



Brassfield After School

August 2009

Daily Schedule

3:45* – Dismissed from school

3:45-4:05 Attendance/
Snack

4:10-4:20 M/W/F: Assembly;
T/Th: Devotion

(Children will be released
to Homework at 4:20)

4:20-5:15 Activities
(clubs occur on Wednesday
during activity time)

5:15-6:00 Rides Out Activities

*Track Out bus arrives between
3:45pm and 4:00pm each day
starting August 24th.

Letter from the Director

Happy August Brassfield families! We have kicked this year off with a bang!

Last month we started a really exciting incentive system to keep the kids motivated to behave. I am proud to report that each huddle is almost to their first prize, a super special treat party. The kids, as a group, will have to opportunity to pick 2 types of treats they would like to be given. The reward is small but it show tons of hard work and patience from the kids! I am so proud of all the kids that have put tons of effort into behaving.

We also have had great success with all our Wednesday early releases. If you know of any cool speakers that would be interested in coming to after school to talk with the kids, please let me know! I would love for us to use that time to expand their minds and learn new things!! As always, if you have any questions or concerns please feel free to call, email, or chat with me at rides out!

Warm Blessings, Katherine Vance
Director, Brassfield After School, 845-3830,
katherine.vance@ymcatriangle.org

YMCA of the Triangle's Character Trait of the Month

Friendship... being kind and including others without expecting anything in return.

Friendship will be represented by the color red because it is driven by one of the YMCA's five core character traits: Caring.

Week Word to Learn Challenge

1. Fellowship - Make one new friend this week.
Spend time with someone you don't usually hang out with.
2. Selflessness - Help you parents out when they need it without expecting anything in return.
3. Camaraderie - Spend an hour playing with a friend without arguing or squabbling.

YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

A.E. FINLEY

YMCA

Starting on August 24th, the A.E. Finley Tracking out will resume as normal. This means that when you are tracked out you will drop your child off at the A.E. Finley YMCA in the morning and pick them up at Brassfield After School. If this is your first time participating in Tracking Out we know it can be confusing! If you have questions or need clarification, please email Katherine Vance at katherine.vance@ymcatriangle.org.

What's Going on at A.E. Finley?

Important Pool Dates

August 10th- Swim Lesson registration for members begins.

August 24th- Swim Lesson registration for non-members begins

August 24th-September 6th: The indoor pool will be closed for renovations. The outdoor pool will be open during this time, including Labor Day (Sept.7th)
Check the web for hours!
(Family Swim time is 10am-8pm M-S, and 1-7pm on Sunday)

Want more information about our YMCA Programs?

Go to www.ymcatriangle.org and find tons of fun things to do with your family!

A.E. FINLEY
YMCA

Come One Come All to the GREATEST FRENZY OF ALL!!!

On August 30th the A.E. Finley YMCA will host the 4th annual **Finley Frenzy Youth Triathlon**. This is a great opportunity for young athletes to participate in a multi-sport event that includes swimming, biking and running. The goal is to encourage healthy lifestyles through choices that emphasize participation and fun. Finley Frenzy will start at 8am sharp.

To help prepare for the triathlon, the YMCA is excited to offer a training program that includes one-hour information and training sessions to get you ready for the Finley Frenzy Youth Triathlon. You can sign up at the Welcome Center for either a Tuesday or Thursday evening training program that runs from 7-8pm.

For more information about registration and the Finley Frenzy Youth Triathlon, please visit our website at www.ymcatriangle.org. Also, if you are interested in getting more involved and volunteering, please email Donnie.Jackson@ymcatriangle.org.

Fees

Members: Race \$30, Training Program \$50
Program Participants: Race \$40, Training Program \$65
*Signing up for the training program ensures a race spot!

Sherbet the Frog

This cool amphibian-inspired snack makes a refreshing treat on a hot summer day.

Ingredients

Lime Sherbet
Green Decorators Gel
Junior Mints
Green Gummy Ring Candy



1. To make one, set a scoop of lime sherbet on a small green paper plate (trim the plate to resemble a lily pad first, if you like).
2. Cut one green gummy ring candy into quarters and place the four pieces under the sherbet scoop for feet.
3. Set a Junior Mint candy and half a gummy ring in place for each eye. Finally, add a green decorators' gel mouth and nostrils.

Recipe from www.familyfun.com

Brassfield After School Staff

Katherine Vance, Director
katherine.vance@ymcatriangle.org

Office: 845-3830

Amanda Golmont, Assistant Director

Jelly Beans

Casey Stanley

Breon Smith

Melissa Edwards

Lemonheads

Phil Probst

Scott Possiel

Jeremiah Futrell

Sour Patch Kids

Steven DiMassimo

Melissa Edwards

Office/Homework— Liz Newton

WATER DAY!!

Each Wednesday will be water day! Please pack a bathing suit and towel with your child so they can participate in all the fun water activities!



Wake Med Moment

Exercising on the Go

Having kids tends to leave us parents with very little time to ourselves. We're doing endless loads of laundry, feeding their insatiable appetites or being chauffeur to one activity then another. When we have a little time on our hands, we usually just want to sit down for a second! So when do parents get time to take care of themselves? Here are a few suggestions on exercises that can be done anywhere.

Wall Squats/Tree squats:

While you're watching that ballet class or out at the fields during practice, find a wall or tree and press your back against it. Move your feet approx. 1 foot away from the bottom of the wall/tree and then widen them about shoulder width apart. Slowly lower yourself down the wall/tree until you can just see your toes under your now bent knees. Hold this position for as long as you can tolerate then slide your way back up into standing. Repeat as often as you can tolerate. As you master the 2 legged squat, try squatting then raise one leg off the ground and hold this position as long as tolerable.

Wall/Playground push ups:

Whether you're at the playground with your kids or karate practice you can find a place to do this exercise. Facing the wall or parallel bar at the playground, place your hands shoulder width apart on the surface then step backward approx. 3 feet. Start with your elbows straight. Bend your elbows slowly lowering yourself toward the surface and then straighten them back out. Repeat this motion as often as you can tolerate. As you master this position standing tall, try to find surfaces that bring you closer to parallel with the ground or just find a clear space on the floor and give me 20!

Jump rope:

For a way to get the heart beating a little faster a good session of jumping rope can do the trick. A single person jump rope is small enough to fit in your purse, backpack or even your computer bag and then all you need is a little space to jump. Find a flat surface that is far enough away from others that you won't whip them and start to jump. Start by jumping with both feet off the ground at once or one then the other. As you advance you can try a one legged version. Jump as long as you can tolerate and advance to longer sessions when you feel you are ready.

So there you have it...a way to exercise your heart, lungs, upper body and lower body in as many minutes as you have to spare. Always, check with a medical professional before beginning an exercise program if you are not already exercising regularly or have had an injury in the past that would interfere with performing these exercises safely. Discontinue any exercise that causes you pain apart from muscle soreness associated with beginning a strengthening program.

For information on WakeMed Outpatient Rehab services at the YMCA call 350-3800.



The YMCA of the Triangle and Wake Med are working together to educate the community about enjoying a healthy balance—Eat, Play, Live!

YMCA Policies

Daily Pick Up

A member of our leadership staff will be outside to call and load your child beginning at 5:00. If you come prior to 5:00, please come inside the Brassfield YMCA office to sign out your child. Our office is located at the end of the cafeteria. Please have your pick-up card and I.D. ready

Please Let us know if your child will be absent!

If your child is sick or unable to attend after school, please contact the office prior to the start of the program on that day. Our phone number is **749-1698** and you can leave a message at any point in the day!

Medication

If your child carries medication in their book bag the YMCA must be notified. All children who receive medication at our program must have a medication form on file. Asthma Inhalers, Tylenol, Advil, EpiPens are all forms of medication. Please see our office for a medication form if needed!

Lost and Found

It's that time of year where everyone is wrapping up and coming back from summer break. We place all our lost and found collections in the school's lost and found which is located outside the back door. Please make sure your child has their name on **EVERYTHING** and we will do our best to make sure everything gets home with your child! Together we can beat the lost and found monster!

Behavior Policy

For a full description of our behavior policy, please see our YMCA registration forms available online. However, the YMCA encourages appropriate language, cooperation, respect for staff and facilities, positive attitudes, staying in program areas, and participation in all activities. Please take time to review these with your children as necessary.

Late Fees

The YMCA has a late fee of \$5 for the first 10 minutes and \$1 every minute thereafter 6:00pm.

Spotlight on Outreach

Dear Year Round School Families,

In my role as Administrative Assistant for Finley's Tracking Out program, I have the opportunity to work with many of your children each day when they come to camp. However, this summer the YMCA has given me the awesome opportunity to partner with our outreach department and help as the Program Director for Camp R.O.C.K. (Reaching Out to Cool Kids). I must admit this new role has been quite a change of pace from my work in the office, but a change that is well worth while.

We have been busy this summer at R.O.C.K. as we hosted our own Olympic games, traveled around the world, learned about healthy mind, body and spirit, and celebrated Christmas in July. With each week our schedule is filled with activities exclusive to the theme. All of our huddle names, crafts, games, and even the books we read in B.E.A.R. Mountain, our literacy program, tie it all together culminating in a "FUN-omenal Friday" event that celebrates the close of each week.

What is more important though, is that we are seeing significant changes in our kids. We have campers who did not know how to swim work hard to obtain a black band; almost all of our campers can recite all five character traits and are acting them out daily; and we have seen some of our most challenging huddles learn how to resolve conflict and communicate more effectively with each other. I feel that these skills are just as important to the success of these children as the good memories they will have from the summer. I am thankful not only for my time at Camp R.O.C.K. this summer, but for the generosity of the many volunteers and donors who have allowed our campers to be with us this summer and find out just how much they ROCK!

Sincerely,

Brooke "Sensei" Currie

Camp Rock allows children from all walks of life to participate in a YMCA camp experience. It is made possible by the generosity of our WeBuildPeople volunteers and donors. To find out more about how you can be a part of WeBuildPeople and impact the lives of children in the North Raleigh community, please contact Senior Youth Director Kim Keith at 845-3875.

August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Brassfield After School Phone Number 749-1698			Worried about what will keep your child entertained during track out? Sign them up for Finley Tracking Out Program! Its like camp all year round!!! For more information please go to www.ymcatriangle.org .			1
2 Member Appreciation at Outdoor Pool!	3	4 Clubs Treat Tuesday*	5 Water Day*	6 Clubs Brassfield Open House, Track 4	7 Pie-Day Friday!	8 Outdoor Pool closed until 1pm
9 Member Appreciation at Outdoor Pool!	10	11 Clubs Treat Tuesday*	12 Water Day*	13 Clubs	14 Track 2 Tracks Out!! Pie-Day Friday!	15 National Hot Dog Day!
16 Member Appreciation at Outdoor Pool!	17 Welcome Back Track 3!	18 Clubs Treat Tuesday*	19 Water Day*	20 Clubs	21 Pie-Day Friday! Track 3 Tracks Out!	22 Outdoor Pool Closed
23/30 Finley Frenzy Youth Triathlon	24/31	25 Clubs Treat Tuesday*	26 Water Day*	27 Clubs	28 Pie-Day Friday!	29

Thought for the Month:

The best vitamin for friendship is B1.