



P.A.R.K. NEWS



Programmed After-school Recreation for Kids!

MARCH 2019

RECREATION SUPERVISOR NEWSLETTER

Reminders

- Monday, March 11 - Registration for 2019 Summer P.A.R.K. opens to current families
- Friday, March 15 - P.A.R.K. payment due
- Monday, March 18 - No school or P.A.R.K.
- Monday, March 25 – Friday, March 29 - Spring Break: no school or P.A.R.K.

Attendance

Attendance is taken each day for safety and security. If your child is ill or leaving early from school and will not be at the program, it is your responsibility to call your site's cell phone before 2:15 p.m. and leave a message informing the P.A.R.K. staff of the absence.

If you fail to report your child's absence on the P.A.R.K. voicemail, the Recreation Supervisor will assess a tracking fee of \$20 on each occurrence. (Please see the handbook for more information.)

P.A.R.K. Site Cell Phone Numbers:

- Bolton Crossing 614-981-0779
- Buckeye Woods 614-519-4664
- J.C. Sommer 614-571-9620
- Monterey 614-571-9622
- Richard Ave. 614-571-9623
- Highland Park 614-571-9624

2019 Summer P.A.R.K.

Current program participants enjoy an early registration periods for summer and school-year programs before those programs open up to public enrollment.

Registration opens for current P.A.R.K. families for 2019 Summer P.A.R.K. Monday, March 11.

Be on the lookout for registration information at your site's parent table.

Don't Miss a Thing!

Stay up to date on Grove City activities and events, as well as crime information, service updates including road construction, City Council meetings and more by registering for the In the Grove e-newsletter at bit.ly/gcoEnews.

SCREEN TIME vs LEAN TIME

Do you know how much entertainment screen time kids get? Time in front of a screen is time kids aren't active. See how much screen time kids of different ages get and tips for healthier activities.

AGE GROUP: 8-10, 11-14, 15-18

CHILDREN AGES 8-10 SPEND ABOUT **6 hours a day** IN FRONT OF A SCREEN USING ENTERTAINMENT MEDIA

NEARLY **4** OF THESE ARE SPENT WATCHING TELEVISION

INSTEAD THEY COULD... AND STILL HAVE TIME TO...

- Play a game of basketball
- walk the dog
- and... dance to their favorite songs
- and... jump rope
- and... ride their bike

How can parents help?

- 1 Ensure kids have 1 hour of physical activity each day.
- 2 Limit kids' total screen time to no more than 1-2 hours per day.
- 3 Remove TV sets from your child's bedroom.
- 4 Encourage other types of fun that include both physical and social activities, like joining a sports team or club.

FOR MORE INFORMATION, VISIT MakingHealthEasier.org/GetMoving



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10 Fun Things to Do with Your Family on Spring Break

~ www.allprodad.com

The weather has been cold and bleak for the past couple of months. Your family has had to dig in and stay inside. Well, it's time to get out and into the sun again. Spring break is a wonderful time to build family camaraderie.

There are many great activities you can do with your family as you travel or stay in town, like attending a spring training baseball game or backyard camping. Check out these 10 fun things to do with your family on spring break and make some outstanding memories.

1. Hit the Beach

No place on earth relaxes the spirit like the coast. Bright sun, crashing waves and feet in the sand. Your family will have nothing but smiles. Even if the closest beach is in a place that doesn't get warm until May, being near the water will lift your spirits and give you hope that summer is coming. Whether it is the ocean or a lake, get there.

2. National Parks

Travel to the Grand Canyon, Yosemite or the Smoky Mountains. It doesn't need to be that big though. Find the nearest national park. Somewhere within driving distance lies a national park offering fun and exploration. Get out there and show your family the world is more than strip malls and concrete.

3. Baseball

Starting in March, America's great pastime begins another season. The states of Florida and Arizona host teams from all over the nation. Spring training offers fans smaller stadiums, access to the players and coaches, and great weather. What could be more fun than a hot dog while watching baseball?

4. Rent an RV

Dealers rent RVs for surprisingly reasonable fees. There are special resorts all over the country that cater to big motor homes. Research an itinerary that works for your family and get out on the road!

5. Backyard Fun

Turn your backyard into your very own resort destination. You can play all types of different sports, such as ultimate Frisbee or volleyball. Put down a Slip 'N Slide. Even a sprinkler can keep young kids entertained for hours on end. Think outside the box and come up with your own unique backyard fun.

6. Cook Together

A skill your child should have as an adult is the ability to cook good food. Spend the week with your kids challenging and expanding everyone's abilities. Become a grill master. As a family, research and find recipes of foods you have never attempted. Try a new one each day. Have your kids involved every step along the way.

7. The Outdoor Project

Spring break is the perfect time to add beauty and function to your home. Take this time to add that long-talked about gazebo, fountain or a garden. Involve everyone with vision and planning. Then get out there and do it.

8. Volunteer

Clean up litter in your neighborhood. Pick up trash that can harm wildlife from around ponds and creeks. Help an elderly neighbor with yard work or house maintenance. Let your family choose the cause and then be the solution.

9. Wacky Destinations

America has millions of strange and odd attractions. Most times they are free or very low cost. That picture of your daughter standing next to the 40-foot tall Paul Bunyan will be a timeless keepsake.

10. The Food Tour

Plan a road trip hitting some of the very best of the foods you love. Check the Food Network for some famous "hole-in-the-wall" places or restaurants that have a signature dish. Nothing brings a family together better than food.



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BOLTON CROSSING NEWSLETTER

Reminders

- Monday, March 18 - No school or P.A.R.K.
- Monday, March 25 - Friday, March 29 - Spring Break: no school or P.A.R.K.
- Please call our site cell phone if your child will not be at P.A.R.K.

Crafts

March crafts, of course, mostly focus on St. Patrick's Day. However, we also have fun group art projects as well as entertaining puppets and food crafts the kids will love. Just a reminder: if your child is sent to his/her basket, he/she cannot participate in that day's food crafts.

Game Time

We have a bunch of fun, new games this month. We know the kids love game time, so we try and switch up the games as much as we can!

Of course, some of the children are not fans, but we try our best to encourage everyone to at least play for a little while.

P.A.R.K. Dollars

As many of you know, our reward system involves earning "dollars" that participants spend as they choose. We have added a lot of new and fun rewards we hope inspire the kids to earn "dollars" to spend on special things.

Fun Things to Do With Your Children for Spring Break:

- Visit COSI.
- Go to Get Air.
- Tour the Anthony Thomas Candy Company.
- Take youth programs and classes at the Columbus Idea Foundry such as Marker Kids.
- Watch a production of Sleeping Beauty at the Jeanne B. McCoy Community Center.
- Visit a state park or a historic site such as Serpent Mound.
- Go on a tour of the American Whistle Corporation.

Recipe of the Month: Apple Chips

Ingredients:

- 2 Golden Delicious apples, cored and thinly sliced
- 1 1/2 teaspoons white sugar
- 1 1/2 teaspoon ground cinnamon

Directions:

- Preheat oven to 225°F.
- Arrange apples slices on a metal baking sheet.
- Mix sugar and cinnamon together in a bowl; sprinkle over apple slices.
- Bake until apples are dried and edges curl up (45-60 minutes). Using a metal spatula, transfer apple chips, to a wire rack until cooled and crispy.



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BUCKEYE WOODS NEWSLETTER

"Oh, When the Sun Comes MARCHing In"

We are waiting for the SUN to come shining through. You know the groundhog has predicted an early spring. Come on, sunshine, we are waiting for you!

Spring Activities

The leader team at Buckeye Woods is planning a variety of spring activities. This, of course, includes outside activities like kickball, capture the flag, four square and just running around enjoying the (hopefully) nice weather. If the weather does not cooperate, we will pack in a lot of fun-filled inside activities for our kiddos to enjoy while the weather continues to warm up.

Here are just a few upcoming activities:

Crafts

- Magnetic slime
- Edible unicorn horns
- Castles
- Mermaid tails
- Dancing gummy worms

Games

- Bunker Hill
- Leprechaun gold tag
- Fox in socks
- Green eggs and ham relay
- Dragon tails

Good Job Keeping Us Informed!

A continued "thank you" for calling our site cell phone (614-519-4664), when your child will not attend or if another person will pick up him/her. The more information we have, the smoother the pickup process is.

Reminder

Please remember we do not release a child to anyone not on your pickup list. That person must have a photo ID with him/her at the program so we can verify identity. Our kiddos are very important to us and their safety is our top priority.

Have a Marvelous March,

~ Buckeye Woods Staff: Elaine, Vicky, Amelia, Jacob

Dates to Remember

- Monday, March 18 - No school or P.A.R.K.
- Monday, March 25 - Friday, March 29 - Spring Break: no school or P.A.R.K.

Try New Things!

As you can see, we have a variety of activities to keep our kiddos hoppin'. We encourage everyone to try something new, even if it is unlike anything they done before. If they still aren't interested, they can choose from other activities.

Spring Fun

Spring is a great time to start planning outdoor time with the kids. Don't forget nearby Battle Darby Metro Park where you can see bison roaming on the range and other of nature's wonders. Enjoy walking paths through nature: see beautiful flora awakening from winter's cold to the chorus birds singing tunes of nature. Deer, rabbits and other animals just might cross your path. Just plan a day and enjoy. Spending time with the kids is a cherished memory that can't be erased. Not only will you learn more about your kids, but they will learn more about you.

We Want Your Suggestions!

What are some of your child's favorite activities? We know dodgeball is on the top 10 list. We are always happy to include favorite games that your children would like to play. Just let us know.



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Programmed After-school Recreation for Kids!

MARCH 2019

HIGHLAND PARK NEWSLETTER

Reminders

- Monday, March 18 - No school or P.A.R.K.
- Monday, March 25 - Friday, March 29 - Spring Break: 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
- Be sure to sign your child out each day.
- Make sure your child brings something to eat and drink for our daily snack time.
- March weather changes often: make sure your child is dressed appropriately for the weather. We go outside each day as weather permits.

Important Info: Encouraging Sportsmanship

Parents, if you are not yet aware, we are trying something new to encourage good sportsmanship. We placed a sportsmanship poster on the wall by the cabinet. If a leader observes good sportsmanship, he/she calls the players over at the end of the game for them to put their names on the poster. At the end of the week, anyone whose name is listed earns \$5 in prize money to spend on prizes. If you have any questions, you are more than welcome to ask any leader.

Blue Jackets Clinic

On March 19, Columbus Blue Jackets staff are providing a hockey skills clinic from 4 to 5 p.m. Parents are welcome to come and take pictures at the end. If you have questions, ask any leader.

Jokes of the Month

- Q. Why did the leprechaun climb over the rainbow?
A. To get to the other side!
- Q. Why did the leprechaun turn down a bowl of soup?
A. Because he already had a pot of gold!
- Q. What kind of bow can't be tied?
A. A rainbow!

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.

Art Projects

The weekly March art themes are Dr. Seuss and ribbons. Projects to look forward include ribbon wands, canvas backpacks, green eggs and ham, and ribbon headbands.



March Birthdays

- Brayden Marcum March 5
- Celeste Overholt March 18
- Brayden Honaker March 26



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J.C. SOMMER NEWSLETTER

Reminders

- Monday, March 18 - No school or P.A.R.K.
- Monday, March 25 - Friday, March 29 - Spring Break: no school or P.A.R.K.
- Call our site cell phone at 614-571-9620 if your child will be absent from or late to P.A.R.K.
- Make sure your child brings something to eat and drink for our daily snack time.
- Ensure if your child did not wear gym shoes to school, he/she has a pair to change into for P.A.R.K. for our gym games and outside time.
- We go outside every day. Make sure your student has the right apparel for the weather.

March Birthdays

- Graham Buckland
- Mia Buckland
- Taylor Lloyd
- Danica Ocheltree
- Caleb Richter

March Games & Art

Our featured game for the month on Fridays is basketball. Let's have some March madness!

Our weekly themed art this month will get us ready for spring. Look for our creation during rainbow week, anything green week and getting ready for spring break week when we will set up a spring break photo booth!

KIDS' CORNER: Where Am I Going/Would Like to Go for Spring Break?

- | | | | |
|---|------------------------------|--|------------------------------------|
| • Oilver A.: Stay home | • Chloe: Myrtle Beach | • Emmy: Mexico | • Boston: Hilton Head |
| • Vincent: Legoland | • Brayden: New York | • Eli: Disneyland | • Braxton: Hilton Head |
| • Kason: Hawaii | • Colin: Florida | • Sam: Michigan | • Danica: My dad's house |
| • Abby: Disney World | • Ian: Disneyland | • Taylor: My grandma's house | • Levi: Any place with video games |
| • Raegan B.: The pool with my cousins | • Lilly Frazz: Italy | • Andrew: Myrtle Beach | • Beau: The Bahamas |
| • Titus: Florida with my family | • Connor: Orlando, Florida | • Riley: Myrtle Beach | • Elliana: Beach |
| • Graham: Kings Island | • Lily Furniss: Florida | • Reagan M.: The beach | • Kylee: Disney cruise |
| • Mia: Florida | • Dominic: Denver | • Brooklyn M.: Disney | • Kaleb: The Philippines |
| • Canon: Big Splash | • Samantha: The beach | • Isaac: Asher's house for a sleepover | • Alex: Camping |
| • Brooklyn C.: Washington to see my cousins | • Liam: Washington, D.C. | • McKenna: Universal and Disney | • Harmeni: Hawaii |
| • Asher: Disney World | • Amaya: Las Vegas | • Kat: Florida | • Myrical: Get Air |
| • Luca: Hilton Head | • Emma: San Antonio | • Skyler: YMCA | • Joey: Florida |
| | • Gwen: L.A. | | |
| | • Oliver J.: Lens dairy farm | | |



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MONTEREY NEWSLETTER

Dates to Remember

- Tuesday, March 5: Mardi Gras
- Sunday, March 10: Daylight Saving Time starts
- Friday, March 15: P.A.R.K. payment due
- Sunday, March 17: St. Patrick's Day (see recipe for a yummy snack)
- Monday, March 18 - No school or P.A.R.K.
- Monday, March 25 - Friday, March 29 - Spring Break: no school or P.A.R.K.

Crafts

This month features a variety of spring-themed crafts. Kristi starts the month with a 3D spring tree. Then Amanda has a yummy, edible rainbow for us to enjoy. Finishing the month Allie will make Dr. Seuss crafts based on some of the classic books. Be on the lookout for all these great crafts and more.

Weather

As we all know the temperatures in March can be a little unpredictable, so be sure your child is still ready to go outside each day with appropriate clothing for the weather.

Recipe of the Month: Lucky Charm Marshmallow Treats

Ingredients:

- 16-oz. bag mini marshmallows
- 1 stick (1/2 cup) of butter
- 11.5-oz. box Lucky Charms cereal

Directions:

1. Grease a 9"x13" pan with cooking spray.
2. Melt butter in a large pot. Once melted, stir in mini marshmallows. Stir constantly until melted.
3. Once marshmallows have melted stir in cereal, stirring gently to not crush cereal.
4. Pour mixture into greased pan, gently press in evenly. Too much pressure will cause treats to become hard.
5. Allow to cool completely before cutting into squares.



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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.
- Monday, March 18 - No school or P.A.R.K.
- Monday, March 25 - Friday, March 29 - Spring Break: no school or P.A.R.K.

Recipe of the Month: The Cat's Hat Parfait

Materials:

- Straight-sided clear glass or plastic tumblers
- Long-handled ice cream spoons
- Decorating bag or plastic sandwich bag (optional)

Ingredients:

- Vanilla yogurt (thicker Greek yogurt works well) or vanilla ice cream
- Your favorite fresh red berries or cherries, coarsely chopped
- Whipped cream

Directions:

- Wash fruits, let dry, then coarsely chop. In each glass, alternate layers of vanilla yogurt with fruit, creating the red and white stripes of the cat's hat. To prevent the yogurt from smearing, use a decorating bag (or plastic sandwich bag with the corner cut off) to fill the glasses.
- Depending on availability and tastes, you could make parfaits using pureed frozen fruits thickened with a little cornstarch or canned cherry pie filling and vanilla ice cream.
- Top off these toppers with a dollop of whipped cream and dig in!

Columbus Blue Jackets - Hockey To Go

Wednesday, March 20, Columbus Blue Jackets staff are bringing their Hockey To Go program to P.A.R.K. from 4 to 5 p.m. Parents are welcome to take photos at the end of the clinic.



March Birthdays

- March 4 - Abigail
- March 28 - Luke M.

Art Projects

In March, our art projects will follow these themes: Dr. Seuss Week, Rainbow Week and Spring-is-in-bloom Week. Look for your child's wonderful pieces of artwork daily.

Dr. Seuss Quotes

- From there to here, and here to there, funny things are everywhere.
- Don't cry because it's over. Smile because it happened.
- Today you are you, that is truer than true. There is no one alive who is you-er than you.
- Adults are just outdated children.
- Think left and think right and think low and think high. Oh, the things you can think up if only you try!
- Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.



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