



### ***“According to the Harvard research study...”***

Afterschool education provides both short term and long term benefits in your child’s learning and development. Parents often wonder if afterschool programs provide positive results in effective student learning. The answer is simply yes. Each child learns and grows at a different rate than others which is why it is important for parents to be aware of this and to seek guidance and assistance on ways to acknowledge and improve their strengths and weaknesses. Not only do after school programs provide academic benefits, but it also provides benefits in emotional development that will support their overall motivation for learning. Social and emotional development affects learning through optimal brain development and social connection/ collaboration.

According to the Harvard Family Research Project, enrolling your child in an afterschool program provides significant beneficial results in student learning. From this study, improved test scores have been reported from the The Afterschool Corporation programs in New York City. A more recent study shows that there was a significant gain in math test scores for both elementary and middle school students. To support this research on a closer scope, Bowen Academy has seen these results personally. Each semester we collect student trimester reports to better track improvements in both English and Math. This year in 2022, there was a high percentage of students ranging from kindergarten to 6th grade that improved their previous trimester score by at least one score. Bowen Academy’s academic classes provide support in these subjects. Along with academic classes Bowen Academy offers enrichment classes such as STEM to help students achieve positive academic outcomes.

Study shows that after school programs benefit **social and emotional development**. Programs that offer a high intentional focus on improving social and personal skills increase



students' self- esteem and self- confidence. Bowen Academy's public speaking class assists students in facing their fears when it comes to stage fright and allows students to use creative thinking to support their topic reasoning. Another class that improves social and emotional development is our Leadership Program. Bowen Academy's leadership program is designed to allow students to take initiative and responsibility for their own actions. Students must build relationships with others, define roles and identities, and achieve tasks correctly. The leaders must guide their chosen groups and mentor them with activities and academic support. Students desire a sense of belongingness which is why it is important to build relationships and communicate shared interests. This is the goal for our Leadership Program.

Another benefit in enrolling your child in an afterschool program is that it prevents **risky behaviors**. After school hours between 3:00pm and 6:00pm offers high opportunities for negative behaviors of crime, violence, and drug/ alcohol use. Participation in afterschool programs significantly reduced this type of behavior.

When it comes to **health and wellness**, study shows that afterschool programs can contribute to a healthier lifestyle. There has been an ongoing problem of obesity in children and youth. With outdoor and indoor activities to promote physical health and well-being also gives students more knowledge on the benefits of daily physical activities and nutrition. Physical activities also promote emotional, social, and academic development.

Parents often are unsure what is best for their child which is why it is critical to perform research in advance, ask questions, and evaluate their child's academic performance to obtain the student's strengths and weaknesses. *THE FUTURE LEADERS OF TOMORROW* starts



with the appropriate academic and social success as a result of your child's enrollment in an afterschool learning center. .