



After School Program at the Y

Be Me is an inclusive Jewish after school program open to students of all backgrounds in grades K-5. Our program offers a variety of activities led by experienced specialists and well-trained group leaders to make sure your children are safe, engaged, and happy.

Be Me participants receive a top-notch cultural education from esteemed professionals. Whether through sports, music, STEM, storytelling, or cooking, students participate in specially-crafted, hands-on lessons that teach them that their actions matter in the world. If this sounds like the type of values-based education you would like for your child, then Be Me is right for you!

Why should your family choose Be Me?

We see the big picture. We recognize the importance of the after school hours in a child's healthy development. Be Me is not simply childcare, it is a community program full of warm and attentive adults who are absolutely committed to positively shaping students' after school experience and their character.

[Studies show](#) that students who participate in a high-quality after school program, like Be Me, have fewer absences from school, better study habits, lower rates of obesity, higher homework completion rates, greater participation in class, and fewer behavioral problems.

At Be Me, we align our program with the best practices laid out by the [New York State Network for Youth Success](#). Twice a year, we use the [Network's Quality Self Assessment](#) (QSA) tool to do an internal audit of Be Me: we ask our stakeholders, students, staff, parents, and school-partners, "How are we doing?" We use that feedback to make the program better.

We are guided by our values. The Y is a non-denominational Jewish institution that has been an anchor in the community through its many changes. At Be Me, we acknowledge the many different backgrounds under our roof, and we strive to foster a sense of community in our staff, students, and families.

Every school year, the Y's Youth and Family department chooses values for each month that will guide us for the 10 months of programming. In addition to this, Be Me students are taught two Hebrew words each month. Each of the values and words reflects what is going on in the world and coincide with the Jewish calendar. This year's, 2021-2022, they are:

Month	Y Value	Hebrew	Translation	Hebrew	Translation
September	Peoplehood	Kehillah	Community	Masoret	Tradition
October	Loving-Kindness (Mensch)	Chesed	Kindness	Ahava	Love
November	Gratitude	Today	Thanks	Hokarah	Appreciation
December	Family	Mispacha	Family	Sameach	Happy
January	Justice	Tzedek	Justice	Hogen	Fair
February	Human Dignity	Zechut	Identity	Hagiga	Celebration
March	Freedom	Sippur	Stories	Chofesh	Freedom
April	Remembrance	Aviv	Spring	Seder	Order
May	Honor	Kavod	Honor	Cheseg	Achievement
June	Pride	Geuvah	Pride	Moodaut	Awareness

We are building community. Our universally shared Jewish values inform the environment we cultivate and infuse the programs we offer, helping children of all backgrounds become better people and community members. Students begin their day at Be Me in their community homeroom, where they are grouped by their school's grade. Homeroom is a place where students have the opportunity to socialize with their peers, enjoy a nutritional snack, and learn about the value and Hebrew words of each month through fun and engaging activities. Through these activities students develop a sense of identity and respect by teaching them about the rich diversity of the world. After homeroom, all Be Me students transition to afternoon rally, where everyone comes together for special announcements and showcasing homeroom projects to the Be Me community. On Fridays, we end our week with a Shabbat celebration by singing, dancing, acknowledging and reflecting with one another on the hard work that brought us to the end of the week, and looking toward the next week together.

Each year, Be Me runs two student leadership programs that provide fourth and fifth graders the opportunity to learn from their peers, develop meaningful relationships, and build a strong community across the program. Through the Be Me Mentoring Program, fourth and fifth grade mentors are matched with kindergarten through second grade mentees to provide assistance with activity participation and peer interactions during one of the mentee's activities every other week. In Be Me Student Council, fourth and fifth grade council members work together with each other and with Be Me Leadership Staff during bi-monthly Student Council Meetings to brainstorm, plan, and run initiatives across Be Me. Both programs enable participants to work on leadership skills, relationship building, developing responsibility, and being positive role models in their community.

We believe in family engagement. At the Y, we recognize family involvement is crucial in creating a successful after school program. To provide the best enrichment environment, we want to understand and get to know our children and their families beyond the after school hours. Parent communication is very important to us, which is why our team checks in with our families through phone calls, emails, and surveys at times that are convenient for our families. In addition to this, Be Me's leadership hosts a Welcome Back Night at the beginning of the year and numerous "Shabbat Schmoozes" where families are invited to get to know one another - and of course our team -

over wine and bite-size treats! We are also very proud to offer end of semester Showcases where children perform what they have learned throughout the semester.

We ensure staff quality. We know your children are vital members of the community and we make sure to provide quality care in our program, which is why all our staff go through extensive training before and throughout the school year. Staff members are required to have a minimum of 15 hours per year of New York State child care [professional development](#) and are trained to support students of all abilities. You can rest assured that your child is in good hands. We consistently meet or exceed the required ratios of 10 to 1 on-site, and 5 to 1 on field trips.

Our full-time team of after school professionals includes a dedicated Program Director, an Inclusion Coordinator, and a Jewish Education Specialist. In addition to our full-time team, Be Me has two Assistant Directors for grades K & 1 and 2-5, Group Leaders, Activity Specialists and providers all, whom make our program wonderful. Our Be Me program is supervised by the Y's Chief Program Officer.

We are an inclusive program. At Be Me, we recognize that the recreational nature of after school programming provides unique opportunities for children of all abilities to socialize and try new things together. Whether a child receives general education or special education, we believe all children should be able to access the full opportunities and benefits of participating in an after school program. Our inclusive model ensures that every child is provided the supports and accommodations they need to participate in chosen activities alongside their peers.

Visit our [Inclusion Programs page](#) to learn more about Be Me's inclusive model.

We offer variety of high quality programming. Our enrichment activities are unique as we offer a variety of choices similar to the [Camp Twelve Trails](#) model, which are the following: Play (sports and fitness), Create (arts and drama), Discover (science and technology), Explore (outdoor style adventure), and Grow (environmental). This allows your child's schedule to be based on their preferences and allows them to explore new areas of interest throughout the year. Most Be Me activities are available to you at no additional charge. Participation in certain specialized activities, however, might require an extra fee.

We offer a culturally Jewish approach. At Be Me, we integrate Jewish learning into homeroom and special activities. We follow major moments on the Hebrew calendar and celebrate the following: Rosh Hashanah, Hanukkah, Purim, Passover, and Yom Ha'Atzamaut. We weave Jewish education into enrichment activities in seamless, interesting, and fun ways. We have a strong focus on Jewish food. Cooking Jewish cuisine is a staple element of our approach. Both in our [Bubbie's Kitchen](#) class, but also when we break bread (Challah) together on Shabbat. Because of the international curriculum of Bubbie's Kitchen, we are able to express our cultural diversity within a Jewish cultural framework. At Be Me, Jewish education is open to all children and highlights our commitment to experiential Jewish education; you do not have to be Jewish to participate in, and enjoy, Jewish education.

We put families' convenience first. We bus from school to Be Me, and offer bussing home from Be Me. We pick up from PS 152, PS 178, PS 187, PS 278, Amistad, Dos Puentes, Muscota... and any other school above 168th Street and

below 218th, as long as we have enough 5-day registrants to send a bus! In addition to this, we provide coverage on half-days for no additional charge to students registered for the day(s) on which a half-day falls. Be Me only provides half-day programs within the Department of Education's academic calendar and those of PS 187.

Frequently Asked Questions

What does a day at Be Me look like? After homeroom students go to activity (Mondays through Thursdays) or select the club of their choice (Fridays).

Sample schedule

Time	Activity
2:30 - 3:30pm	Students arrive at the Y by bus and by foot (arrival time varies by school) and head to homeroom.
3:30 - 4:00pm	Homeroom (community snack, small group activity). Swim bus departs Y for Riverdale Y at 3:30.
4:00-4:15p	Afternoon rally (announcements and students transition to their activity).
4:15-5:15pm	Enrichment Activity Period
5:15-5:30pm	Students transition to dismissal (bus home or pick-up at the Y). Swim bus returns to Y at 5:30.
5:30pm	Parents/guardians pickup students from Y
5:30-5:35pm	Buses depart the Y to take students home (Not available on Fridays).
5:30-6:15pm	All students enrolled in Late Care are picked up from Y (not available on Fridays; there is no bussing home following Late Care).

When do I select my classes? The Be Me year is split into two semesters, the first running from September to January and the second from February to June. All classes are available on a first-come, first-served basis. Enrollment for enrichment activities are typically available a month before the semester begins. Students commit to activities for the full semester. Alterations to your child's schedule can be made during our grace periods. Be sure to review our [Terms and Conditions](#).

What schools do you pick up from? We have scheduled pick-ups at PS 152, PS 178, PS 187, PS 278, Amistad, Dos Puentes, and Muscota, but we can go to any other school above 168th Street and below 218th as long as we have enough 5-day registrants to send a bus.

When is pick-up at the Y? Pickup from the Y is at 5:30pm. In order to minimize disruptions to our educational environments, we ask to pick between 5:15 and 5:30pm. In order to ensure appropriate ratios, a staff member will not

be able to wait downstairs with your child until you arrive. Similarly, we will not bring students outside to waiting adults or idling cars. Please be prepared to present an ID if asked by a Y staff member.

Do you offer bus home and how does it work? Yes, Be Me families have the option to register for busing home Monday to Thursday for an additional fee (see fee below). Our buses depart the Y at 5:35pm. When you register for busing home, you provide a drop-off location. That location you provide is where we will drop off your child, with an authorized adult, at the end of the day (children 10 and older may "self-dismiss" with written consent from a parent/guardian). Your drop off location must be south of 218th and north of 168th. The order of our drop offs are created by our bus drivers and are non-negotiable. Expect your child to return home on the bus between 5:45-6:15pm, depending on where they are in the drop off order. An estimated time of arrival will be emailed to you prior to the beginning of the school year. Bus drop off is not available on Fridays.

End-of-day transportation is optional and is not available for students enrolled in Late Care.

Days per Week	Busing Home
4 days	\$700
3 days*	\$625
2 days*	\$550
1 day**	\$450

*While we are hoping to offer 2 and 3 days options, as of July 2021 due to COVID-19 we are unable to confirm these options.

Do you offer late care after Be Me? We offer late care Monday to Thursday until 6:15 for an additional fee (see fee below). Late Care is not available on Fridays and there is no bussing home following Late Care.

Days per Week**	Late Care
4 days	\$700
3 days**	\$625
2 days**	\$550
1 day**	\$450

Can I add someone to the list of authorized pickups? Of course you can, just email the adult's name and phone number to us at beme@ywhi.org.

How much does Be Me cost? Tuition is based upon the number of days per week your child is enrolled at the Y. Yearly tuition includes the cost of one-way transportation from school. Rates below are for the full 2021-2022 school

year. [Family Membership](#) is optional, but purchasing membership entitles you to lower tuition rates and other benefits.

Days per Week	Members	Community
5 days	\$4,175	\$4,475
4 days	\$3,850	\$4,175
3 days**	\$3,300	\$3,600
2 days**	\$2,775	\$2,975

****While we are hoping to offer 2 and 3 days options, as of July 2021 due to COVID-19 we are unable to confirm these options.**

How are payments for Be Me made? The combined payments will be paid in 10 monthly installments from August to May. Fees for tuition, transportation and late care, less applicable discounts, will be paid in 10 installments of 10% each, plus a deposit, plus activity fees (if applicable). Premium Activity fees for each semester will be spread out across five payments of 20% each.

Do you offer Financial Assistance? We do award partial scholarships based on need. [Download the application for financial assistance by clicking here](#). We will only consider an application for Financial Assistance after a \$250 deposit has been paid and Be Me's registration form has been completed and submitted. Incomplete applications (i.e. those missing information or requested documents) will not be considered. The application deadline is **July 30, 2021**.