



P.A.R.K. NEWS



Programmed After-school Recreation for Kids!

MAY 2016

RECREATION SUPERVISOR NEWSLETTER

Reminders

- Monday, May 30: Memorial Day: No school or P.A.R.K.
- Friday, June 3: Last day for SWCS

2016 Summer P.A.R.K.

Registration for 2016 Summer P.A.R.K. is now open. Be sure to secure your spot as registration is now available to the public. Find information on your site's parent table or call the Parks and Recreation Office at 614-277-3050.

2016-2017 P.A.R.K.

Registration for the 2016-2017 after-school and before-school program is now available. Registration opens to the public Tuesday, May 10, so be sure to reserve your spot today! Please contact the Parks and Recreation Department at 614-277-3050 with questions about these programs.

P.A.R.K. Program Parent Packets

Parent packets for all P.A.R.K. programs (Summer and Before- and After-school) are going online! Parents are now responsible for completing and printing the appropriate paperwork for P.A.R.K. The new policy is an effort to help save paper and get information to parents faster.

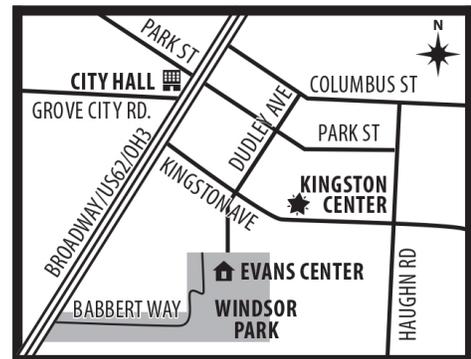
Parent packets will be online for Summer P.A.R.K. in May and available in August for the 2016-2017 P.A.R.K. program. Go to www.grovecityohio.gov and search under the Preschool/Youth tab. All paperwork for the appropriate program is due with the first P.A.R.K. payment for summer Friday, May 20 or the 2016-2017 school year Monday, Aug. 15.

We Moved!

The Grove City Parks and Recreation Department has relocated to the Kingston Center, 3226 Kingston Avenue. Stop in Monday through Friday, 8 a.m. to 5 p.m., to sign up for youth and adult sports, register for recreation classes and childcare programs, reserve shelters or the Eagle Pavilion and purchase Big Splash season passes.

Grove City Parks and Recreation

- New Drop-in Address: Kingston Center, 3226 Kingston Ave.
- Mail-to Address: City Hall, 4035 Broadway



"If I Had My Child to Raise Over Again"

~ Diane Loomans

If I had my child to raise all over again,
 I'd build self-esteem first, and the house later.
 I'd finger-paint more, and point the finger less.
 I would do less correcting and more connecting.
 I'd take my eyes off my watch, and watch with my eyes.
 I'd take more hikes and fly more kites.
 I'd stop playing serious, and seriously play.
 I would run through more fields and gaze at more stars.
 I'd do more hugging and less tugging.



The City of Grove City • Parks and Recreation Department

P.A.R.K. Recreation Supervisors: Megan Williams and Amanda Gehres

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BUCKEYE WOODS NEWSLETTER

Important Dates

- Sunday, May 8: Mother's Day
- Monday, May 30: Memorial Day; no school or P.A.R.K.

Recipe: Corn Tomato Avocado Salsa Salad

Ingredients

- 1 teaspoon olive oil
- 4 cups corn (frozen, canned or fresh)
- 3 cloves garlic, minced
- 1 cup cherry tomatoes, halved
- 1 red bell pepper, finely chopped
- 1 avocado, chopped
- 1 scallion, minced
- 1/4 cup cilantro, minced
- 1/2 jalapeno pepper, seeds removed, minced
- Juice of 2 fresh limes
- A drizzle of extra virgin olive oil
- 1/2 teaspoon ground cumin
- Pinch of sea salt
- Pinch of ground black pepper

Directions

Heat oil in pan and add corn and garlic. Sauté until corn begins to brown. Toss all ingredients together in a large bowl and serve as a salad or salsa - it goes perfectly with any barbecue. Prep time: 15 minutes. Cook time: 5 minutes.

"If you are always trying to be normal you will never know how amazing you can be."

~ Maya Angelou

Parent Reminders

Please send a water bottle and tennis shoes with your child every day. The children spend a good portion of their afternoons outdoors, so they need plenty of water to keep hydrated. Also, wearing tennis shoes is so much more comfortable than sandals while running and having fun.

Summer Outdoor Safety Tips

~ www.cdc.gov/features/movingoutdoors

- Apply sunscreen with SPF 16 or greater 15 to 30 minutes before sun exposure. Limit sun exposure, especially from 10 a.m. to 2 p.m. when UV rays are strongest in the summer.
- Drink plenty of water and fluids when outside to avoid dehydration and to refuel.
- Take time to ensure the outdoor play areas around your home are safe to prevent injuries.
- Protect your family from mosquitoes and other bugs by using insect and tick repellent.
- Drowning is among the leading causes of accidental death in children. Enroll your children in swim lessons to teach them pool safety and survival skills.
- Nothing protects your child better than adult supervision. Your presence outdoors allows you to keep an eye on your children and to step in before injuries occur or to respond quickly if problems arise.

From the P.A.R.K. Leaders

Wow, it's the end of the school year already?! Time sure does go by fast when you're having fun! We loved getting to know all of our new families this year along with hanging out again with the families who come to us every year. The kids and leaders have had a wonderful time this year playing their favorite games, meeting new friends, and creating some really cool crafts. We have many awesome end-of-the-year activities planned such as our yearend cookout, P.A.R.K. field and water day, and fourth grade appreciation week. Look for more details about the upcoming events on the parent table. Thank you for allowing us to help in the care of your children. We have a really cool group of kids and have had a great time with them this year! We hope everyone has a fun and safe summer full of good memories. We will miss you all and hope to see everyone at Summer P.A.R.K. or next school year!

Your P.A.R.K. Leaders ~ Krystal, Julie, Josh and Alyssa



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HIGHLAND PARK NEWSLETTER

May Highlights

May is here and this is our last newsletter. We have had a great school year and it is hard to believe it is almost over. We have enjoyed spending time with your kids and getting to know them. We have played lots of games, made lots of crafts, and read lots of stories. We look forward to seeing your kids at Summer P.A.R.K. or the next school year. We have one day off during May. Monday, May 30 is Memorial Day and there is no school or P.A.R.K. that day. We will have a Friday Fun Day, so watch our parent board for more details!

Best Wishes Fourth Graders!

We want to say so long and good luck to our fourth graders!

- Braylon Crosby
- Cy Prysock
- Elijah Williams
- Cassidy Pfeiffer
- Kylie Quillen

Best of luck to all of you in intermediate school!

Fun Ways to Get Outside

Ready to get out there? Here are seven easy ways to enjoy the benefits of nature!

1. Make being outside a ritual. Go for a morning or evening walk every day. Have a dog? Bring it along—outdoor exercise is good for Fido, too.
2. Try gardening. Whether planting a vegetable garden or a few flowers, you are outside communing with nature.
3. Take vacations in beautiful places. Visit a state or national park or go to a beautiful beach—whatever landscape speaks to you!
4. Discover a trail to hike, bike or explore. Find one near you in one of Grove City's 20 parks.
5. The next time you need a break, sit outside quietly and appreciate the natural beauty around you. Notice the scents, sights and sounds as you focus on the moment.
6. Go to a local park. Ask neighbors which park is their favorite. The next time the weather is good, trade your usual gym workout for an outdoor one!
7. Commit to the outdoors, rain or shine. When dressed properly, you can enjoy the outdoors in any season. Don't forget about the fun and healthy outdoor activities available during the rainy or cold months—these are the times that we have even less outdoor interaction, but may be when we need it the most!

Recipe of the Month: Easy Taco Casserole

Ingredients

- 1 pound ground turkey, beef or chicken
- 2 cups shredded cheese
- 2 cups mild salsa
- 2 cups corn kernels
- 8 ounces corn chips

Directions

Brown ground meat and drain. Mix with corn and salsa. Layer half the meat mixture and half the cheese in baking pan. Repeat layers and cover with foil. Freeze and save for later or bake immediately at 350 degrees for 30 minutes until casserole is bubbling and the cheese is melted. If frozen, bake at 350 degrees for about 50 minutes or until bubbling and cheese is melted. Serve with salad and enjoy!



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J.C. SOMMER NEWSLETTER

Reminders

- Monday, May 30: Memorial Day; no school or P.A.R.K.
- Don't forget to sign up for Summer P.A.R.K. and the 2016-2017 P.A.R.K. program. More information can be found online or by calling the Parks and Recreation Office at 614-277-3050.

May Activities

We will continue Minute to Win It games every Friday as they were a big hit before spring break. We will have Free Art Fridays throughout May.

We will also incorporate more outside play and group activities. The playground grass area is open for play and it gives us more room for kickball and tag football.

The first week of May is the last week for the Talent Show and Show and Tell.

June - August Birthday Greetings

- Raegan Bradhurst: June 3
- Aryton Grim: June 19
- Morgan Dietrich: June 20
- Amaya Holmes: June 26
- Samantha Hampton: June 27
- Nathaniel Walker: June 28
- Tristan Williamson: July 1
- Emily Drum: July 7
- Chloe Dingess: July 8
- Alyssa Rowe: Aug. 16
- Alex Collier: Aug. 19
- Tyson Backer: Aug. 20
- Brayden Drum: Aug. 23
- Riley McDaniel: Aug. 27
- Khloe Hall: Aug. 28
- Myles Hutchinson: Aug. 28

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2. Try gardening. Whether planting a vegetable garden or a few flowers, you are outside communing with nature.
3. Take vacations in beautiful places. Visit a state or national park or go to a beautiful beach—whatever landscape speaks to you!
4. Find a trail to hike, bike or explore. Find one near you at trails.com.
5. The next time you need a break, sit outside quietly and appreciate the natural beauty around you. Notice the scents, sights and sounds as you focus on the moment.
6. Go to a local park. Ask neighbors which park is their favorite. The next time the weather is good, trade your usual gym workout for an outdoor one!
7. Commit to the outdoors, rain or shine. When dressed properly, you can enjoy the outdoors in any season. Don't forget about the fun and healthy outdoor activities available during the rainy or cold months—these are the times that we have even less outdoor interaction, but may be when we need it the most!



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MONTEREY NEWSLETTER

Dates to Remember

- Tuesday, May 3: Teacher Appreciation Day
- Sunday, May 8: Mother's Day
- Monday, May 30: Memorial Day; no school or P.A.R.K.
- Friday, June 3: Last day of school and P.A.R.K.

May Crafts

This month we will make wonderful spring crafts. Look for grass hair cups, painted sheep, Chihuly cups and even some edible crafts.

Recipe of the Month: Summer Corn Salad

Ingredients

- 5 ears of corn, boiled or grilled
- 3 tablespoon of olive oil
- 1 tomato, seeded and diced
- 1 red onion, chopped
- 1 green bell pepper, diced
- fresh cilantro, to taste
- 1 lime, juiced
- salt
- pepper

Directions

Remove kernels with knife and place in a large bowl. Add tomato, onion and green pepper. Toss to combine. Add lime juice and olive oil. Snip in cilantro and season with salt and pepper. Serve and enjoy!

Fun Facts About May

- May 5 is Cinco de Mayo.
- May 15 is National Chocolate Chip Cookie Day.
- May 26 is National Cherry Dessert Day.
- The third week of May is National Bike Week.

Bike Safety Tips

In honor of bike week, here are a few tips from the National Highway Traffic Safety Administration

- Adjust your bicycle to fit.
- Check your equipment.
- See and be seen.
- Control your bike.
- Watch for and avoid road hazards.
- Avoid riding at night.

Practice. The better children are at riding, the less likely they are to crash. Work on basic skills: start, stop, ride in a straight line, look over shoulders, and signal to vehicles.

Use the Right Equipment. Only use a bicycle that is the right size, not too big or small. Wear a helmet that fits properly: low on the forehead, just two fingers above the eyebrow. Dress in bright colors to be visible to motorists.

Remember the ABCs: before every ride, check the:

- Air in the tires
- Brakes
- Chain

Be Street Smart. Remind your child a bicycle is a vehicle, not a toy. Ride with at least one hand on the handlebars at all times and with only one rider per seat. Use eyes and ears to stay alert; never use headphones or cell phones while riding. Children should ride on a sidewalk when available or ride in the same direction of traffic if there is no sidewalk. Be careful around driveways and parked cars. Just like with walking, the safest place for young bicyclists to cross the street is a corner or intersection: get off the bicycle, look left-right-left, and walk the bicycle across the street when no traffic is coming.

Visit www.nhtsa.dot.gov for more information.



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RICHARD AVENUE NEWSLETTER

Reminders

- Be sure to send your child with a water bottle daily.
- Make sure your child brings something to eat and drink for our daily snack time.
- If your child will be absent from P.A.R.K., call our site cell phone at 614-571-9623.
- There is no school or P.A.R.K. on Monday, May 30 for Memorial Day.
- The last day of school is Friday, June 3.

Art Projects

In May/June a variety of art projects will follow these themes: Gifts for Mom Week, Animal Week, Beach Week, Bird Week & Gearing up for Summer Week. Look for your child's wonderful art work daily.

End of the Year Poem: Great Expectations

It's time to say, "good-bye."
 Our year has come to an end.
 We've made some cherished memories
 With all our P.A.R.K. friends.
 We've watched each other learn and grow
 And change from day to day.
 We hope that all the things we've done
 Will help us along the way.
 So it's with happy memories
 We all go out the door,
 With great hope and expectations
 For what next year holds in store.

Donations

During May, we want to get the kids involved by donating coloring books and crayons to Nationwide Children's Hospital. Items may be placed in the basket near the parent table. Any donation is appreciated.

Recipe of the Month: Chicken Caesar Pasta Salad with Bacon and Egg

Ingredients

- 8 ounces bite-sized pasta - cooked and rinsed with cold water
- 2 eggs, boiled and chopped
- 2 boneless, skinless chicken breasts
- seasoned salt
- 6 slices of bacon, cooked and chopped
- 1 bunch green onions, chopped
- 2 handfuls grape tomatoes, halved or quartered
- 1/2 cup Newman's Own Creamy Caesar salad dressing
- 1/2 cup low-fat plain yogurt

Directions

1. Lightly sprinkle chicken breasts with seasoned salt. Spray a skillet with cooking spray, and heat over medium-high heat. Cook chicken for about 7-8 minutes per side or until juices run clear and internal temperature reaches 160 degrees. Allow to cool slightly before dicing into bite-sized pieces.
2. While the chicken cooks, chop green onions and tomatoes and cook the bacon. Whisk together dressing and yogurt in a large serving bowl.
3. Gently stir all other ingredients into the salad dressing mixture until well coated. Enjoy immediately or refrigerate until ready to serve.



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