x2  
SOFTBALL  
MARTIAL ARTS  
GIRLS ON THE RUN  
SOCCER x4  
BASEBALL  
VOLLEYBALL x2  
YMCA x3  
BASKETBALL x5  
TENNIS  
DANCE  
21<sup>ST</sup> CENTURY x10  
FOOTBALL x6  
SWIMMING  
GIRL/BOY SCOUTS x2  
CHURCH ACTIVITIES  
PATHFINDERS  
TOTAL = 43  
CHEERLEADING x2  
TOTAL = 142  
\*MOST COMMON ANSWERS

## ANSWERS TO QUESTION #5

ART/DRAWING CLASS x13  
BASEBALL x4  
BASKETBALL x11  
SWIMMING x8  
COOKING CLASS  
P.E.-LIKE CLASS  
GIRLS ON THE RUN  
NONE/DON'T LIKE STAYING AFTER SCHOOL x34  
YMCA x5  
DON'T KNOW x6  
DANCE x3  
KARATE  
GYMNASTICS x5  
SINGING x4  
SKYDIVING  
BE A SECRET AGENT  
GOLF  
21<sup>ST</sup> CENTURY x14  
SOCCER x7  
GUITAR  
BOOK CLUB  
FOOTBALL x10  
TENNIS x2  
VOLLEYBALL x4  
BOXING





# CALDWELL HIGH SCHOOL SURVEY

1. On a scale of 1 to 3, how safe do you feel in the community you live in? (circle one)  
1 = 40%      2 = 50%      3 = 10%  
safe            kind of safe      not safe
2. Do you feel like your opinion matters to adults?  
YES = 24%      NO = 47%      Only Sometimes = 29%
3. I have a supportive adult (teacher, coach, boss, parent, sibling, etc.) who I can turn to for help and advice:  
Yes = 81%  
No = 7%  
I don't know = 12%
4. Are you involved in an afterschool program? If yes, which one(s)?  
YES = 47%      NO = 53%
5. Which after school programs would you like offered?  
SEE ATTACHED
6. What is your favorite part of after-school programs?  
Friends = 44%  
Competing or Performing = 22%  
Exercising = 16%  
Learning new things = 18%
7. Does your school offer healthy lunch and snack options?  
YES = 62%      NO = 27%      Don't Know/Sometimes = 11%  
\*\*Complaints that there are not enough options
8. How much do you exercise on a weekly basis?  
0-4 hours = 47%  
5-8 hours = 34%  
More than 8 hours = 19%
9. How much TV do you watch on a weekly basis?  
0-4 hours = 55%  
5-8 hours = 31%  
More than 8 hours = 14%
10. How often do you volunteer in your community?  
Never = 31%  
Once or twice a year = 49%  
More often than twice a year = 20%
11. What do you plan to do after high school?  
SEE ATTACHED
12. What motivates you to do well in school?  
SEE ATTACHED
13. How well has the City and School prepared you for college or the workforce?  
1 = 20%      2 = 58%      3 = 22%  
Very            kind of            not very well

# CALDWELL HIGH SCHOOL SURVEY

## CALDWELL

### ANSWERS TO #4

BPA (x3)  
BASKETBALL (x9)  
VOLLEYBALL (x3)  
TRIO (x2)  
CHEERLEADING (x5)  
RODEO  
GUITAR  
DEBATE (x2)  
FOOTBALL (x6)  
MYAC (x6)  
DRILL TEAM (x4)  
TENNIS (x4)  
YOGA (x2)  
CROSS COUNTRY (x2)  
TRACK (x5)  
BASEBALL (x4)  
LACROSSE  
21<sup>ST</sup> CENTURY  
SOCCER (x3)  
GOLF  
FHLA (x2)  
BAND (x5)  
STUDENT COUNCIL (x5)  
COMMUNITY SERVICE (x3)  
DECA (x2)  
NHS  
DANCE  
SOFTBALL  
DRIVERS ED

### ANSWERS TO #5

VIDEO GAME MAKING (x4)  
TUTORING (x2)  
MENS VOLLEYBALL (x3)  
COLLEGE PREP CLASS (x2)  
LIFE SKILLS (x4)  
ARCHERY (x3)  
ART (x2)  
PE/RECREATIONAL SPORTS  
FRENCH CLUB  
PHOTOGRAPHY  
I DON'T WANT TO STAY AFTER SCHOOL  
BOOK CLUB (x2)  
SOCCER

BOXING  
COMMUNITY SERVICE  
JAZZ BAND  
COOKING  
YOGA (x3)  
MORE ADV. SCIENCE  
KNITTING  
CRIMINAL JUSTICE  
TRAP SHOOTING (x3)  
BASEBALL  
PING PONG  
MUSIC  
GOLF  
GOVERNMENT

### ANSWERS TO #11

I DON'T KNOW (x11)  
COLLEGE (x119)  
COLLEGE FOOTBALL  
MILITARY (x7)  
SHORT CAREER  
WORK (x2)  
LIVE A NORMAL LIFE  
COMMUNITY COLLEGE  
MOVE OUT OF STATE  
START A FAMILY (x2)  
TRADE SCHOOL (x5)  
ART SCHOOL (x4)  
TAKE A YEAR OFF (x2)  
START MY CAREER (x4)  
\* MOST COMMON ANSWERS

### ANSWERS TO #12

WANT TO PASS  
I WANT BETTER THAN MY FAMILY HAD (x3)  
GRADUATION (x4)  
PARENTS AND FAMILY (x45)  
MYSELF AND MY FUTURE (x28)  
I DON'T KNOW (x5)  
NOTHING (x7)  
FRIENDS (x16)  
TEACHERS (x6)  
SCHOLARSHIPS (x6)  
MY CHILD  
REWARDS/PRAISE (x8)  
KNOWING I CAN MAKE A DIFFERENCE (x3)  
GETTING A GOOD JOB (x6)  
GOING TO COLLEGE (x20)  
SPORTS (x6)  
GIRLS (x2)  
MOVING AWAY  
LEARNING (x2)  
AVOIDING ALTERNATIVE SCHOOL  
\* MOST COMMON ANSWERS



# VALLIVUE HIGH SCHOOL SURVEY

1. On a scale of 1 to 3, how safe do you feel in the community you live in? (circle one)  
1 = 62%      2 = 34%      3 = 5%  
safe            kind of safe      not safe
2. Do you feel like your opinion matters to adults?  
YES=36%      NO=39%      Only Sometimes=25%
3. I have a supportive adult (teacher, coach, boss, parent, sibling, etc.) who I can turn to for help and advice:  
Yes = 83%  
No = 9%  
I don't know = 8%
4. Are you involved in an afterschool program? If yes, which one(s)?  
YES=47%      NO=53%
5. Which after school programs would you like offered?  
SEE ATTACHED
6. What is your favorite part of after-school programs?  
Friends = 44%  
Competing or Performing = 28%  
Exercising = 16%  
Learning new things = 12%
7. Does your school offer healthy lunch and snack options?  
YES = 58%      NO=21%      Don't Know/Sometimes = 21%  
\*\*Complaints that there are no vegetarian options
8. How much do you exercise on a weekly basis?  
0-4 hours = 36%  
5-8 hours = 37%  
More than 8 hours = 27%
9. How much TV do you watch on a weekly basis?  
0-4 hours = 64%  
5-8 hours = 21%  
More than 8 hours = 15%
10. How often do you volunteer in your community?  
Never = 35%  
Once or twice a year = 32%  
More often than twice a year = 33%
11. What do you plan to do after high school?  
SEE ATTACHED
12. What motivates you to do well in school?  
SEE ATTACHED
13. How well has the City and School prepared you for college or the workforce?  
1 = 35%      2 = 56%      3 = 9%  
Very            kind of            not very well

# VALLIVUE HIGH SCHOOL SURVEY

## VALLIVUE

### Answers to #4

4-H  
CROSS COUNTRY (X3)  
SOFTBALL (X6)  
DANCE (X4)  
FOOTBALL (X11)  
BASKETBALL (X14)  
BASEBALL (X12)  
BAND (X16)  
SOCCER (X7)  
WRESTLING (X4)  
DRAMA (X6)  
BOXING (X2)  
LACROSSE (X6)  
TENNIS (X6)  
COMMUNITY SERVICE (X2)  
MARTIAL ARTS  
PHILOSOPHY CLUB  
CHOIR (X4)  
GLEE CLUB  
FHLA (X7)  
CHEERLEADING (2)  
WORK (X4)  
NHS (X2)  
SKI TEAM  
TRACK  
MYAC  
MUSIC LESSONS  
BPA  
VOLLEYBALL

### ANSWERS TO #5

DANCE  
BOXING (X2)  
CREATIVE WRITING (X2)  
MENS VOLLEYBALL (X3)  
SWIM TEAM (X2)  
SELF DEFENSE/MARTIAL ARTS  
CLASS (X8)  
POWDER PUFF FOOTBALL  
DRAWING  
WEIGHT LIFTING  
URBAN MUSIC (X2)  
GYMNASTICS/TUMBLING (X2)  
SEX ED (X3)  
PHOTOGRAPHY  
FENCING (X2)

OPEN GYM  
PING PONG (X4)  
CYCLING (X2)  
OUTDOORSMAN CLUB (X4)  
MORE BUSINESS CLASSES  
CURLING  
BASKETBALL (X5)  
BOOK CLUB (X2)  
SIGN LANGUAGE  
ART (X5)  
HOT ROD/MOTOCROSS CLUB  
(X3)  
NIGHT CLASSES  
FLAG TEAM  
COMPUTER PROGRAMS  
SOCCER  
FALCON FOCUS (X2)  
FOOTBALL  
PROGRAM TO HELP TEENS  
WITH EMOTIONAL  
ISSUES  
SOFTBALL  
CHOIR  
MORE NON-SPORTS RELATED  
PROGRAMS  
BOXING  
ENVIRONMENTAL AWARENESS  
RODEO 8  
NETWORKING  
RECREATIONAL SPORTS  
(KICKBALL/DODGEBALL) (X3)  
SKATEBOARDING

### \*MOST COMMON ANSWERS

### ANSWERS TO #11

COLLEGE (X155)  
COMMUNITY COLLEGE (X2)  
I DON'T KNOW (X8)  
MILITARY (X20)  
GET A JOB (X15)  
GO ON A CHURCH MISSION (X5)  
START MY OWN BUSINESS  
START MY CAREER (X15)  
GO TO TRADE SCHOOL (X7)  
NOTHING (X2)  
START A FAMILY (X5)  
MOVE

### ANSWERS TO #12

GETTING OUT OF MY HOUSE (X3)  
MY PARENTS/FAMILY (X61)  
MYSELF/MY FUTURE (X60)  
NOTHING (X7)  
JOB (X10)  
GRADUATING (X13)  
PRAISE/REWARDS (X8)  
GIRLFRIEND/BOYFRIEND (X13)  
GOOD GRADES (X9)  
COLLEGE (X16)  
FRIENDS (X14)  
TEACHERS (X4)  
HAVING BETTER THAN MY FAMILY  
(X4)  
SPORTS (X16)  
MONEY (X7)  
I DON'T KNOW (X5)  
SCHOLARSHIPS (X8)  
THE MILITARY (X3)  
CHURCH  
MY CHILD (X2)  
FEAR (X2)  
MATH  
MOVE AWAY (X3)  
TO LEARN (X5)

### \* MOST COMMON ANSWERS





# PARENTS SURVEY

1. Which of the following most closely defines how you feel about the safety of your children in Caldwell?
  - I never worry about their safety = 16%
  - I have some concerns for their safety. = 76%
  - I am very concerned with the safety of the youth in Caldwell = 8%
2. What would make Caldwell a safer place for children?  
See attached
3. Which most closely defines how you feel about the after-school opportunities?
  - There are plenty of programs = 11%
  - There are some programs = 59%
  - There are very few programs. = 22%
  - There are no programs. = 8%
4. How many hours a month do you volunteer in the community
  - 0-2 = 72%
  - 3-6 = 14%
  - More than 6 = 14%
5. What keeps you from volunteering or volunteering more often?
  - Time = 74%
  - Awareness of opportunities = 26%
6. Are there enough after-school activities for your kids?  
YES = 36% NO=64%
7. On a scale of 1 to 5, with 1 being the unhealthiest and 10 being the healthiest, rate the overall health of the youth in the community (0-21 yrs old).  
  
1    2    3    4    5  
5%   17%   45%   25%   8%
8. What is your greatest concern for the health of your children?
  - Lack of exercise = 32%
  - Lack of access to healthy food = 27%
  - Drug and alcohol abuse = 41%
9. The schools and community are doing an excellent job of encouraging high school students (grades 9-12) to continue their education.
  - Agree = 43%
  - Disagree = 24%
  - Don't know = 33%
10. High school and college students are being adequately prepared for the workforce
  - Agree = 27%
  - Disagree = 32%
  - Don't know = 41%

# PARENTS SURVEY

## ANSWERS TO QUESTION #2

MORE SIDEWALKS/BETTER CROSSWALKS

STRONGER FAMILIES

IT IS PRETTY NICE

MORE COMMUNITY INVOLVEMENT ON SAFETY ISSUES AND SOLUTIONS x2

TRANSPORTATION TO THE YMCA

BETTER PUBLIC TRANSPORTATION OPTIONS

CUT DOWN ON GANGS x6

MORE AFTER-SCHOOL PROGRAMS TO KEEP KIDS BUSY x2

MORE SAFE PLACES FOR KIDS TO GO LIKE THE MOVIE THEATRE

BETTER BEHAVIOR POLICIES IN SCHOOLS, MEDIATION. (MEAN GIRLS PROBLEMS IN HIGH SCHOOL)

BULLIES x2

MORE AFFORDABLE/FREE PROGRAMS FOR KIDS

LIMIT THE NUMBER OF SEX OFFENDERS THAT CAN LIVE HERE

MORE POLICE PRESENCE x2

ALL SCHOOLS SHOULD IMPLEMENT UNIFORMS

BETTER LIGHTING- SOME PARKS ARE SCARY

MORE LIGHTS BY SOME OF THE BUS STOPS (FLORIDA AND POLORIS)

MORE PARENT INVOLVEMENT

## ADDITIONAL COMMENTS:

NOT ENOUGH VARIETY IN AFTER-SCHOOL PROGRAMS

I HAVE NO KNOWLEDGE OF AFTER-SCHOOL OPPORTUNITIES AND TRANSPORTATION IS AN ISSUE

THE NEIGHBORS DO DRUGS

OTHER THAN THE YMCA, I AM NOT AWARE OF ANY OTHER AFTER SCHOOL ACTIVITIES.

THE AFTER SCHOOL ACTIVITIES THAT I KNOW OF COST MONEY AND WE CAN'T AFFORD IT.

I AM NOT AWARE OF ANY AFTER SCHOOL PROGRAMS AT MIDDLE SCHOOL LEVEL-ONLY IN THE HIGH SCHOOLS

ZERO TOLERANCE DOES NOT STOP BULLY ISSUES, WE NEED MORE PREVENTION PROGRAMS LIKE RACHEL'S CHALLENGE

IF YOU HAVE A FAIR INCOME YOU CANNOT GET TUTORING

OUTSIDE OF SPORTS THERE ARE NO OPTIONS FOR AFTER-SCHOOL ACTIVITIES

NO DRESS CODE PLEASE

I DISAGREE WITH THE ELEMENTARY SCHOOL DRESS CODE. IT IS NOT AFFORDABLE AND I CANNOT FIND CLOTHES IT IS RIDICULOUS.



## LIST OF PROGRAMS AND SERVICES OFFERED IN CALDWELL

**Tobacco Cessation:** Southwest District Health offers free classes to help individuals stop smoking or chewing tobacco! Classes focus on youth and pregnant women but are available to all Idaho citizens interested in breaking the nicotine addiction. Contact 455-5321

**Tobacco Prevention:** The primary goal of the Tobacco Prevention Program is to reduce the use of tobacco products by residents, thereby reducing tobacco-related disease, disability, and death. Major programmatic emphasis is on the delivery of a no-tobacco use message and adoption of tobacco free policies to protect children, adolescents, and young adults. Contact 455-5321

**Physical Activity and Nutrition:** The Physical Activity and Nutrition Program focus is to help Idahoans live a healthier life by promoting the benefits of physical activity and healthy foods in both schools and within our community. Contact 455-5332

**Adolescent Pregnancy Prevention:** The Adolescent Pregnancy Prevention (APP) program provides sexual health education and education on how to avoid risk taking types of behavior. The program uses "Reducing the Risk." curriculum which is taught by health district staff in local schools. Contact 455-5321

**Skin Cancer Prevention:** Skin cancer is the most common of all cancer types, the good news is that you can do a lot to protect yourself and your family from skin cancer. Southwest District Health educates about sun protection for children of all ages, but also educates parents and caregivers not to use sunscreen on babies under the age of 6 months through the "No Sun for Babies" program! Contact 455-5321

**Immunization:** The primary goal of the Immunization Program is to ensure the complete and timely vaccination of all children and to prevent the occurrence of vaccine-preventable diseases. Contact 455-5345

**Family Planning:** Focuses on increasing community awareness and educating adolescents and adults about the importance of making informed decisions. Services include physical exams, counseling, pap smears, contraceptives, natural family planning, community education and referrals. Contact 455-5345

**Dental Health:** Provides dental hygiene services such as teeth cleaning, sealants, fluoride treatments and education for CHIP or Medicaid enrolled pregnant women and their children. Contact 455-5345

**WIC (Supplemental Nutrition Program for Women, Infants, and Children):** Provides nutrition evaluation, education and access to nutritious foods for qualifying pregnant and postpartum women and children from birth to age 5. Breastfeeding education and support is also offered to all pregnant and breastfeeding women. Contact 455-5330

**Smoke Detector Program** - Free walk through of home for fire hazards, smoke detector check and if needed replaced batteries and install smoke detectors and discuss EDITH (Exit Drills In The Home). Contact 455-4701

**Car Seat Program** - Caldwell Fire Department provides infant, toddler and child car seats to the public. Licensed car seat technicians ensure that the car seat is appropriate for the child and show the parents how to install appropriately. This service is provided by a grant at no cost to the City. The fire department does request a donation of \$20 that is returned to the program but if the customer cannot afford to donate they are not turned away. Contact 455-4701

**Coats for Kids** - Annual Coats for kids drive to provide local Salvation Army with coats for residents in our community. In addition to the coats, the Caldwell Fire Department collects hats, gloves, scarves and other warm weather clothing. Contact 455-4701

**Fill The Boot** - Caldwell Fire Department holds an annual MDA (Muscular Dystrophy Association). Firefighters stand on the street corners and collect money for MDA. This is a nationwide event.

**Station Tours** - Caldwell Fire Department provides station tours to help educate the public on fire equipment, how firefighters are prepared for any type of call and what it is like to be a firefighter along with safety issues. This is a way to interact with the public on fire safety issues affecting our community.

**October Fire Prevention Month** - The entire month is dedicated to public education in schools. Firefighters visit every schools grades 2-5 and teach EDITH (Exit Drills In The Home), which covers, two ways out, smoke detectors, stay low and go, get out stay out, safe meeting place and call 9-1-1.

**Juvenile Firesetter Intervention Program** - Our certified firefighters provide early identification and intervention of at-risk youth and provide education to the at-risk youth and their parents to help them understand potential consequences of their actions.

**Pre-schools/Daycare Center Fire/Life Safety Public Education Presentations** - CFD provides age appropriate presentations to children as well as provide employee reviews of their SOP's, fire drills, practice and documentation and review of fire extinguisher use.

**Department of Labor** provides youth activities that include, handouts given to students with information on, General Information, Five Steps to Getting a Job, Free Email Sign-up sheet, Youth Employment Guide for registration purposes. Soft skills such as public speaking and ethics are taught and hands on computer access provides students with the ability to conduct free email setup, job search, example resume and create, generic applications, cover letters and transferable skills

**Hope's Door Shelter:** A 25-bedroom shelter for women and children located in Caldwell, ID. Hope's Door provides shelter and support for survivors of relationship violence and sexual assault. Call Advocates Against Family Violence for more information call 208-459-6279

**Court Advocacy:** Providing moral support for victims of domestic violence, sexual assault, and stalking through the criminal justice system. Call 208-459-6279

**AAFV Housing:** This program provides housing to meet the low-income housing needs of our community and insure a continued, safe environment for families. AAFV gives "local preferences" for this housing and may offer housing to applicants who meet the local preference requirements before all other applicants on the list.



# LIST OF PROGRAMS AND SERVICES OFFERED IN CALDWELL

**SART (Sexual Assault Response Team):** This coalition of Sexual Assault nurse examiners, rape victim advocates, law enforcement officers, emergency room staff, and prosecuting attorneys was developed to coordinate the community's response to sexual assault. This team provides support to survivors as they progress through the healthcare and justice system. Call Advocates Against Family Violence for more information. Call 208-459-6279

**Transitional Housing:** This program offers housing and childcare assistance to women and children that are victims of domestic violence. Call Advocates Against Family Violence for more information call 208-459-6279

**Hope's Door Classes:** Men's Domestic Violence (English and Spanish), Men's Sexual Assault Group, Safety Planning Class, Women's Healthy Relationships, Life Skills, Sexual Assault Support Group, Self-Esteem Boundaries, Anger Management, Parenting Skills, Civil Protection Orientation, Teen Healthy Relationships, Teen Anger Management, Children's Support Group, Men's Offender Intervention and Treatment PHASE I and PHASE II and Women's Offender Intervention and Treatment PHASE I and PHASE II. Call Advocates Against Family Violence for more information 208-459-6279.

## PROGRAMS OFFERED THROUGH THE Y IN CALDWELL

- After School Program: Licensed child care for ages 5-12, Monday through Friday 3 pm to 6:30 pm. Offers healthy snack, daily activity hour, and daily homework/tutoring hour. All day programs also offered on non-school days from 6:30 am to 6:30 pm.
- Guided Discovery Preschool: Licensed preschool ages 3-5, Monday through Friday 9 am to 12 pm. Offers healthy snack, hands-on group learning, and daily activities. **(2-day and 3-day Programs offered)**
- Spring Break Camps: Variety of camps offered: Sports, cheerleading, arts, junior lifeguard, swim, science, dance, rock climbing, busy bee, and traditional day camps.
- Kids Night Out: Monthly overnight at the Y for kids ages 5-11, offers activities like swimming, dodgeball, rock climbing, bounce house. Dinner and movies provided.
- Teen Night: A monthly program held on Saturday nights providing activities after hours for teens 13-18. Offers a variety of gym activities, swimming, pool tables, ping pong, foosball, dance competitions, sumo wrestling, gaming tournaments and more.
- Teen Leaders Club: Free for members and non-members. Meets on Thursday nights to enhance leadership skills and serving the community.
  
- Go On Program: Free for members and non-members. Quarterly meetings and workshops for high school students, their parents, and anyone else looking for information on college choices, and life after high school.
- Swim Team: Ages 6-18.
- Swim Lessons: Ages 6 months-adult.
- Trim Kids Program: 12 week program offered to kids ages 8-18 and their families to help focus on living healthier, active lives.
- Junior Swim Instructor: Free for members and non-members. Kids ages 12-15 can volunteer their time to receive the training and experience necessary to become great swim instructors.
- Canyon County Classic: One-mile race held in Caldwell for kids ages 0-13 and their parents.
- Horsethief Reservoir Resident Camps: Week-long summer camps held at Horsethief Reservoir for kids ages 7-17.
- AAU Basketball: Offered to boys and girls 8<sup>th</sup> and 9<sup>th</sup> grade in Ada, Canyon, and Gem Counties to pro-

vide a competitive basketball experience.

- Climbing Wall: Offers open climb and climbing games for kids.
- Climbing 101: Four-week class offered to kids ages 6-13 to learn the basics of indoor and outdoor climbing.
- Belay Certification: One-hour course offered to individuals age 14+ to learn basic safety principles and proper belay technique. Children under 14 cannot belay and must be under direct supervision while at the climbing wall.
- Youth Strength Training: Youth ages 10-14 learn to work out safely and have fun. After completing this course, participants have access to cardio and strength training areas without supervision.
- Variety of youth fitness programs and classes: yoga for kids, youth fitness lab and personal training.
- Martial arts: High energy and positive class consisting of kickboxing, karate, and Jiu-jitsu. Includes holiday parties, outdoor activities, and parent involvement. Classes offered for ages 4-18.
- Volunteering: Offered for ages 14+ in all departments.

Partnerships:

With 21<sup>st</sup> Century Grants in Caldwell, Middleton, and Homedale  
Big Brothers/Big Sisters  
Boys and Girls Club Snack Program

**CALDWELL SCHOOL DISTRICT**

TRIO

Upward Bound

PSAT

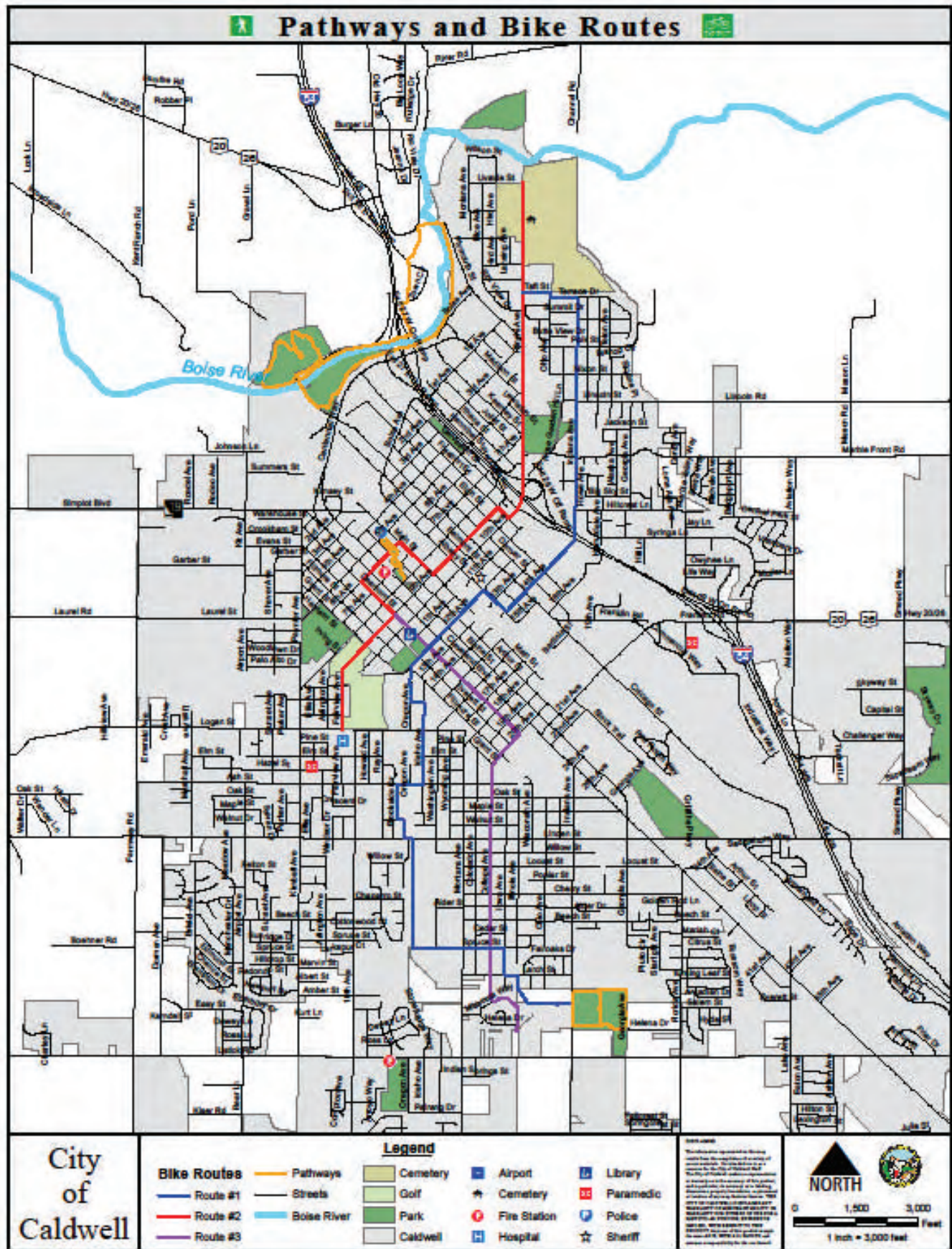
PLAN test (given to all 10th graders for the first time this year - district paid)

7 AP classes (going to 8 next year)

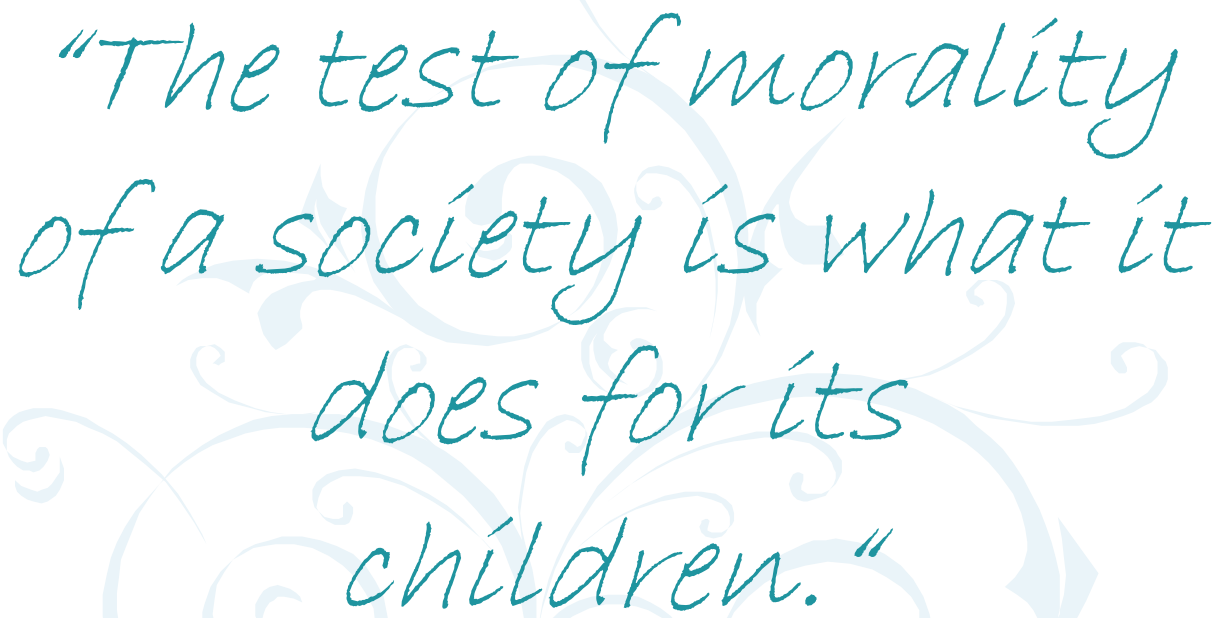
3 honors level classes

Idaho CIS (career information system) and Financial aid nights

# PATHWAYS AND BIKE ROUTES MAP







*“The test of morality  
of a society is what it  
does for its  
children.”*

- Dietrich Bonhoeffer