



MIDDLESEX YMCA KIDS' KORNER

Family Newsletter

January 2009

A YMCA Kids' Korner Snapshot

Bielefield: The children have been role playing social skill skits. These skits are designed by the children and they have themes that promote caring, honesty, respect, responsibility, and conflict resolution (they can get very silly at times!). Congratulations to Raina and Alex F. for their Halloween pumpkin decorating contest wins!

ECS: Jason has constructed a mobile Ga-Ga pit and incorporated the game into his program with a CATCH twist. Ga-Ga or Ga-ga ball is a dodge ball game that is thought to have originated in Israel and it is wildly popular at YMCA Camp Ingersoll and now ECS Kids' Korner.

Farm Hill: Reading is important at Farm Hill Kids' Korner. The children have been picking out books from the library and reading independently and to each other. Children are also nominating each other for Student of the Week based on their above and beyond attitude and behavior. Keep up the great work!

Lawrence: Lawrence staff have begun an

"I Noticed You Jar" that allows children to recognize their peers for acts of kindness and actions that display the YMCA values of caring, honesty, respect, and responsibility. Each week, staff randomly read one aloud and applaud the accomplishments of all children who receive a peer nomination.

Macdonough: Children at Macdonough Kids' Korner took a fieldtrip to Coffee House Studio in Middletown to check out the recording studio and learn about the equipment. The children hope to be able to write and

record their own song at the studio this year.

Moody: Moody and Macdonough Kids' Korner Programs have begun a pen pal program. Children pick a pen pal or two from a list of children from the other site and write to each other. They enjoy making new friends and discussing their interests with each other.

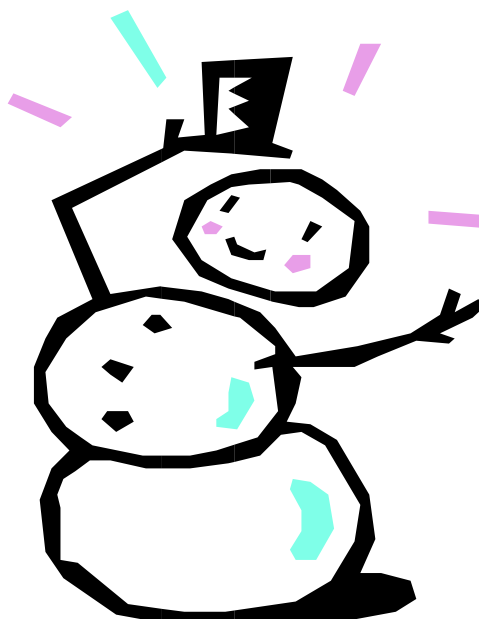
Snow: Snow School Kids' Korner has their 4th Annual Sandwich Day. Parents, staff, and children will participate in a service learning project where they assembled over 250 sandwiches that were donated to St. Vincent De Paul Place. Donations for sandwiches are contributed from Kids' Korner families and staff.

Spencer: Prior to the Presidential Election, Spencer Kids' Korner Kidzlit instructor Heather conducted a mock election with the children along with an activity about voting. The children accurately predicted who would win...Barack Obama.

Valley View: Cooking Club is a hit at Valley View! Children have put a healthy twist on their cooking club by making nutritious snacks such as fruit kabobs. Look out for Valley View on the big screen. Film Club is beginning and the children will be making their own movie.

Wesley: Kids love the invention table where they can take apart items and make new creations out of the parts. Extra, Extra! Coming soon to Wesley Kids' Korner is the "Wesley Crier", a newspaper written by the children.

Woodside: Mr. McGough's Computer Club is in full swing at Woodside! Children enjoy math activities and brain teasers that are fun and educational.



Build a Snow Person this Winter for Fun and Fitness!





Kids' Korner Kids are CATCHING on to Fitness

Our second year of our CATCH program (Coordinated Approach to Child Health) is in full swing at all of our Kids' Korner programs. The CATCH program is designed to promote physical activity and healthy food choices in school age children. By teaching children that eating healthy and being physically active every day can be FUN, the CATCH Program has proved that establishing healthy habits in childhood can promote behavior change that carry into adulthood.

All of the CATCH games are non-elimination and are designed to keep all of the participants constantly moving during the 30 minutes of the activity. In order to see the impact that our CATCH

program is having, we have pre-tested all of our children with a mile run. At the end of the year, we will post-test the children to see how their physical fitness levels have improved.

In an effort to recognize participation and encourage daily movement, youth will be earning certificates, ribbons, pencils and other small awards as they hit 30, 60, 90 day participation levels. Please encourage your child to take part



CATCH at Bielefield Kids' Korner

in CATCH activities each day.

This school year we have collaborated with Bielefield, Macdonough, Snow, and Wesley Schools to incorporate CATCH during the school day. Four Kids' Korner staff members run CATCH games with the children during their recess break. We are excited to be able to extend this program to all children at these four schools to keep recess fun and active. The CATCH recess program is funded through a grant by the Middletown Health Department.

HEALTHY FAMILY TIPS

Complements of Snow School Kids' Korner

1. As the weather turns chilly, look indoors for ways to stay active. Visit an indoor pool, basketball court, roller skating rink, or ice skating rink.
2. A number of squashes are in season during the cool weather months and are a great source of

"If it's safe to walk or bike rather than drive, do so. Use stairs instead of elevators and escalators. Increase the distances you and your children walk."

3. Search the web with your child to find healthy recipes and make a new one together each week.

TIPS FROM THE AMERICAN HEART ASSOCIATION

- Help your children develop good physical activity habits at an early age by setting a good example yourself.

- Limit television, movies, videos and computer games to less than two hours a day. Substitute the rest of leisure time with physical activity.
- Plan family outings and vacations that involve vigorous activities such as hiking, bicycling, skiing, swimming, etc.
- Give your children some household chores that require physical exertion, keeping in mind their levels of strength, coordination and maturity.

STRONG KIDS CAMPAIGN 2009

The Middlesex YMCA is once again poised to support families, build character, and promote wellness. This mission seems to hold even greater significance as we enter into what looks to be a challenging year. It is during these trying and difficult times that more members of our community will turn to the YMCA for support and we want to be ready to address their needs.

The YMCA open doors program helps families afford to participate in our

high quality services regardless of an inability to pay the full cost. These services include before and after school care, summer camp, swim lessons, and membership.

Each year hundreds of families can go to work knowing that their child is safe and engaged in a Y program as a result of the generosity of members who support our *Strong Kids Campaign*. The YMCA will continue to



support families but we need your help to make sure that the families we serve represent our entire community.

Support the Strong Kids Campaign and make a difference in the lives of hundreds of children living in our community! Contact Bob Spencer at 343-6232 to make a pledge, volunteer, or for more information.



Inclement Weather Policy

It's time to start thinking snow! YMCA Kids' Korner programs located in Cromwell, Middletown, and Portland are subject to delays and cancellations made by the Board of Education for the school facilities. Please review the information below regarding delays, early closing, and cancellations.

Delayed Openings

- Middletown and Cromwell sites will open at 7:30am when school is delayed. (additional fee charged)

- The Valley View site will open at 8:00am when school is delayed. Only children registered for the AM program will be accepted for school delays.

Early Closings

- Middletown and Cromwell sites will open when school closes and will remain open until 5:00pm.



Let It Snow!
Let it Snow!
Let it Snow!

- The Valley View site will open when school closes and will remain open until 3:00pm.
 - Only children registered for the PM program will be accepted for early closings.
- Please call the YMCA at 347-6907 and select option 6 for early closings of our Kids' Korner programs.

Snow Day Program

Snow Day Program

- If school is closed due to inclement weather, a Snow Day Program will be held at the YMCA from 7:30am to 5:00pm.
- **Advance registration is required, and can only be taken at the YMCA.** No deposit is required; you will be billed \$40.00 per Snow Day on your

Kids' Korner bill. The Snow Day Program is currently full with a waitlist.

If school is cancelled, please call 347-6907 to confirm that the YMCA is open. If the YMCA is closed or has a delayed opening later than 9:00am, the Snow Day Program is cancelled. If the YMCA has a delayed opening of 9:00am or earlier the Snow Day

Program will start at 9:00am.

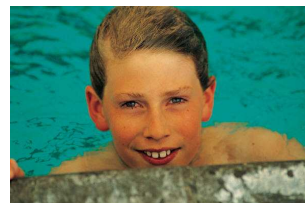
KK Snow Day credits will be included in the June bill.



SWIM PROGRAM

On November 6, 2008, the State of Connecticut Department of Public Health passed new child care regulations. As a result, the Kids' Korner Program must maintain a 1 to 6 ratio (not to include Y lifeguards) in the pool when children are swimming. The Y has always maintained a 1 to 10 ratio that did not in-

clude two lifeguards. This new requirement is not practical nor possible with our current staffing pattern. As a result, we will not be providing the swim clubs at the YMCA. This is an unfortunate pol-



Swim Clubs to End Due to New State Licensing Rules!

icy change. Swimming as long been a favorite activity of Kids' Korner children. We do plan to offer more parent child swim opportunities and hope that you will take advantage of open swim times at the Y on the weekends.



VACATION DAY PROGRAMS

Registration flyers for vacation programs are distributed through Kids' Korner bills one month prior to the date of the program. Extras can also be found at your Kids' Korner site, at the front desk of the YMCA, and online at www.midymca.org.

REMINDER
REVISED SCHOOL CALENDAR IN MIDDLETOWN INCLUDES NEW EARLY DISMISSAL DAYS.
January 21, 2009
February 25, 2009
March 18, 2009
April 22, 2009
May 20, 2009

MLK Day

January 19, 2009: Trip Program

Professional Development Day (Middletown Schools Only)

January 30, 2009: Trip Program

February Break (Licensed Program):

Trip or Science Enrichment Programs

February 16-20, 2009 (Middletown & Cromwell)

February 16-18, 2009 (Portland)

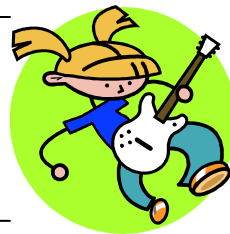
April Break (Licensed Program):

An Adventure at YMCA Camp Ingersoll

April 13-17, 2009

DO YOU HOPE TO GET FIT OR STAY FIT THIS YEAR?

The YMCA's Youth Center is open in the evenings M-TH from 5:15-7:45 for children 5yrs old and up. You can come to the Y and exercise while your child enjoys the computers, playing Guitar Hero or the Wii Sports, board games and arts and crafts.



Important Dates, Events, and New Programs



* Break Dancing & Hip Hop Class

Fridays January 8th -February 6th
7-8pm

Grades: 4th-8th

Fee: \$10 for Middletown Residents

* Y BE Fit! Middle School Girls Program

January 7th- March 18th Monday and
Wednesday 3:45-4:45.

Fee: \$15 Middletown Residents

Marathon Running Club

January 6th-February 5th Tuesday and
Thursday 3-4pm.

Ages 10-14

Fee: Free to YMCA members

Basketball Clinics

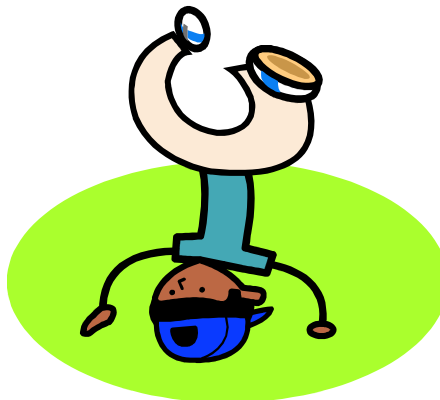
Sunday January 11th and January 25th
10-noon.

Ages: 6-10

Fee: \$6 fitness member, \$10 program
member, \$15 non-member

3 on 3 Basketball League

Grades 5th-high school teams for boy and
girls. Information available soon.



* These programs are partially funded through a City of Middletown Educational Incentives Grant