



# P.A.R.K. NEWS



Programmed After-school Recreation for Kids!

APRIL 2015

## BUCKEYE WOODS NEWSLETTER

### Dates to Remember

- Thursday, April 2 - Tuesday, April 7: No school or P.A.R.K.
- Wednesday, April 15: Early dismissal

### April Is Here!

Here we are in the fourth month of 2015. Where has the time gone? Our staff has been busy with all the fun: playing, preparing, planning and participating in all our activities. This month, our fourth graders will be Junior Leaders and will assist in planning the activities for the day. They will be captains during the games, assist in crafts, act as line leaders and run the Know Your Fourth Grader challenge.

The Know Your Fourth Grader challenge is a fun game we have played for the past several years. We ask our fourth graders question about their likes such as sports, music, movies and other interests. A panel of experts tests how well the younger children know the fourth graders, matching the correct fourth graders with their answers. They are awarded points and the team with the most points wins. They cannot get any help from their siblings or best friends.

### Tell Us!

We still have several months of FUN before the school year ends. If your child has interest in a specific craft, game or activity, let us know so we can add it to our daily activities.

### 2015 Summer P.A.R.K.

Summer will be here before we know it! Don't forget to enroll your child in Summer P.A.R.K. Information can be found on our parent table.

### Outside Play

We will have bunnies hopping around and flowers springing up. With good weather, we will be outside enjoying it. The children enjoy being outside as they play four square, ball tag, tether ball, tag and capture the flag, or just run around being kids. Please continue to dress your kids for the weather as it can change from day to day.

### 2015-2016 P.A.R.K.

Registration for current families for the 2015-2016 school year P.A.R.K. program opens Monday, April 13. Please register - the earlier the better as we have limited space. Our current parents are able to enroll their children before it is available to the public. Don't miss out on getting your child registered for P.A.R.K.

### Happy Birthday

Happy birthday to our March & April Birthday Bunches!

*P.A.R.K. Staff: Elaine, Julie, Nate and Krystal*



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## HIGHLAND PARK NEWSLETTER

### Reminders

- Thursday, April 2 - Tuesday, April 7: No school or P.A.R.K. (Spring Break)
- Wednesday, April 15: Early dismissal

### Fun Days in April

- Wednesday, April 1: April Fool's Day
- Sunday, April 5: Easter
- Wednesday, April 22: Earth Day
- Friday, April 24: Arbor Day - Maybe you and your family can plant a tree or find a way to help our planet!

### Recipe of the Month: Mac and Cheese Bites

#### **Ingredients:**

- 1 package macaroni and cheese plus additional ingredients per package instructions
- 1/2 cup shredded cheddar cheese
- 1/2 package (8-oz.) steamed broccoli; cooked and roughly chopped
- 3/4 cup panko (Japanese-style) bread crumbs

#### **Directions:**

Preheat oven 400°F. Prepare macaroni and cheese according to package directions.

Stir in shredded cheese until melted. Stir in broccoli and 1/2 cup of the panko bread crumbs.

Spray a 12-cup muffin pan with cooking spray. Fill each cup with about 1/4 cup of the macaroni and cheese mix. Push down gently to ensure it holds together. Top with additional bread crumbs. Bake at 400 degrees for 15 minutes. Let cool at least 20 minutes before carefully removing with a spoon and enjoy!

### Poison Proof Your Home

More than 90 percent of poisonings occur in the home, so it is important to follow simple prevention steps with your family. If you suspect someone is poisoned, immediately call the Poison Help line at 800-222-1222 to connect to your local poison center. If someone is unconscious or has trouble breathing, call 911. For more information, visit [www.poisonhelp.hrsa.gov](http://www.poisonhelp.hrsa.gov).

- Teach your family to never touch or put anything in their mouths unless they know what it is.
- Keep medicines in original containers, properly labeled, and stored appropriately.
- Have a working carbon monoxide detector in your home placed near bedrooms and/or the furnace.
- Keep antifreeze, all chemicals and household cleaning products in original containers. Do not use food containers to store cleaners and other chemicals or products.
- Keep laundry products locked up and out of children's reach.
- Wash hands and counters before preparing any food.
- Use clean utensils for cooking and serving.
- Store food at proper temperatures. Do not leave refrigerated foods out at temperatures above 40°F.
- Some art products are mixtures of chemicals that can be dangerous if incorrectly used. Keep them in their original containers and make sure children use them safely by reading and following directions.
- Do not eat or drink while using art products.
- Wash skin after contact with art products. Clean equipment and working surfaces.



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## J.C. SOMMER NEWSLETTER

### Dates to Remember

- Thursday, April 2 - Tuesday, April 7: No school or P.A.R.K.
- Wednesday, April 15: Early dismissal
- Thursday, April 23: Market Day, P.A.R.K. moves to Room 17 (the Art Room)

### February V.I.P.s

Congratulations to the February V.I.P. members:

- Hailey Carlsen
- Alexandria Collier
- Gavin Gibbs
- Brady Hiles
- Emma Richter

### Birthday Greetings

- April 11: Roman Barone
- April 18: Averi Kistler

### Joke Corner

Q. What kind of medicine does a vampire take?

A. *Coffin syrup*

~ Submitted by Devon Ocheltree

Q. What kind of fish chases mice?

A. *A catfish*

~ Submitted by Kadyn Hyer

Q. What is a scarecrow's favorite fruit?

A. *Strawberries*

~ Submitted by Sadie Ross and Kadyn Hyer

Q. What's a medic's favorite candy?

A. *Life savers®*

~ Submitted by Nathaniel Walker

Q. Why did Superman cross the road?

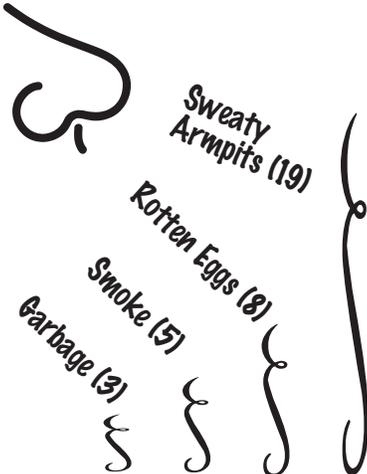
A. *To get to the supermarket*

~ Submitted by Averi Kistler

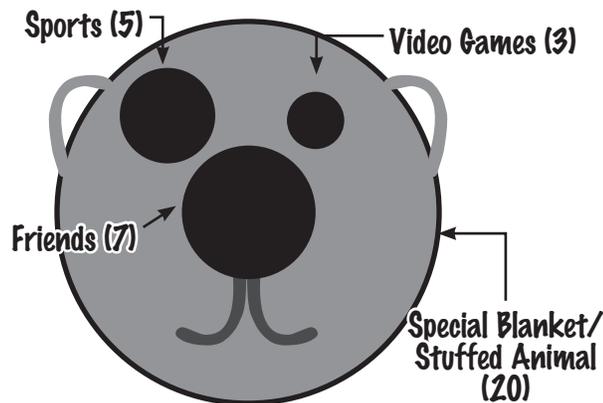
### P.A.R.K. Survey

Thanks to Braylen Holcomb, Libby Fuchs, Meia Vasquez, Emma Jo Javorsky and Bella Barone for help with this month's survey.

#### Smells You Cannot Stand



#### Hardest Things to Give Up



#### Would You Rather Take a Bath or Shower?



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# P.A.R.K. NEWS



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## MONTEREY NEWSLETTER

### April Dates to Remember

- Thursday, April 2 - Tuesday, April 7: No school or P.A.R.K.
- Wednesday, April 15: Early dismissal

### Did You Know?

- April 7 is National No Housework Day.
- April is Global Child Nutrition Month.
- April 30 is National Honesty Day.

### April Quotation

April cold with dropping rain  
Willows and lilacs brings again,  
The whistle of returning birds  
And trumpet-lowing of the herds.

~ *Ralph Waldo Emerson*

### Crafts

This month we will make some fun and exciting crafts, including great ones featuring bunnies, chicks, flowers and even some musical crafts.

### Recipe of the Month: Buttery Soft Pretzels

#### **Ingredients:**

- 4 teaspoons active dry yeast
- 1 teaspoon white sugar
- 1¼ cups warm water (110°F)
- 5 cups all-purpose flour
- ½ cup white sugar
- 1½ teaspoons salt
- 1 tablespoon vegetable oil
- ½ cup baking soda
- 4 cups hot water
- ¼ cup kosher salt, for topping

#### **Directions:**

In a small bowl, dissolve yeast and 1 teaspoon sugar in warm water. Let stand until creamy, about 10 minutes.

In a large bowl, mix together flour, ½ cup sugar and salt. Make a well in the center; add the oil and yeast mixture. Mix and form into a dough. If the mixture is dry, add one or two tablespoons of water. Knead the dough until smooth, about 7 to 8 minutes.

Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with plastic wrap and let rise in a warm place until doubled in size, about 1 hour. Preheat oven to 450°F.

In a large bowl, dissolve baking soda in hot water. When risen, turn dough out onto a lightly floured surface and divide into 12 equal pieces. Roll each piece into a rope and twist into a pretzel shape. Once all of the dough is shaped, dip each pretzel into the baking-soda solution and place on a greased baking sheet. Sprinkle with kosher salt.

Bake in preheated oven for 8 minutes, until browned.



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## RICHARD AVENUE NEWSLETTER

### Reminders

- Thursday, April 2 - Tuesday, April 7: No school or P.A.R.K.
- Wednesday, April 15: Early dismissal; P.A.R.K. begins one hour early.
- If your child will be absent, call the P.A.R.K. site cell phone at 614-571-9623.
- Be sure to sign your child out daily.
- Make sure your child brings something to eat and drink for our daily snack time.

### Art Projects

In April, a variety of art projects follow these themes: Rocks Week, Muffin Art Week, Africa Week, Paint Week and Australia Week. Look for your child's wonderful pieces of artwork daily.

### Did You Know?

- April is National Garden Month.
- April's flower is the sweet pea, which symbolizes "I think of thee."
- The TV dinner was introduced by Swanson on April 6, 1954.
- On April 15, 1955, Ray Kroc opened his first McDonald's in Des Plaines, IL.
- April 26 is National Pretzel Day.
- The zipper was patented by Gideon Sindback on April 29, 1913.

### Recipe of the Month:

#### Easter Egg Rice Krispie Treats

##### **Ingredients:**

- 3 tablespoons butter or margarine
- 4 cups miniature marshmallows
- 6 cups Kellogg's® Rice Krispies cereal
- Canned frosting or decorating gel
- Assorted candies

##### **Directions:**

In large saucepan, melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add Kellogg's® Rice Krispies cereal. Stir until well coated.

Using a 1/3-cup measuring cup/scoop coated with cooking spray divide warm cereal mixture into portions. Using buttered hands, shape each portion into an egg shape. Let cool. Decorate with frosting and/or candies. Best if served the same day.

### Spring Humor:

- Q. Why is the letter A like a flower?  
A. *A bee (B) comes after it!*
- Q. What flowers grow on faces? A. *Tulips (Two-lips)!*
- Q. Can February march? A. *No, but April may!*
- Q. When do monkeys fall from the sky?  
A. *During APE-ril showers*
- Q. When do you jump on a trampoline? A. *SPRING-time!*
- Q. Do you know all about April 1st?  
A. *Yes, I'm fool-y aware of it!*
- Q. Why did the bird go to the hospital?  
A. *It needed tweetment!*
- Q. What is the cleanest part of a stadium?  
A. *The bleachers!*
- Q. Why did the M&M go to school?  
A. *He wanted to be a Smartie!*
- Q. Why is everyone so tired on April 1st?  
A. *Because they just finished a long 31-day March!*



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## RECREATION COORDINATOR NEWSLETTER

### Reminders

- Thursday, April 2 - Tuesday, April 7: No school or P.A.R.K.
- Wednesday, April 15: P.A.R.K. payment due
- Wednesday, April 15: Early dismissal

### 2015 Summer P.A.R.K.

Registration is now open for current P.A.R.K. families. Registration opens to the public on Tuesday, April 14. Find information on your site's parent table or call the Parks and Recreation Office at 614-277-3050.

### 2015-2016 P.A.R.K.

Registration for current families to register for the 2015-2016 after-school and before-school program opens Monday, April 13. Find information on your site's parent table or call the Parks and Recreation Office at 614-277-3050.

### Help Your Child Get Organized

~ *Onetoughjob.org*

#### **No More Lunch Bags Left Behind**

Your child is growing up quickly and has a lot on his/her mind. While he/she may look and even act mature, he/she will not yet have the planning skills you might wish he/she had. Not yet, anyway. He/she may need some help to keep his/her world organized.

Tips to help your child build the skills to keep his/her life running smoothly:

- Decide what is important. Your child may not need to have every aspect of his/her life organized, so figure out together what activities or times cause the most stress and make sure that routines are established for those. Does the morning routine always cause stress? Plan this out carefully. Is soccer practice driving everyone crazy? Develop a plan for when the gym bag gets packed.
- Stick to the routine. Once you make plans, be sure that you both follow them. While there will be times when flexibility is needed, following the routine will help your child understand how a routine keeps his/her life running smoothly. Make this connection for him/her by saying things like, "Wow, we got to the bus with no problems today; your morning checklist really worked!"
- Reinforce your child's successes. Acknowledge the times when he/she is able to stay organized, and help problem solve when the routine doesn't work.
- Stay involved. Once your child gets a handle on his/her routine, he/she will still need your help and support. Make sure to check in with him/her and ask how the routine is working. This also will make it easier for you to help him/her brainstorm solutions to problems and in his/her planning as they arise.



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## **Five Activities to Boost Your Child's Confidence**

~ KUMON Educational

As children grow older they realize that life has aspects they don't like. Building your child's self-confidence will help him/her face life's challenges and thrive.

Self-confidence is something human beings gain as they go through life. However, parents and family environment are essential to building and empowering a child's confidence.

Here are five good activities that will help boost your child's confidence:

### **I. Playing sports**

Playing sports not only helps children to exercise and be healthier, but by playing sports children also learn to deal with frustration and to realize that it is not possible to win all the time. As in life, sometimes they will be ahead and sometimes they will be behind, and sport helps them accept this as normal. Playing sports – particularly team sports – means children have to mix and work together, which can improve their empathy as well as group and social skills.

Additionally, by valuing the effort sport requires in order to be successful, children can become more confident and persistent in following their goals.

### **II. Acting**

Acting requires a great amount of self-confidence. Being on stage with people looking at you is not easy; it requires determination and self-assurance. However, within the environment of an acting class, embarrassment disappears once children see that the rest of the class is having as awkward a time as they are. Introducing a child to acting at a young age can have a dramatic effect on their self-confidence. A drama or theater club can help children become more confident to perform at their best and not to worry too much about what people think of them.

### **III. Cooking**

Nobody was born knowing how to cook. In fact, cooking is one of the best activities for proving practice and effort lead to improved results.

Encourage your children to cook and cook with them. Aside from having quality family time, they learn about food, and, once their dish is ready, they will be able to see all the effort has been worth it. Overcoming challenges is the foundation for increasing confidence and cooking can help children challenge themselves.

### **III. Playing a musical instrument**

Although playing an instrument can be seen as a great challenge, the good thing about this activity is that it is very rewarding. Children can learn to play a simple song relatively quickly, which makes them feel proud and confident, and could encourage them to keep learning and improving. Playing for other people can be an additional challenge that will make children grow in confidence.

### **IV. Traveling**

The best thing about traveling is that children learn how big the world is and how different people are. Traveling to a foreign country and being able to explore and experience different cultures, even at a young age, will increase a child's self-esteem considerably and will open their mind to a whole new reality.

## **Seven Things Every Child Needs to Hear**

1. I love you.
2. I'm proud of you.
3. I'm sorry.
4. I forgive you.
5. I'm listening.
6. This is your responsibility.
7. You've got what it takes.