



P.A.R.K. NEWS



Programmed After-school Recreation for Kids!

FEBRUARY 2019

RECREATION SUPERVISOR NEWSLETTER

Reminders

- Friday, Feb. 15: P.A.R.K. payment due
- Monday, Feb. 18: No school or P.A.R.K.

2019 Summer P.A.R.K.

Registration for current families for Summer P.A.R.K. starts Monday, March 11. Look for registration information in early March at your P.A.R.K. site.

Hand Washing

Hand washing is an easy way to prevent infection. As you teach your children the habit of washing their hands, it is also a good idea to help them understand when to do so.

Remember children touch many objects, surfaces and people throughout the day, accumulating a lot of germs on their hands. They can infect themselves by touching their eyes, noses or mouths.

Although the P.A.R.K. staff allows and encourages frequent hand washing, a great time to remind them to wash their hands is when you are ready to exit the P.A.R.K. site for the day.

Frequent hand washing is one of the best ways to avoid getting sick and spreading illnesses.



End-of-day Pickup

Please be mindful of your children's excitement in seeing you at the end of the P.A.R.K. day and their readiness to greet you. They are anxious to share their experiences of the day with you. We encourage you to enter the site with all cell phone calls ended, so you are ready to be attentive to your child at pickup.

Your child will appreciate your willingness to listen and it makes a more smooth and safe transition for your child as the P.A.R.K. staff can acknowledge your arrival and your child's departure.



The City of Grove City • Parks and Recreation Department

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24 Fun Things to Do with Kids in Winter

~ www.thespruce.com

1. Make homemade hot cocoa with marshmallows.
2. Go sledding together. Don't forget to bundle up and bring bike helmets for added safety!
3. Make paper snowflakes and hang them up in unexpected places around your home.
4. Go bowling. If your kids are young, try the duckpins.
5. Use your phone's camera to make a slow-motion video of the snow accumulating outside your window. Then send it to family members via email to show them how deep the snow really is!
6. Make a graph showing each day's high and low temperatures for the week. Then make predictions about next week and see who is closest to each day's actual temperature.
7. Make ice cream using snow.
8. Go roller skating at an indoor rink that plays your favorite music.
9. Have a snowball fight. If your kids are different ages/sizes, set a few ground rules so it is enjoyable for everyone.
10. Play board games together. Be sure to introduce the kids to some of *your* favorites!
11. Make a pine cone bird feeder using peanut butter and birdseed. Hang it outside a window so you can see the birds enjoy the treat.
12. Take a guess at how much snow is on the ground. Then grab a ruler and go measure it to see how much snow has actually accumulated.
13. Make greeting cards for residents of a local nursing home then take a field trip to deliver them together.
14. Watch the snow fall together then make snow angels in your yard.
15. Buy a kid-sized shovel and clear the driveway or sidewalk together. If the snow is really deep, be sure to carve out a "lighter" area for your kids to work.
16. Visit your local library and check out books on winter themes. Take turns reading to one another at home. Bonus: use your phone to record one another reading and then save the recordings for bedtime stories on a night when you're extra exhausted.
17. Draw and color a mural showing a winter scene. Hang it up in your living room where the kids will enjoy seeing it every day or mail it to a family member who lives in an area of the country unaccustomed to snow.
18. Build a snow fort together. Or, if it's too cold outside, build a fort indoors with blankets, pillows and large boxes.
19. Take a knitting class at your local craft store and make hats for each other.
20. Fill a spray bottle with colored water and write in the snow. This is a great way for young kids to practice their letters.
21. Bundle up and take a walk during a snowstorm.
22. Make a snowman sun catcher and hang it in a window that catches the bright morning sun.
23. Collect old winter coats from family members and friends and donate them to a local charity.
24. Use the back side of leftover wrapping paper to draw and color life-sized pictures of one another.



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BOLTON CROSSING NEWSLETTER

Quiet Time

We do quiet time after game and before our homework and reading time. The kids sit on the gym floor and we turn out the lights and let them rest for about five minutes. It really helps the kids calm down before we transfer into homework and reading time! Therefore, if you walk in and it is completely silent, that is what is happening.

Valentine's Day

We are having a little celebration with the kids on Valentine's Day. If your child would like to bring in valentines for the other kids, they can be passed out during our fun activities! We currently have 40 kids in our program.

Crafts

We are making many fun crafts in February, from group projects to a whole week of food crafts! We try our best to switch up our crafts to keep the kids interested. We are making valentine boxes the first week of the month, so children who want to participate should bring in a box to decorate.

Games

We have switched up games for February. We have so many games we have not played before! We are excited to see how much the kids like them. Our goal is to keep every child interested in each game, so they all get in some physical activity.

RECIPES OF THE MONTH

Try these fun and easy valentine's recipes to do with your child.

Heart Shaped French Toast

Ingredients:

- 2 slices oatmeal bread
- Maple syrup
- Egg
- Strawberries
- ¾ cup skim milk

Directions:

1. Beat an egg using a fork in a medium, low bowl. Add about ¾ cup milk and a teaspoon of maple syrup. Stir well.
2. Using a heart-shaped cookie cutter, cut out heart shapes from the center of bread slices.
3. Dip bread pieces into egg mixture and place onto pancake griddle or large skillet set on medium heat. Brown lightly on both sides.
4. Garnish with cut strawberries and maple syrup.

Calzone Heart

Dough Ingredients:

- 1 package yeast
- 3 tablespoons olive oil
- 1 tablespoon sugar
- 1 ¾ cup white flour
- 1 cup warm water
- 1 ¼ cup whole wheat flour
- 1 teaspoon salt

Filling Ingredients:

- Mozzarella cheese
- Turkey pepperoni
- Marinara sauce

Directions:

Combine yeast, sugar and warm water; let set 5 minutes. Mix remaining ingredients; add yeast mixture. Let dough rise in a warm place for 1-2 hours (until doubles in size).

Roll out a small portion of the dough at a time, cutting two equal-sized hearts. Fill middle with a thin layer of marinara sauce, turkey pepperoni and cheese. Place another dough heart on top and crimp the edges together with a fork. Set on baking tray. Bake at 400°F for 10-15 minutes until lightly browned. Test to make sure dough is done baking. Serve with marinara sauce for dipping.



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Programmed After-school Recreation for Kids!

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BUCKEYE WOODS NEWSLETTER

Reminders

- If you know ahead of time your child will not come to P.A.R.K. on a specific day, let one of the leaders know and mark him/her absent.
- Monday, Feb. 18: No school or P.A.R.K.

Winter Weather

February weather can be unpredictable. Always have your child prepared with coats, gloves and hats. Dressing in layers is best, so if the weather warms up or cools down, he/she is ready for the change.

We follow the same weather guidelines as the South-Western City School District: if the temperature is below 20 degrees with the wind chill factor, we do not go outside.

Emergency Pickup

Any child who runs a fever of 99.0°F or higher will need to be picked up ASAP. If you are unable to arrange to pick up your child, please make other arrangements. You should have at least two non-parents on your pickup list who can pick up your child from P.A.R.K. Any time you wish to add additional approved contacts, please let us know so we can update your information.

As always, if your information changes, i.e., workplace, cell phone, home phone or any other information required by the P.A.R.K. program, notify us. We will update our contact information so we can reach you in an emergency.

February Fun

This month we are going to outer space with some activities. If your child has an interest in certain projects or crafts and wants to present it to others, please let one of the leaders know.

Our team works together to plan activities that can be played by all our children no matter their activity level. As always, we thank you for allowing us to spend time with your children: we enjoy interacting with them.

Our P.A.R.K. team (just call us the A Team) always strives to improve and move with the kids. Knowledge is very powerful, and we continue to learn and improve for our kids, parents and ourselves. We aim to grow with new ideas, crafts, interaction, involvement, problem solving and self-starters. Our goal is to instill in our kids that nothing is impossible if you continue to reach toward your goals and believe in yourself.

Have a FABULOUS FEBRUARY!

~ Elaine, Vicky, Sommer, Amelia and Jacob



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HIGHLAND PARK NEWSLETTER

Reminders

- Monday, Feb. 18: No school or P.A.R.K.
- If your child will be absent, call the P.A.R.K. site cell phone at 614-571-9624.
- Ensure your child brings something to eat and drink for our daily snack time.
- When it is cold out, make sure your child is dressed appropriately for the weather. We will go outside each day as long as weather permits (20°F or warmer).

Daily Sign Out/Parent Table

Be sure to sign your child out daily. Sign out at the parent table unless we are outside. If we are outside, PLEASE see a leader before leaving with your child.

The craft and game of the day are posted on the white board to stimulate conversation with your children about their day. Other important information is also here; any parent information handouts are with the leaders.

Important Info

Our valentine exchange is Thursday, Feb. 14. If your child participates, please make sure he/she has enough for everyone (25). Your child may use the same box/bag as his/her class valentine exchange or bring a different one. Questions? Please ask Jessica, Julie or Tiffany. Thank you!

Jokes of the Month

- Q. How do all the oceans say hello to each other?
A. They wave!
- Q. Why can't you give Elsa a balloon?
A. Because she will let it go!
- Q. Why did the picture go to jail?
A. It was framed!

Art Projects

February art projects include heart arrows, valentine pencils, heart pandas and troll headbands.

Seat Belt Safety

~ www.nhtsa.gov

The time to transition your child out of a booster seat and into a seat belt usually comes when the child is between 8 and 12 years old. Keep your children in booster seats until they outgrow the size limits of the booster seats or are big enough to fit properly in seat belts. A booster seat may be needed in some vehicles and not in others.

For your child to properly fit in a seat belt, he or she must be tall enough to sit without slouching and be able to:

- Keep his or her back against the vehicle seat;
- Keep his or her knees naturally bent over the edge of the vehicle seat; and
- Keep his or her feet flat on the floor.
- The lap belt must lie snugly across the upper thighs, not the stomach.
- The shoulder belt should lie snug across the shoulder and chest, and not cross the neck or face.
- Never let a child put the shoulder belt under an arm or behind the back because it could cause severe injuries in a crash.
- Keep your child in the back seat because it is safer there.

Parents are their kids' strongest influence when it comes to modeling safe driving and riding practices. Buckle up every time you get in the car.



February Birthdays

- Lily Clark Feb. 8
- Kennedy Martin Feb. 23



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J.C. SOMMER NEWSLETTER

Reminders

- Monday, Feb. 18: No school or P.A.R.K.
- Call the J.C. Sommer P.A.R.K. cell phone at 614-571-9620 if your child will be absent from P.A.R.K. for the day or if he/she is participating in an after-school activity that will delay arrival from school (e.g., tutoring or choir outings).
- Ensure your child brings something to eat and drink for our daily snack.
- Make sure that if your child does not wear gym shoes to school, he/she has a pair to change into for our gym games and outside time.
- We still go outside every day we can (20°F or warmer). Make sure your student has the right apparel for winter weather!

February Birthdays

- Oliver Adams
- Vincent Agriesti
- Ian Ferguson
- Lilly Garriga
- Emma Jahn
- Ellis Linn
- Kylee Scaffidi

February Games & Art

Our featured games are mat ball on Fridays and fitness groups every Thursday. Don't forget Valentine's minute-to-win-it games!

We are doing a special project this month - canvas painting. We also are making valentine's conversation heart art.

KIDS' CORNER: Valentines Shout Outs

Eric ♥ From Graham
You have my heart, Valentine!

Mom & Dad ♥ From Andrew
I chews you to be my valentine!

Mom a.k.a. MaMa ♥ From Emma
Valentine, you are the mac to my cheese! I love you!

Dad & Mom ♥ From Kat
You are the heart of my eye!

Jackie & Jesse ♥ From secret admirer
I can't bear to be without you!

Mom & Dad ♥ From Liam
You care about me and I love you.

Mom, Dylon & Dad ♥ From Canon
I love you alooooooot!

Mom ♥ From Alex
You are my valentine.

Dad & Mom ♥ From Harmeni
I love you, Valentine. You make my heart melt.

Jack ♥ From Joe
You are my valentine!

Mom & Dad ♥ From Samantha
I love you, Mom and Dad. I can't bear to be without you!

Dad & Mom ♥ From Elliana
I love you!

Lily G. ♥ From Myrical
You really make me happy. I heart you, Valentine!

McKenna M. ♥ From Brooklyn M.
I chews you to be my valentine!

My Family ♥ From Lily G
I love you guys!

Cailan ♥ From Connor
I love you!

Asher ♥ From Kaleb
Asher, thank you for being my first friend. BFF!

Miss Rachel, Miss Kat, Miss Paige & Mr. Warren ♥ From Luca
I can't bear to be without you, Valentine!

Melena ♥ From Asher
I am not serious, but I love you.

Mom & Dad ♥ From Lily Furniss
You're the salt to my pepper! Every day you make my heart melt away.

Mom & Dad ♥ From Gwen
You're the mac to my cheese. Put me in a zoo, 'cause I'm chicken about you!

Mom & Dad ♥ From Riley McDaniel
Daddy, you are my heart; and Mom, you're the mac to my cheese.

Mom & Dad ♥ From Lilly Frazzitta
You are the sun to my shine.

Mom & Dad ♥ From Brooklyn Cress
Roses are red, violets are blue, chocolate is sweet, and so are you!

Mom & Dad ♥ From Mckenna
I'm the mac to your cheese!

Mom ♥ From Vincent
Roses are red, violets are blue, I really do love you!



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MONTEREY NEWSLETTER

Dates to Remember

- Saturday, Feb. 2: Groundhog Day
- Monday, Feb. 14: Valentine's Day
- Friday, Feb. 15: P.A.R.K. payment due
- Monday, Feb. 18: No school or P.A.R.K.

Reminders

- We go outside to play so long as the temperature is 20°F with wind chill. Please be sure your child is dressed appropriately if we are able to go outside.
- Please call each day your child is absent from P.A.R.K. Our number is 614-571-9622.

Crafts

This month we will create a variety of different valentine-themed projects for February.

- Amanda starts off the month with a **paper cup groundhog**.
- Kristi makes a **mosaic heart**.
- Allie makes **paper flowers** and a **tin foil heart**.

Ask your child about our art project of the day!

Snack Time

Throughout our day here at P.A.R.K., we are very active. Please be sure to provide a snack for your child each day so he/she can refuel his/her body.

Homework/Reading Time

We offer homework or reading time during our program from 4:45 to 5. It is your child's responsibility to get their homework out and work on it during that time. The only options for the child during this time are either doing homework at a table or listening to a book in the gym.

Recipe of the Month:

Strawberry Banana Smoothy

- 1 peeled banana
- 1 cup of frozen strawberries
- 1/2 cup of your choice of milk

Blend all ingredients in a blender until smooth. Add more liquid if too thick.

Seat Belt Safety

~ www.nhtsa.gov

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- Keep his or her feet flat on the floor.
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- The shoulder belt should lie snug across the shoulder and chest, and not cross the neck or face.
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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 your child brings a snack daily.
- Remember to sign out your child each day.
- Monday, Feb 18: No school or P.A.R.K.
- We go outside daily as long as the temperature, including the wind chill, remains above 20 degrees. Your child should dress in layers and wear a coat, hat, gloves and scarf each day.

Art Projects

This month's art follows these weekly themes: snow science, hearts, valentines, space and winter wonderland. Look for your child's artwork daily!

Recipe of the Month: Slow Cooker Chocolate Lava Cake

Ingredients for cake layer

- 1 cup flour
- 2 teaspoons baking powder
- 6 tablespoons butter
- 2 ounces semisweet or regular chocolate chips
- 2/3 cup sugar
- 3 tablespoons Dutch-processed cocoa powder
- 1 tablespoons vanilla extract
- 1/4 tsp salt
- 1/3 cup milk
- 1 egg yolk

Ingredients for liquid layer

- 1/3 cup Dutch-processed cocoa powder
- 1/3 cup sugar
- 1/3 cup brown sugar
- 1 1/2 cups hot water

Directions:

- Spray the inside of a 2 1/2- to 5-quart slow cooker with non-stick spray. In a medium bowl, mix flour and baking powder together; set aside.
- In a large microwave-safe bowl, melt butter and chocolate in the microwave in 30 second increments, mixing between each increment. Cook until melted (shouldn't be more than 2 minutes). Adding to the butter mixture, whisk in 2/3 cup of sugar, 3 tablespoons cocoa, vanilla, salt, milk and egg yolk. Add the flour mixture and stir until thoroughly mixed. Pour the batter into the slow cooker and spread it evenly.
- In a medium bowl, whisk together 1/3 cup sugar, 1/3 cup brown sugar, 1/3 cup cocoa and hot water until completely mixed together. Pour the mixture over the batter in the slow cooker - DO NOT MIX.
- Cover and cook for 2-3 hours on high, checking at the 2 hour mark. The cake should look done and be separated from the sides of the slow cooker. The larger your slow cooker, the shorter the cooking time. [I cooked it in a 2.5-quart slow cooker and it took exactly 2 hours.]
- Remove the top, being careful to not drip water from the lid onto the cake. Allow to cool for 30 minutes. Serve topped with ice cream or whipped cream. Enjoy!



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