



P.A.R.K. NEWS



Programmed After-school Recreation for Kids!

MARCH 2016

RECREATION SUPERVISOR NEWSLETTER

Reminders

- Tuesday, March 15 - P.A.R.K. payment due
- Friday, March 25 - Friday, April 1: No school or P.A.R.K. for Spring Break

Upcoming Parks and Recreation Classes

Grove City Parks and Recreation Department offers a variety of youth and adult classes. For more information or to register for any of our classes, visit www.GroveCityOhio.gov or call 614-277-3050. Find us on Facebook, Twitter and Instagram, too! Here are some upcoming youth classes:

Challenge Island: Minecraft Camp

Ages 6 to 13 take a spring break trip to Challenge Island to mine critical thinking, problem solving, science and teamwork! Join tribe mates to set up shelter in the micro world of Steve and the gang. Take on minecrafty challenges by creating fences, critter catchers and catapults. Design your own wild mine train ride and take the fishing rodeo challenge!

Meets 9 a.m. to 1 p.m., Monday, March 28 to Friday, April 1 at the Kingston Center. Fee is \$188 (\$203 for non-residents). Register using Activity #: 403261.04.

Zumba® Kids

Rock with friends in an ultimate dance fitness party for young Zumba® fans that features age-appropriate music and high energy moves to get kids groovin' to the beat. Feel fearless on the dance floor - be yourself and dance like no one's watching! Led by licensed instructor Chauntel Horaney. Wear athletic shoes and clothes; bring a water

bottle. Meets 6 to 6:40 p.m., Mondays starting March 14 for five weeks at the Kingston Center. Fee is \$32 (\$37 for non-residents). Register using Activity #: 403245.01.

Jelly Bean Art

Ages 5 to 10 celebrate Easter by making crafts from these yummy treats: paint with jelly beans, prepare jelly bean trail mix (nut-free) and create jelly bean art and other Easter crafts. Meets at the Kingston Center, Thursday, March 17; 6:30-7:30 p.m. Fee is \$10 (\$12 for non residents). Register using Activity #: 403264.01

Easter Graham House

Ages 5 to 12 decorate a graham-cracker house for Easter using imagination and provided supplies including icing, jelly beans, peeps and more. Meets at the Kingston Center, Thursday, March 24, 6:30 to 7:30 p.m. Fee is \$10 (\$12 non-residents). Register using Activity #: 403276.03.

Art and Design

Ages 5 to 12 practice the elements of art and design while working with a variety of art media and focusing on techniques such as drawing, painting and collage. Take home a finished piece each week. Sonya Wells instructs. New projects each session. Dress to get messy or bring a coverup. Meets at the Kingston Center for four weeks starting Tuesday, March 1, 6 to 7 p.m. Fee is \$40 (\$45 non-residents). Register using Activity #: 403272.01.

Studio Art (Ages 8-12)

Ages 8 to 12 use a variety of supplies while exploring techniques to create multi-media art pieces on canvas, watercolor paper and more each week. Sonya Wells instructs. Dress to get messy or bring a coverup. New projects each session. Meets at the Kingston Center for four weeks starting Wednesday March 2, 6 to 7 p.m. Fee is \$40 (\$45 non-residents). Register using Activity #: 403272.02.



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2016 Summer P.A.R.K.

Registration for 2016 Summer P.A.R.K. opens for current P.A.R.K. families Monday, March 21. Keep a look out on the parent table for more registration information.

New: Online parent packets starting this summer!

Parent packets are going online! Parents will now be responsible for filling out and printing off the appropriate paperwork for Summer P.A.R.K. This new policy is an effort to help save paper and get information to parents quicker. More information on where to find parent packets for the summer will be available soon.

Parks & Rec. Is Moving!

The Grove City Parks and Recreation Department is relocating to the Kingston Center, 3226 Kingston Ave., in April 2016. 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, and reserve shelters or the Eagle Pavilion.

Grove City Parks and Recreation

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

Protect Your Family from Lead Exposure

~ U.S. Centers for Disease Control and Prevention

Lead is a naturally occurring element found in small amounts in the earth's crust. While it has some beneficial uses, it can be toxic to humans and animals and cause adverse health effects. Lead poisoning is caused by swallowing or breathing lead. Children under 6 years old are most at risk. Lead poisoning hurts the brain and nervous system and some effects may never go away. It can cause learning and behavior problems, slowed growth and development, and damaged hearing and speech.

Most lead poisoning in children is caused when they breathe or swallow dust on their hands and toys. A fine dust can be released when old paint cracks and peels (lead paint was commonly used in homes before 1978).

A lead test is the only way to know if your child has lead poisoning as most children who have lead poisoning do not look or act sick. Ask your doctor to test your child for lead. For more information on the dangers of lead or how to have your home assessed, contact Franklin County Public Health at www.myfcph.org/lead or 614-525-3017. or visit

1. Test your home for lead.

- If you live in a home built before 1978, have your home inspected by a licensed lead inspector.
- Find a checklist to help is available at www.EPA.gov/lead.

Sometimes lead comes from things other than paint in and around your home, such as:

- Candy, toys, glazed pottery and folk medicine made in other countries.
- Soil and tap water.
- Work areas where auto refinishing, construction and plumbing is being done.

2. Keep children away from lead paint and dust.

- Clean up lead dust with wet paper towels especially around windows, play areas and floors.
- Using soap and water, frequently wash toys and hands, especially before eating and sleeping.
- Use contact paper or duct tape to cover chipping or peeling paint.

3. Renovate safely.

- Home repairs like sanding or scraping paint can generate dangerous dust.
- Keep children and pregnant women away from work areas.



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BUCKEYE WOODS NEWSLETTER

Reminders

- Wednesday, March 2: Read Across America Day and Dr. Seuss' birthday
- Thursday, March 17: St. Patrick's Day
- Friday, March 25 - Friday, April 1: No school or P.A.R.K. for Spring Break
- If your child will be absent, call the P.A.R.K. site cell phone at (614) 519-4664.
- Please remember to sign your child out each day.

Seven Ways to Build a Better Reader

1. Read aloud with your child for 30 minutes every day. Find a quiet, comfortable spot and take turns reading.
2. Encourage all reading. Comic books and magazines can provide a good reading experience.
3. Keep a dictionary handy. Look up words he/she doesn't know together and invest in a dictionary your child can use on his/her own.
4. Use informative books. Encourage reading for information. Instead of relying only on the internet, if he/she has a science report, help find books for research.
5. Discuss books. Ask your child what an author's main theme is, how characters are alike or different, what he/she likes and dislikes about the book. Share your own thoughts.
6. Expect plateaus. Following big leaps in progress, your child may stay at the same reading level for several months. Keep encouraging and offering praise.
7. Set a good example. Read for pleasure and information every day at home, in a room with the television off.

"The more you read, the more you will know. The more that you learn, the more places you'll go."

~ Dr. Seuss

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

From the P.A.R.K. Leaders

Happy birthday, Dr. Seuss! March 2 is National Read Across America Day to celebrate his birthday. We have a 30-minute story time daily. Although it is not always their favorite activity, we know its important for the children. We read books aloud or the children bring books to read independently. Occasionally we have the children participate in making up our own stories, each one adding to the tale. It's quite amusing to hear the stories they come up with! If your child has a favorite book he/she would like to share, we welcome him/her to bring it to P.A.R.K.

We hope everyone has a fun and safe Spring Break. We look forward to seeing everyone when we return!

Recipe: Cheesy Carrot Casserole

Ingredients

- 1/2 cup butter
- 1/2 cup medium onion
- 1/4 cup flour
- 1 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/4 teaspoon pepper
- 2 cups milk
- 1 cup sharp cheddar cheese, shredded
- 2 pounds baby carrots or 12 large carrots, sliced into bite-sized pieces
- 1 cup plain bread crumbs

Instructions

Preheat oven to 350 degrees. Steam carrots until half cooked (soft to bite but with some crunch). Combine butter and onion in a saucepan. Cook until onions are soft and translucent. Add flour, salt, mustard and pepper; mix well to create a paste. Slowly add milk 1/4 cup at a time, whisking continually.

Cook for five minutes. Turn off burner; add cheese. Mix well until cheese is melted and combined.

Place carrots on the bottom of greased, 9x13-inch casserole dish. Pour cheese mixture on top, covering carrots completely. Sprinkle on bread crumbs and bake 25 minutes. Remove from oven and serve immediately. Serves eight. Prep time is 50 minutes.



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HIGHLAND PARK NEWSLETTER

Important Dates

- Wednesday, March 2: Read Across America Day and Dr. Seuss' birthday
- Thursday, March 17: St. Patrick's Day
- Friday, March 25 - Friday, April 1: No school or P.A.R.K. for Spring Break

March

March is here! Hopefully spring is springing and flowers are blooming! As a reminder, Spring Break falls Friday, March 25 through Friday, April 1; there is no P.A.R.K. on those days. P.A.R.K. resumes Monday, April 4.

Dr. Seuss' birthday is March 2. We will read some of his books and create great Cat in the Hat crafts. On St. Patrick's Day, Thursday, March 17, we will fashion green crafts.

Remember, if your child is going to be absent, you need to let P.A.R.K. know. Call the P.A.R.K. cell phone, 614-571-9624 and leave a message.

Dietary Guidelines for Americans

~ *Health.gov*

The latest Dietary Guidelines for Americans encourage everyone to strive for lifelong health based on five overarching guidelines:

1. Follow a healthy eating pattern across your whole life. All food and beverage choices matter. A healthy eating pattern at an appropriate calorie level can help achieve and maintain a healthy body weight, support nutrient adequacy and reduce the risk of chronic disease.
2. Focus on variety, nutrient density and amount while choosing a variety of nutrient-dense foods across and within all food groups.
3. Limit calories from added sugars and saturated fats and reduce sodium intake.
4. Shift to healthier food and beverage choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
5. Support healthy eating patterns for all ages.

Recipe of the Month: Pretzel Crusted Chicken Nuggets

Ingredients:

- 2 cups salted pretzel twists (about 3 ounces)
- 1/2 cup grated Parmesan
- 1/2 cup all purpose flour
- 1/4 teaspoon pepper
- 2 large eggs
- 1 pounds boneless chicken breast, cut into 2 inch pieces

Directions:

Preheat oven to 400 degrees and coat large baking sheet with cooking spray. Place pretzels and cheese in food processor and process until coarsely ground. Transfer to large bowl and add cheese. Whisk eggs in a separate bowl. Put flour and pepper in a third bowl

Take each chicken piece and coat with flour, shaking off excess. Coat with egg then with pretzel and cheese mixture. Place on baking sheet and bake for 20 minutes or until chicken is cooked through.



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J.C. SOMMER NEWSLETTER

Dates to Remember

- Friday, March 25 - Friday, April 1: No school or P.A.R.K. for Spring Break
- Tuesday, March 15- P.A.R.K. payment for April due

Weather

Make sure your child dresses in layers and wears a coat, hat, gloves and scarf each day. As the weather gets a little warmer, we spend more time outside. If your child does not wear athletic shoes to school, make sure he or she brings a pair of running/gym **SHOES** to change into for outdoor play and gym games.

March Birthday Greetings

- Caleb Richter - March 16
- Aiden Allmon - March 17
- Danica Ocheltree - March 21
- Ava Patrick - March 21
- Renee Hively - March 23
- Chance Sweazey - March 24
- Amira Tadlock - March 27
- Jaxson Rohm - March 31

March Activities

We continue to play our favorite indoor games like superhero tag, capture the flag and dodgeball. We also love our dance parties every other Tuesday, a great way to get large-motor exercising while the weather is cold. We started a talent show for students to express themselves singing, dancing a number, playing an instrument, telling some jokes or showing their talent in a sport.

In art, we will work on fun St. Patrick's Day and spring-themed crafts to usher in the warmer spring weather! We create with Perler beads every Friday, a big hit for using patterns from Minecraft, Star Wars and Hello Kitty!

V.I.P. Students

Wow! Look who has been a V.I.P. STUDENT already! Congrats to these students for being good listeners, following the P.A.R.K. and J.C. ways, not hesitating to help friends or P.A.R.K. leaders and serving as good examples at all times! We encourage all students to try their hardest to become a V.I.P. We will do this through the end of the school year so everyone has a chance to become a V.I.P. Ask your P.A.R.K. student what he/she gets to do as a V.I.P.

- | | | | |
|--------------|-----------|------------|-------------|
| • Vincent | • Dylan | • Renee | • Amira |
| • Aiden | • Morgan | • Emma J. | • Tristan |
| • Izzy | • Brayden | • Keegan | • Bella |
| • Mady | • Taylor | • Abrielle | • Haley |
| • Dominic C. | • Claire | • Emma R. | • Emma Jo |
| • Brooklyn | • Kyla | • Kylee | • Nathaniel |



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MONTEREY NEWSLETTER

Dates to Remember

- March 1: Ohio became the 17th state in 1803
- March 13: daylight saving time begins
- March 17: St. Patrick's Day
- March 20: First day of spring
- Friday, March 25 - Friday, April 1: No school or P.A.R.K. for Spring Break

March is Fire Prevention Month

National Fire Prevention Association's Fire Prevention Week campaign, "Have Two Ways Out," focuses on the importance of home escape planning. When fire strikes, the reality is that your home could be engulfed in smoke and flames in just a few minutes. What if your first escape route is blocked by smoke or flames? That's why having two ways out is such a key part of your plan. For more information go to www.nfpa.org.

PB&J Sushi Rolls

Ingredients:

- 2 tablespoons creamy peanut butter
- 2 tablespoons strawberry jelly, jam or preserves
- 2 slices bread

Directions:

1. Remove crusts from bread. With a rolling pin or large soup can, completely flatten bread.
2. Spread one tablespoon of peanut butter and one tablespoon of fruit spread on each slice of bread.
3. Roll each slice into a tight spiral. Cut each spiral into four pieces.

March Crafts

This month we will make fun and exciting crafts - some creative, some edible and some seasonal, too! Get ready to hear and see all of our exciting crafts for this month.

Dietary Guidelines for Americans

~ *Health.gov*

The latest Dietary Guidelines for Americans encourage everyone to strive for lifelong health based on five overarching guidelines:

1. Follow a healthy eating pattern across your whole life. All food and beverage choices matter. A healthy eating pattern at an appropriate calorie level can help achieve and maintain a healthy body weight, support nutrient adequacy and reduce the risk of chronic disease.
2. Focus on variety, nutrient density and amount while choosing a variety of nutrient-dense foods across and within all food groups.
3. Limit calories from added sugars and saturated fats and reduce sodium intake.
4. Shift to healthier food and beverage choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
5. Support healthy eating patterns for all ages.



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RICHARD AVENUE NEWSLETTER

Reminders

- If your child will be absent, call the P.A.R.K. site cell phone at 614-571-9623.
- Make sure that your child brings a snack and water bottle daily.
- Remember to sign your child out every day.
- Friday, March 25 - Friday, April 1: No school or P.A.R.K. for Spring Break

Recipe of the Month: Lucky Charm Treats

Ingredients:

- 3 tablespoons butter
- 25 large marshmallows or 2 1/2 cups miniature marshmallows
- 5 cups Lucky Charms cereal

Directions:

Melt margarine and marshmallows over medium heat in a saucepan or in the microwave until smooth. Stir in Lucky Charms until well coated. Press into grease 9x9x2-inch pan with buttered hands. Let cool then cut into squares.

St. Patrick's Play Dough

- 2 cups flour
- 2 cups water
- 1 cup salt
- green food coloring
- green glitter

Combine all ingredients in a saucepan. Stir well and cook over medium heat until dough forms into a ball. Remove from heat and let cool.

Joke

Knock, knock.

Q. Who's there? A. Irish.

Q. Irish who? A. Irish you a Happy St. Patrick's Day!

January Sock Drive



Thanks to these students who donated socks during the homeless shelter sock drive during January.

Art Projects

In March, our art projects will follow a variety of themes: Artsy Week, Science Week, St. Patrick's Week and Easter Week. Look for your child's wonderful pieces of artwork daily.

Did You Know?

- March is Noodle Month.
- March 1 is Peanut Butter Lover's Day.
- Babe Ruth hit his first professional home run March 7, 1914.
- Paper money was first issued in the United States March 10, 1862.
- March 14 is Potato Chip Day.
- The escalator was patented on March 15, 1892.
- March 28 is National Something on a Stick Day.
- Eiffel Tower was dedicated on March 31, 1889.



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