

It is because we are  
**different**

that each of us is  
*different*  
**special.**

- Brian Dyson

*Special*



University of  
Connecticut

COOPERATIVE EXTENSION SYSTEM  
*College of Agriculture & Natural Resources*

The LIFT program is made possible by a collaboration between UConn Cooperative Extension System and Windham Public Schools. Additional funding is provided by the CT CYFAR Initiative and the support of other agencies.



LIFT

Windham Middle School  
123 Quarry Street  
Willimantic, CT 06226

**Lift** Afterschool



■■■ **Windham Middle School**  
**123 Quarry Street**  
**Willimantic, CT 06226**  
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# Learning Interaction Friends & Talents



4-H LIFT is an out-of-school time program located at Windham Middle School in Willimantic, Connecticut. Students in grades 5-8 attend the program afterschool during the school year, and there is a 6-week summer program on the University of Connecticut Storrs Campus. LIFT began in 1997 and has grown into an afterschool and summer enrichment program that serves 10% of the school's population of 1000.

Evaluations of the LIFT program indicate students involved in LIFT demonstrate improved attitudes towards school, greater skills in conflict resolution, higher grades, and better attendance.

## Lift Afterschool

### LIFT Afterschool

runs Monday -Thursdays, from 2:33 p.m. (school dismissal) until 5:00 p.m. The program is free, and admission is based on a first-come, first-serve basis. Priority is given to students who have already participated in LIFT or have been identified by teachers or other social agencies as being in need of the program. A waiting list is established at the start of the year.

Staff for the LIFT program are college students from the University of Connecticut and Eastern Connecticut State University. Through partnerships with UConn's School of Family Studies, Center for Community Outreach, and ECSU's Education Department, college students are able to provide a meaningful service to the community while gaining valuable experience working with youth in a direct, hands-on environment.

Every afternoon, students meet in the cafeteria, start the afternoon with the 4-H Pledge, and engage in 45 minutes of enrichment activities. These include sports, arts & crafts, sewing, babysitter's club, knitting, computers, and visits to the elementary school-age child-



care programs. A snack is provided, followed by one hour of homework time. Before dismissal, rewards in recognition of student achievement are given out and the students are escorted to their bus. Transportation is included in the program.

### Summer LIFT

is held in two 3-week sessions, Monday-Friday, from 9am-3pm. Transportation is provided for the students. The size of this program is limited to 24 students. Participants range in grades from 5-12. Although fee based, scholarships are available. In addition to taking advantage of the opportunities offered by being on a college campus, summer activities include cooking, visits to museums and the Babbidge Library computer classroom, ice skating, community service projects, hiking, and swimming.



*Photos courtesy of Shirley Crespo*

