



P.A.R.K. NEWS



Programmed After-school Recreation for Kids!

NOVEMBER 2015

RECREATION SUPERVISOR NEWSLETTER

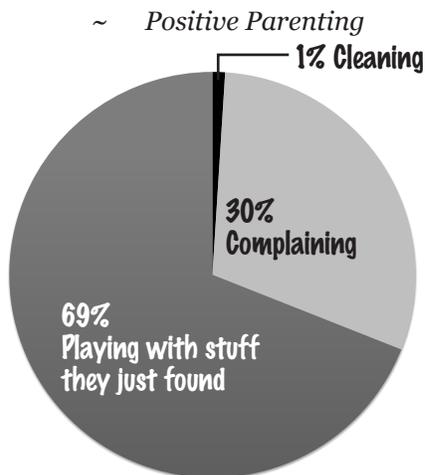
Thank You for Keeping the Lights On!

Thanks to the children for helping us celebrate Lights On Afterschool on Thursday, Oct. 22. Lights On Afterschool, a project of Afterschool Alliance, is celebrated nationwide to call attention to the importance of afterschool programs for America's children, families and communities. A coloring contest was offered to P.A.R.K. participants.

Congratulations to the winners!

- Jacob Reynolds – Richard Avenue
- Elizabeth Jones – Richard Avenue
- Brady Tschiggfrie – Buckeye Woods
- Madison Arrieta – Buckeye Woods
- Owen Sugar – Monterey
- Zeke Gibson – Monterey
- Annika Herria-Castro – Highland Park
- Taelor Conley – Highland Park
- Haley Gardner – J.C. Sommer
- Harlee Ball – J.C. Sommer

Your Child "Cleaning" His/Her Bedroom



Reminders

- Wednesday, Nov. 25 - Friday, Nov. 27: No school or P.A.R.K.
- Have a happy Thanksgiving!

Make Physical Activity a Regular Part of the Day

Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy, such as taking a brisk 10-minute walk to and from the parking lot or bus stop.

Keep it interesting by trying something different on alternate days or join an exercise class. Every little bit adds up and doing something is better than doing nothing.

Make sure to do at least 10 minutes of activity at a time. For example, walking the dog for 10 minutes before and after work or adding a 10-minute walk at lunchtime can add to your weekly goal.

Mix it up. Swim, take a yoga class, work in a garden or lift weights. To be ready anytime, keep some comfortable clothes and a pair of walking or running shoes in the car and at the office.

Positive Parenting Solutions

~ Positive Parenting

Kids do behaviors that "work" for them. Repeated misbehavior tells us that the behavior is WORKING for the child - he/she is getting a PAYOFF from the behavior. Step one of correcting the behavior is understanding the PAYOFF and removing it. When trying to CORRECT behavior start by analyzing what ATTENTION or POWER PAYOFF you may be providing.

Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood.

~ Fred Rogers



The City of Grove City • Parks and Recreation Department

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BUCKEYE WOODS NEWSLETTER

Important Dates

- Wednesday, Nov. 11: Veterans Day (normal hours for school and P.A.R.K.)
- Wednesday, Nov. 25 – Friday, Nov. 27: No school or P.A.R.K.
- Thursday, Nov. 26: Thanksgiving Day

Parent Reminders

- Please have your child/children wear or bring a pair of athletic shoes every day.
- Dress your child in layers. During the afternoon hours at P.A.R.K., temperatures can drop quickly.
- There has been trouble with children keeping their hands to themselves. Please remind your child that P.A.R.K. rules are the same as school rules. We want to maintain a safe and fun environment for all children who attend.

A Thankful November

One of the best gifts you can give someone is the gift of thanking them for being a part of your life. November is the start of the holiday season and a time to reflect on the most important things in our lives. We want to thank you all for letting us be a part of your and your child's lives. We truly enjoy spending time with them and creating a safe and fun environment.

This month our activities revolve around things we are thankful for. Watch for those always-so-cute turkey handprints and homemade pumpkin spice play dough.

Parks and Recreation Community Survey

Help Grove City update its Parks and Recreation Open Space Comprehensive Plan to direct policy recommendations through 2021 for development of parks, facilities and recreational programming. Ensure your opinions are heard. Participate in a community meeting or take a brief survey before Friday, Dec. 4. Find details and the survey at www.GroveCityOhio.gov.

Crock-Pot Chicken and Stuffing Recipe

Prep time: 10 minutes

Cook time: 4 hours (7-8 hours on low)

Ingredients:

- 4 chicken breasts (defrosted)
- 1 large or 2 small cans cream of chicken soup
- 2 boxes stuffing mix
- 1 cup light sour cream
- 1 small package of frozen green beans
- 1 cup water
- Nonstick spray

Directions:

1. Spray the Crock-Pot with nonstick cooking spray.
2. Layer one: place defrosted chicken breasts in the bottom of the crockpot.
3. Layer two: pour on the dry mixture from two boxes of stuffing.
4. Layer three: in a separate bowl, mix together the soup and sour cream. Pour over the dry stuffing mix.
5. Layer four: pour on the frozen green beans.
6. Pour water on top.
7. Cook on high for 4 hours or on low for 7-8 hours.

Not what we say about our blessings,
 But how we use them,
 Is the true measure of our
 Thanksgiving.
 ~ W.T. Purkiser

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



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HIGHLAND PARK NEWSLETTER

Reminders

- Wednesday, Nov. 25 – Friday, Nov. 27: No school or P.A.R.K.
- Please remember if your child is not going to be at P.A.R.K. you must let us know. Call our cell phone anytime at 614-571-9624 and leave a message.

November Activities

Fall is here! We will create lots of entertaining leaf crafts and play fun fitness games!

Books to Check out for Fall

- "Leaf Man" by Loise Hlerts
- "A Plump and Perky Turkey" by Teresa Bateman
- "I Know an Old Lady Who Swallowed a Pie" by Alison Jackson
- "The Night Before Thanksgiving" by Natasha Wing

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Recipe of the Month: Pepperoni Pizza Lasagna

Ingredients:

- 1 egg, beaten
- 15 ounces part skim milk ricotta cheese
- 6 tablespoons grated Parmesan
- 1½ cups mozzarella, divided
- 3 ounces pepperoni, divided
- ½ cup chopped green peppers
- ½ cup chopped red onion
- 2 cups pasta sauce
- ½ cup water
- 8 lasagna noodles, uncooked

Directions:

Heat oven to 350 degree. Mix egg, ricotta, and Parmesan in medium bowl until blended. Stir in 1 cup mozzarella. Reserve 9 pepperoni slices, and 2 tablespoons each of green pepper and onion. Quarter remaining pepperoni slices; place in separate medium bowls. Add pasta sauce, water, remaining green peppers and onions; mix well.

Spread ½ cup sauce in bottom of an 8" square baking dish sprayed with cooking spray. Top with layers of 2 lasagna noodles (break to fit). Add ⅓ ricotta mixture and ½ cup sauce. Repeat layers twice then top with remaining noodles, mozzarella and reserved pepperoni, peppers and onions. Cover with foil sprayed with cooking spray.

Bake for 35 minutes; uncover then heat for another 10 minutes, until heated through. Let sit 10 minutes then cut and serve.



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P.A.R.K. NEWS



Programmed After-school Recreation for Kids!

NOVEMBER 2015

J.C. SOMMER NEWSLETTER

Dates to Remember

- Wednesday, Nov. 25 – Friday, Nov. 27: No school or P.A.R.K.
- Thursday, Nov. 26: Thanksgiving Day

Birthday Greetings

- Nov. 2: Emma Richter
- Nov. 3: Addison Moore
- Nov. 21: Gavin Retherford

Joke Corner

Q. Why did the lion spit out the clown?

A. He tasted funny
~ Alyssa Rowe

Q. How do you make a hot dog stand?

A. Take away his chair
~ Nathaniel Walker

Q. How did the dinosaur fight the pirate?

A. With a dinosword
~ Bella Barone

Q. Why didn't the girl trust the ocean?

A. There was something fishy about it
~ Khloe Hall

Q. Where do pencils go for vacation?

A. Pennsylvania
~ Emma Jo Javorsky

Daddy's Football Game

~ Jack Prelutsky

Our turkey dinner's hardly gone
When Daddy says, "The game is on."

He tunes it in, takes off his shoes,
And turns to watch his heroes lose.

He seems to take it very hard
Whenever they fall short a yard.

"Another incomplete," he grunts,
"more penalties, more bungled punts."

"They're missing tackles,"

Daddy mumbles,
"dropping passes, making fumbles..."

"INTERCEPTION!" Daddy roars.

As once again the wrong team scores.

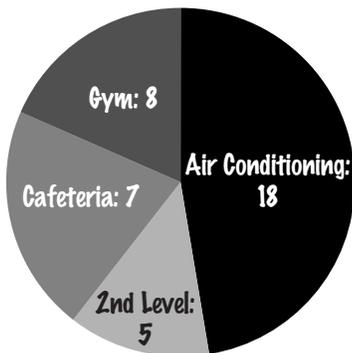
He sits and screams, we sit and grin,
He gets so mad when they don't win.

Thanksgiving wouldn't be the same
Without my father's football game.

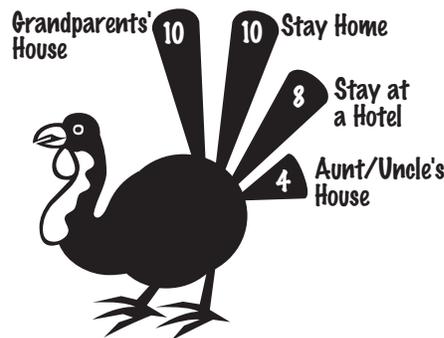
J.C. Sommer P.A.R.K. Survey Results

Thanks to Renee Hively, Emma Jo Javorsky, Haley Gardner and Jaxson Rohm for their help tallying this month's survey.

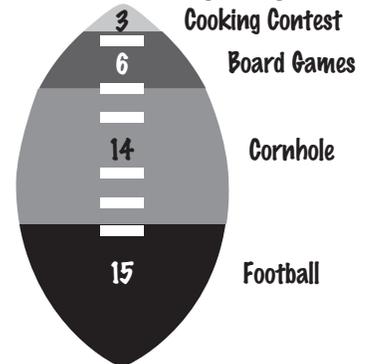
Favorite thing about the new J.C. Sommer building?



Where do you spend Thanksgiving?



Favorite game to play on Thanksgiving?



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MONTEREY NEWSLETTER

November Dates to Remember

- Sunday, Nov. 1: daylight saving time ends
- Wednesday, Nov. 11: Veterans Day
- Wednesday, Nov. 25 - Friday, Nov. 27: No school or P.A.R.K.
- Thursday, Nov. 26: Thanksgiving Day

November Crafts

This month we will create lots of great fall and Thanksgiving Day inspired crafts. Be on the lookout for some amazing autumn crafts throughout this month!

Weather

A reminder that even as the weather gets chilly, we will still go outside. Please make sure your child has appropriate jackets and other apparel for playing outside.

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Recipe of the Month: No Bake Pumpkin Oatmeal Cookies

Ingredients:

- 1½ cups white sugar
- ½ cup brown sugar
- ¾ cup butter
- ⅔ cup milk
- 1 (3.4 oz) box instant pumpkin spice pudding mix or substitute
- vanilla pudding plus 1 tablespoon pumpkin pie spice
- 3½ cups quick cooking oats
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract

Directions:

In a saucepan, combine sugars, butter and milk. Bring to a boil for 2 minutes. Remove from heat and add in the pudding mix, stirring to combine completely. Add in pumpkin pie spice, vanilla and oats. Stir to combine and let stand for 5 minutes. Drop by rounded tablespoonfuls onto waxed paper, and allow to cool completely. Store in airtight container. Servings: 36 cookies



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RICHARD AVENUE NEWSLETTER

Reminders

- Wednesday, Nov. 25-Friday, Nov. 27:
No school or P.A.R.K.
- If your child will be absent, call the P.A.R.K. site cell phone at 614-571-9623.
- Ensure your child brings a snack and water bottle daily.

National Animal Shelter & Rescue Week

National Animal Shelter and Rescue Appreciation Week is Nov. 1-7. To honor this event, we encourage the kids to be involved by donating to the non-profit Colony Cats & Dogs. Donations are accepted through Tuesday, Nov. 24. Place items in the basket near the parent table. All donations are appreciated, but the highest need is for these:

- Canned cat & kitten food
- Gerber baby food (chicken flavor)
- Hand sanitizer
- Paper towels
- Bleach
- Mr. Clean Magic Erasers
- Cat litter
- 39-gallon, heavy-duty trash bags

Fall Weather

As the weather changes, we continue to go outside daily. Be sure your child is dressed for the weather.

We recommend long-sleeved T-shirts, sweat-shirts or light jackets.



Art Projects

This month we have a variety of art projects planned. Our weekly themes are "falling into November," "fall harvest," "gobble, gobble" and "Indians and Pilgrims." Look for your child's artwork daily.

Pumpkin Pie Dessert Lasagna

Ingredients:

- 1 sleeve graham crackers
- 6 ounces butter, melted
- 8 ounces low fat cream cheese
- 1/4 cup heavy cream
- 1 cup powdered sugar
- 3/4 can pumpkin puree (not pumpkin pie filling)
- 1/2 Tablespoon pumpkin pie spice
- 20 ounces light whipped topping (e.g. Cool Whip)
- 15 ladyfinger cookies
- 6 ounces good quality white chocolate, melted
- 1 cup pumpkin spice chips or white chocolate chips
- 1 cup chopped pecans (optional)

Directions:

Preheat oven to 350°F. Place the graham crackers in a sealed gallon bag. Use a rolling pin to crush them into crumbs. Pour butter into bag; knead the butter into crumbs until well combined. Firmly press mixture into the bottom of a 9x13 baking dish to make a crust. Bake for 6-8 minutes (until golden brown). Let cool.

Beat cream cheese until smooth and fluffy with an electric mixer. Add heavy cream and whisk until well combined. Add sugar, pumpkin and pumpkin pie spice. Mix until well combined. Add 8 ounces whipped topping; whisk on high 1-2 minutes until fluffy and completely smooth. Set aside.

In a separate bowl, combine 8 ounces of whipped topping with the melted white chocolate. Whisk until completely combined and smooth. Set aside.

Top cooled crust with half of the pumpkin mousse; spread it to form an even layer. Top with even rows of lady fingers and then top with the rest of the pumpkin mousse. Top the mousse with the white chocolate whip cream and spread out evenly. Top with remaining 4 ounces of whipped topping, pumpkin spice chips and pecans.

Chill in fridge for at least 2 hours before serving.



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