



POWER SCHOLARS ACADEMY  
VIRGINIA YMCA'S



This report presents outcomes of Power Scholars Academy (PSA), a holistic learning experience that blends academics with enrichment, social emotional learning and community service.

### Program Goals

- Increase scholar's literacy and math skills and avoid summer learning loss
- Strength scholar's self-confidence, social-emotional development, & physical health
- Increase parental engagement
- Build strong community connections and engagement

### Academics

Literacy and math skills gains are an important indicator of student success, and are measured via pre- and-post assessments.

**+1.5** average reading gains in months    **+1.5** average math gains in months

### Growth Mindset

Scholars believe their most basic abilities can be developed through dedication and hard work, fostering a love of learning.

**89%** of parents reported improved abilities to overcome challenges    **84%** of teachers said scholars exhibited growth mindset

### Self-Confidence

An integral element that affects every aspect of scholars' goals.

**92%** of parents reported an increase in their child's confidence    **85%** of teachers reported an increase in scholars' confidence    **90%** of parents reported their child having a more positive attitude about school

### Professional Development

PSA empowered educators with 21<sup>st</sup> century instructional skills and strategies they transit into the classroom in the school-year.

**86%** of teachers said PSA developed their professional skills    **90%** of teachers said PSA was rewarding    **95%** of teachers recommend PSA to parents

### Parent Engagement

Weekly reports and events engaged parents in their child's education.

**94%** of parents became more involved in their child's education    **95%** of parents were highly-satisfied with PSA    **97%** of parents would recommend PSA to other parents



**925**  
scholars

**84% ADA**

**5-6 weeks**



ART  
STEM  
SWIMMING  
GARDENING

**5** days per week

**207** hours of math

**207** hours of literacy



**113**  
educators trained



“I knew I would see a change in the scholars but this year I saw a change in all of the staff too. The program impacted us in ways I wasn't expecting. The kids made huge strides both academically and socially and I'm so glad I was able to be a part of this program.”

- PSA Educator

## Enrichment



Enrichment courses were designed to foster critical 21<sup>st</sup> Century skills like teamwork and leadership, increase self-confidence, and expose scholars to new subjects, opportunities, and cultures.

- Gardening
- Swim Lessons
- STEM
- Character Education
- Cultural Studies
- Creative Arts
- Step
- Yoga
- STEM
- Coding
- Zumba
- Home Economics
- Drums
- Robotics
- Coding
- Reader's Theater

## Field Trips & Community Engagement



Field trips supported learning by exposing scholars to diverse ideas, people, and places, nurturing academic and critical-thinking skills through hands-on learning experiences. Excursions included trips to:

- Liberty University
- D-Day Memorial
- Danville Science Center
- Byrd Theater
- Richmond Metro Zoo
- Virginia Commonwealth University
- Poplar Forest
- Mill Mountain Zoo and the Roanoke Star
- Caledon State Park
- Fredericksburg Children Museum
- Marine Corps Museum
- Amazement Square
- Chesapeake Arboretum
- Old Dominion University
- Northwest River Park
- University of Mary Washington
- Potomac Nationals Baseball Park
- YMCA Water Park

## School Partners



- Montvale Elementary School
- Bedford Elementary School
- Falmouth Elementary School
- King George Elementary School
- Madison Heights Elementary School
- R. S Payne Elementary School
- Appomattox Primary School
- Walnut Hill Elementary
- Thurgood Marshall Elementary School

## Community Partners



- Mountain Run Permaculture
- United Way
- Stafford Food Security
- Academy Center of the Arts
- Virginia Cooperative Extension
- Chesapeake Parks and Recreation Department
- Commonwealth of VA
- PNC Foundation
- Atlantic Foundations
- SteelMaster Buildings
- Heardon Construction Corporation
- Gregory's Heating and Cooling INC.
- Y of the USA



**POWER SCHOLARS ACADEMY**  
BEDFORD AREA FAMILY YMCA



This report presents outcomes of Power Scholars Academy (PSA), a holistic learning experience that blends academics with enrichment, social emotional learning and community service.

**Program Goals**

- Increase scholar's literacy and math skills and avoid summer learning loss
- Strength scholar's self-confidence, social-emotional development, & physical health
- Increase parental engagement
- Build strong community connections and engagement

**Academics**

Literacy and math skills gains are an important indicator of student success, and are measured via pre- and-post assessments.

**+1** average reading gains in months    **+1.5** average math gains in months

**Growth Mindset**

Scholars believe their most basic abilities can be developed through dedication and hard work, fostering a love of learning.

**85%** of parents reported improved abilities to overcome challenges    **67%** of teachers said scholars exhibited growth mindset

**Self-Confidence**

An integral element that affects every aspect of scholars' goals.

**89%** of parents reported an increase in their child's confidence    **75%** of teachers reported an increase in scholars' confidence    **91%** of parents reported their child having a more positive attitude about school

**Professional Development**

PSA empowered educators with 21<sup>st</sup> century instructional skills and strategies they transit into the classroom in the school-year.

**92%** of teachers said PSA developed their professional skills    **100%** of teachers said PSA was rewarding    **100%** of teachers recommend PSA to parents

**Parent Engagement**

Weekly reports and events engaged parents in their child's education.

**91%** of parents became more involved in their child's education    **98%** of parents were highly-satisfied with PSA    **99%** of parents would recommend PSA to other parents



**79% ADA**

**93**  
K-5 scholars

**6 weeks**



ART  
STEM  
SWIMMING  
GARDENING

**5 days per week**

**45 hours of math**

**45 hours of literacy**



**10**  
educators trained



“It is so rewarding to watch scholars grow and learn through fun, engaging, hands-on learning activities. You can see a positive change in just 6 short weeks!”

- Lezlee Ragan, PSA Educator

## Enrichment



Enrichment courses were designed to foster critical 21<sup>st</sup> Century skills like teamwork and leadership, increase self-confidence, and expose scholars to new subjects, opportunities, and cultures. Scholars rotated through the following courses

- Gardening
- Swim Lessons
- STEM
- Collaborative Arts
- Character Education
- Cultural Studies

## Field Trips & Community Engagement



Field trips supported learning by exposing scholars to diverse ideas, people, and places, nurturing academic and critical-thinking skills through hands-on learning experiences. Excursions included trips to:

- Liberty University
- D-Day Memorial
- Danville Science Center
- Poplar Forest
- Mill Mountain Zoo and the Roanoke Star
- Kids Square in Roanoke



## School Partners

- Montvale Elementary School
- Bedford Elementary School



## Community Partners

- Mountain Run Permaculture
- Bedford County Public Schools

## Financial Supporters



- Centra Health Foundation
- YMCA of the USA
- Bedford County School Nutrition Program





# POWER SCHOLARS ACADEMY

RAPPAHANNOCK AREA YMCA



This report presents outcomes of Power Scholars Academy (PSA), a holistic learning experience that blends academics with enrichment, social emotional learning and community service.

## Program Goals

- Increase literacy and math scores by an average of one month of gains
- Encourage scholars to find a passion for an enrichment activity
- Build a love for learning, confidence, and enthusiasm to try new things in scholars

## Academics

Literacy and math skills gains are an important indicator of student success, and are measured via pre- and post assessments.

**+2** average reading gains in months    **+2.5** average math gains in months

## Growth Mindset

Scholars believe their most basic abilities can be developed through dedication and hard work, fostering a love of learning.

**83%** of parents reported improved abilities to overcome challenges    **63%** of teachers said scholars exhibited growth mindset

## Self-Confidence

An integral element that affects every aspect of scholars' goals.

**87%** of parents reported an increase in their child's confidence    **69%** of teachers reported an increase in scholars' confidence    **82%** of parents reported their child having a more positive attitude about school

## Professional Development

PSA empowered educators with 21<sup>st</sup> century instructional skills and strategies they transfer into the classroom in the school-year.

**67%** of teachers said PSA developed their professional skills    **73%** of teachers said PSA was rewarding    **80%** of teachers recommend PSA to parents

## Parent Engagement

Weekly reports and events engaged parents in their child's education.

**75%** of parents became more involved in their child's education    **93%** of parents were highly-satisfied with PSA    **93%** of parents would recommend PSA to other parents



**200**

K-5 scholars

**92% ADA**

**5 weeks**

ART  
MUSIC  
SPORTS



**5 days per week**

**37.5 hours of math**

**37.5 hours of literacy**



**33 educators trained**



“This program is making real impact.” I’ve taught regular summer school for 10 years and now I only want to be involved with YMCA Power Scholars Academy. “  
 - John Leonard, 1<sup>st</sup> Grade Teacher, Falmouth Elementary

## Enrichment



Enrichment courses were designed to foster critical 21<sup>st</sup> Century skills like teamwork and leadership, increase self-confidence, and expose scholars to new subjects, opportunities, and career paths. Scholars rotated through the following courses

- Creative Arts
- Home Economics
- Sports
- Team Building
- Drums

## Field Trips & Community Engagement



Field trips supported learning by exposing scholars to diverse ideas, people, and places, and nurturing increased empathy, tolerance, and critical-thinking skills. Excursions included trips to:

- Caledon State Park
- Fredericksburg Children Museum
- Marine Corps Museum
- University of Mary Washington
- Potomac Nationals Baseball Park
- YMCA Water Park



## School Partners

- Falmouth Elementary School
- King George Elementary School



## Community Partners

- United Way
- Stafford Food Security
- Dr. Wendy Moore
- Rappahannock Area YMCA
- Stafford County Schools





# POWER SCHOLARS ACADEMY YMCA OF CENTRAL VIRGINIA



This report presents outcomes of Power Scholars Academy (PSA), a holistic learning experience that blends academics with enrichment, social emotional learning and community service.

## Program Goals

- Provide a summer learning experience delivered by certified teachers
- Mitigate summer learning loss and increase learning
- Provide enrichment activities, including swim lessons, to each scholar
- Provide transportation, meals, and snacks for scholars



240

K-3 scholars

84% ADA

5 weeks



5 days per week

STEM  
FINE ARTS  
SWIM LESSONS

37.5  
hours of math

37.5  
hours of literacy



25  
educators trained

## Academics

Literacy and math skills gains are an important indicator of student success, and are measured via pre- and-post assessments.

**+2** average reading gains in months **+1** average math gains in months

## Growth Mindset

Scholars believe their most basic abilities can be developed through dedication and hard work, fostering a love of learning.

**89%** of parents reported improved abilities to overcome challenges **93%** of teachers said scholars exhibited growth mindset

## Self-Confidence

An integral element that affects every aspect of scholars' goals.

**89%** of parents reported an increase in their child's confidence **96%** of teachers reported an increase in scholars' confidence **86%** of parents reported their child having a more positive attitude about school

## Professional Development

PSA empowered educators with 21<sup>st</sup> century instructional skills and strategies they transit into the classroom in the school-year.

**85%** of teachers said PSA developed their professional skills **85%** of teachers said PSA was rewarding **96%** of teachers recommend PSA to parents

## Parent Engagement

Weekly reports and events engaged parents in their child's education.

**71%** of parents became more involved in their child's education **95%** of parents were highly-satisfied with PSA **100%** of parents would recommend PSA to other parents



“I know I can do this because I’m a Power Scholar!”

- PSA Scholar

## Enrichment



Enrichment courses were designed to foster critical 21<sup>st</sup> Century skills like teamwork and leadership, increase self-confidence, and expose scholars to new subjects, opportunities, and career paths. Scholars rotated through the following courses

- Robotics
- Coding
- STEM activities (weekly)
- Fine Arts (pottery, improv, painting & dance)
- Swim Lessons (2x's per week)
- Healthy living education
- Character education

## Field Trips & Community Engagement



Field trips supported learning by providing hands-on learning experiences, nurturing STEM and critical-thinking skills while exposing scholars to diverse ideas, people, and places. Excursions included trips to:

- Liberty University
- Amazement Square

## School Partners



- Madison Heights Elementary School
- Lynchburg City Schools ( R.S. Payne Elem. Bedford Hills Elem., Paul Munro Elem., Sandusky Elem., Sheffield Elem., Dearington Elem.)
- Appomattox Primary School

## Community Support



- Academy Center of the Arts
- Virginia Cooperative Extension
- Liberty University







**POWER SCHOLARS ACADEMY**  
YMCA OF GREATER RICHMOND



This report presents outcomes of Power Scholars Academy (PSA), a holistic learning experience that blends academics with enrichment, social emotional learning and community service.

**Program Goals**

- Increase scholar's leadership skills, social-emotional skills, and physical activity
- Make learning time fun and engaging
- Provide a safe program for all scholars

**Academics**

Literacy and math skills gains are an important indicator of student success, and are measured via pre- and-post assessments.

**+1.5** average reading and math gains in months

**Growth Mindset**

Scholars believe their most basic abilities can be developed through dedication and hard work, fostering a love of learning.

**89%** of parents reported improved abilities to overcome challenges

**88%** of teachers said scholars exhibited growth mindset

**Self-Confidence**

An integral element that affects every aspect of scholars' goals.

**90%** of parents reported an increase in their child's confidence

**89%** of teachers reported an increase in scholars' confidence

**89%** of parents reported their child having a more positive attitude about school

**Professional Development**

PSA empowered educators with 21<sup>st</sup> century instructional skills and strategies they transit into the classroom in the school-year.

**89%** of teachers said PSA developed their professional skills

**91%** of teachers said PSA was rewarding

**95%** of teachers recommend PSA to parents

**Parent Engagement**

Weekly reports and events engaged parents in their child's education.

**86%** of parents became more involved in their child's education

**96%** of parents were highly-satisfied with PSA

**97%** of parents would recommend PSA to other parents

**298**  
K-5 scholars

**86% Average Daily Attendance**

**5 weeks**

YOGA  
STEM  
CODING  
THEATER  
STEP

**5 days per week**

**50 hours of math**

**50 hours of literacy**

**38**  
educators trained



“My students honestly have opened themselves to new ideas, taking what they already know and pairing it with new information to learn to new things. They learned to work independently, as well as, collaboratively to further their overall understanding. Thank you for allowing me to be apart of this program.”

- PSA Educator

## Enrichment

Enrichment courses were designed to foster critical 21<sup>st</sup> Century skills like teamwork and leadership, increase self-confidence, and expose scholars to new subjects, opportunities, and career paths. Scholars rotated through the following courses

- Step
- Yoga
- STEM
- Coding
- Zumba
- Reader’s Theater



“I see she’s more CONFIDENT in herself - more relaxed when working on her math skills...”  
- PSA Parent

## Field Trips & Scholar Celebrations

Field trips supported learning by exposing scholars to diverse ideas, people, and places, and nurturing increased empathy, tolerance, and critical-thinking skills. Excursions included trips to:

- Pamplin Park
- Byrd Theater
- Richmond Metro Zoo
- Virginia Commonwealth University
- Kingpin Lanes



Scholars celebrated the program with a showcase for parents and community members. This showcase highlighted scholar accomplishments in academics, attendance and enrichment subjects. Then the scholars enjoyed a field day of fun including art experiences, a magician, animal rescue demonstration, Kona Ice, Fire Department, a DJ dance party and a cookout.

“The future will reflect that which we think and do, today. With God’s grace and community support we will strive mightily to deliver this program in partnership for many years to come.”

- TJ Joyce – CEO, YMCA of Greater Richmond

## School and Community Partners

- Virginia Commonwealth University
- Commonwealth of Virginia
- Petersburg City Public Schools
- Y of the USA
- Children’s Museum of Richmond – Book Bus



“... this is not about just one summer’s worth of growth... this is about changing the trajectory of students.... and any student in the nation that could make this level of growth each year. This is how we CLOSE the Achievement Gap...”

Dr. Blount – Chief Academic Officer, Petersburg Public Schools



Petersburg City  
Public Schools





**POWER SCHOLARS ACADEMY**  
YMCA OF SOUTH HAMPTON ROADS



This report presents outcomes of Power Scholars Academy (PSA), a holistic learning experience that blends academics with enrichment, social emotional learning and community service.

**Program Goals**

- Increase scholar's literacy and math skills
- Increase scholar's social-emotional intelligence



**75**  
K-4 scholars

**77% ADA**

**5 weeks**

**STEM  
NUTRITION  
CULTURAL  
STUDIES**



**5 days per week**

**37.5 hours of math**

**37.5 hours of literacy**



educator

**Need educator info**

**Growth Mindset**

Scholars believe their most basic abilities can be developed through dedication and hard work, fostering a love of learning.

**95%**

of parents reported improved abilities to overcome challenges

**88%**

of teachers said scholars exhibited growth mindset

**Self-Confidence**

An integral element that affects every aspect of scholars' goals.

**95%**

of parents reported an increase in their child's confidence

**89%**

of teachers reported an increase in scholars' confidence

**95%**

of parents reported their child having a more positive attitude about school

**Professional Development**

PSA empowered educators with 21<sup>st</sup> century instructional skills and strategies they transit into the classroom in the school-year.

**89%**

of teachers said PSA developed their professional skills

**91%**

of teachers said PSA was rewarding

**95%**

of teachers recommend PSA to parents

**Parent Engagement**

Weekly reports and events engaged parents in their child's education.

**95%**

of parents became more involved in their child's education

**100%**

of parents were highly-satisfied with PSA

**100%**

of parents would recommend PSA to other parents



“I knew I would see a change in the scholars but this year I saw a change in all of the staff too. The program impacted us in ways I wasn't expecting. The kids made huge strides both academically and socially and I'm so glad I was able to be a part of this program.”

- PSA Educator

## Enrichment



Enrichment courses were designed to foster critical 21<sup>st</sup> Century skills like teamwork and leadership, increase self-confidence, and expose scholars to new subjects, opportunities, and career paths. Scholars rotated through the following courses

- STEM
- Cultural Studies
- Health and Nutrition
- Creative Arts

## Field Trips & Community Engagement



Field trips supported learning by exposing scholars to diverse ideas, people, and places, and nurturing increased empathy, tolerance, and critical-thinking skills. Excursions included trips to:

- Chesapeake Arboretum
- Old Dominion University
- Northwest River Park
- Greenbrier Family YMCA
- DR. Clarence V. Cuffee Library



## School Partners

- Thurgood Marshall Elementary School

## Community Partners & Support



- Chesapeake Parks and Recreation Department
- Chesapeake Public Schools
- Commonwealth of VA
- PNC Foundation
- Atlantic Foundations
- SteelMaster Buildings
- Heardon Construction Corporation
- Gregory's Heating and Cooling INC.
- Odette Bonvouloir and David McCullen
- YMCA of the USA

