



Mission YMCA Child Development Times

Activate America: The Beginning of a Movement

The YMCA of the USA has chosen teams from the Mission and Bayview Hunter's Point YMCA to work with their Activate America 2010 African American and Hispanic/Latino Health and well being Collaborative Learning Session.

The African-American and Hispanic/Latino Health and well-being Collaborative (AAHL Collaborative) focuses on the unique challenges of YMCAs located in neighborhoods and communities with significant African-American and/or Hispanic/Latino populations. With funding from the PepsiCo Foundation, the YMCA

initiated the AAHL collaborative to positively impact health outcome of minorities, especially African-Americans and Hispanics/Latinos living in underserved neighborhoods 'Health disparities' is a rallying point for the AAHL collaborative. Health disparities, in which people of color experience a higher incidence of chronic disease and mortality than the rest of the American population, is part of a health crisis that is influenced by socio-economic factors, the environment and individual lifestyle choices.

With this program we will bring awareness to our

committee about healthy choices and habits. This is a stepping stone to accomplishing our mission of building *strong kids, strong families, and strong communities by enriching the lives of all people in spirit, mind, and body.* We will have more information about this new program soon.



Please join the YMCA of San Francisco and YMCA of the USA help send funds to Haiti. Please visit:

<http://www.ymca.net/worldservice>

Or Call (800)872-9622

Are You Ready?

With the earthquake disasters in Northern California and Haiti, we need to be prepared for the next big earthquake.

In times of disasters, we may not have time to grab a few things, which is why you and your family should

set up a disaster kit. This kit should include: flashlights, pocket knife, food & water for a few days, photos of family members, emergency phone numbers, copy of health insurance, extra keys (home/car), extra medication and a first aid

kit. Place the kit in a safe, dry place, where it's easy to grab and make sure it is clearly labeled.

Have a talk with your family about what your plan is for a disasters and have a drill to practice. For more info about disaster readiness, go to www.72hours.org.

Mission YMCA Child Care Department

Newsletter Date:
February 1st, 2010

Reminders:

© February 15th, Preschool and After School will be closed for Presidents day.



President William Howard Taft (Center) was a Special Guest in 1909 at the Fogelman YMCA in Memphis, Tennessee.

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 We build
strong kids,
strong families,
strong communities.

Spring Camp Info

Its about that time, Spring Break is around the corner and we're looking forward to Spring Day Camps again. They will be held at our After School Sites (Sunnyside and L.R. Flynn). Dates are from March 29th-April 2nd. We are accepting applications for K-8th grade. Fees are \$25 for children currently enrolled in our afterschool programs and \$195.00 for the general public. During the week, the children will go on fun fieldtrips, have exciting activities, games and art projects. For more information or an application, contact your directors or Theresa Arroyo at (415)586-6900.

Fun At Flynn

During the month of February, Flynn Afterschool Program has lots of fun activities planned. Gigi will be leading two cooking projects during the second and fourth weeks of the month. Also, Brenda will be leading two science projects during the first and third weeks. Joseph will be continuing hockey on Fridays (*weather permitting.*) Parents who's children are in Hockey, may want to pick their children up a little later on Fridays so they'll get a chance to play.



Picture Corner



Margareta helping Ms. Josie with Spanish Club. ¡Ayudante muy bueno! (Very good helper!)



Reminder:

Monday February 15th, Both ASPs will be closed for Presidents Day, the staff will be attending Development Training.

Sunnyside Welcomes...

This month, we would like to welcome back Ms. Ana Escobar who was out on Maternity Leave. Congratulations to her and her husband on the birth of their first Child, Christian Alexander Delgado.



"I would like to wish the new family best of luck and we are happy to have you back Ms. Ana," said Theresa Arroyo.

We are also very excited to welcome *Tree Frog Trek* to the Sunnyside Program. Because of the support of an anonymous donator, we will be able to bring their enrichment program to our students, beginning February 11th. We will also continue with our on-going clubs for the month.



Kudos From ASP Staff

Sunnyside staff, would like to thank Kurt Dammermann and Suzanne Walsh (Greta Dammermann parents) for donating a vacuum cleaner.

Flynn ASP staff would like to thank all of their parents that have been coming on time for pick-up due to the change in the school schedule and for their continued support of the program

Health Tips: An Apple A Day...

Revolution Foods, which provides healthy lunches for preschool and snacks for the after school programs, has selected a new "Fruit of the Month". Their Fruit of the Month for January is Apples.

Apples are high in fiber which we need to maintain a healthy digestive system, prevent constipation and lowers your risk of heart disease .

You can eat apples in many different ways, but here are some simple recipes you can try with your family:

Sautéed Apples:

- 1/2 teaspoons butter
 - 2 firm, tart apples, peeled, cored and sliced
 - Pinch of ground cinnamon
1. Melt butter in skillet over medium

heat

2. Add the sliced apples and cinnamon

Apples with Cheese:

- 1 apple
 - Block of low-fat Cheddar
- Cut apples and cheese into thin slices, and sandwich together, and you have a yummy snack.

Kindergarten Readiness

Even though it is February, and the SFUSD 1st day of the new 2010-11 school year doesn't start until August, we have to start thinking of Kindergarten readiness now. Here is a list of things your children should be able to do by their 1st day of Kindergarten from FamilyEducation.com:

- Recognize rhyming sounds/words
- Understand actions have both cause and effects
- Show understanding of time of day
- Cut with scissors and Trace basic shapes

- Begin to share with others
- Start to follow rules
- Be able to recognize authority
- Manage bathroom needs
- Button shirts, pants, coats, and zip up zippers
- Speak understandably and talk in complete sentences (five-six words)
- Identify alphabet letter and count to 10

The teachers are going over this with their students, but quiz them to see if they remember. For more of this list, visit: www.FamilyEducation.com

Congratulation!!

Preschool staff would like to congratulate some of our Mommies on their new babies:

- Lisa Hardy (Liam's Mom) had a baby Girl
- Shamna Robinsion (Solomon's Mom) had a baby Boy
- Patricia Quenonez (Mateo's Mom) had a baby Girl

We hope to see them as the entering class of 2012-2013!!!



Silent Auction Time

We are having another silent auction, just in time for Valentines Day. Bids will start on February 8th and will go to February 12th at noon. If you win, you will be informed, and you **MUST** pick-up and pay by 6:30pm that evening. All the proceeds will go to Graduation 2010. Good Luck!



Graduation Update

We have set a date for our Graduation ceremony, it will be held on Saturday, May 29th at the African American Art Complex. The Date for the Preschool Graduation Lunch-In will be announced at a later date. We will be holding a Graduation meeting on Monday, March 11th, in the social hall. This meeting is **MANDATORY** for all graduating families.

Valentines Day

Students are allowed to bring Cards and Treats for either their classroom or for all students on Friday February 12th, Teacher Riece will be sending out a list of all children's names.

REMINDER: No peanut butter treats, please!

Thank You

Preschool teachers want to thank a few parents for donating ideas and volunteering their time during the month of January. Those parents are: Sabrina Kinsbourne (donations of dolls for the Butterfly room), Caroline Arakelian (Donation of dolls and costumes for the Monkey room) and Juan Cesar Soto (for picking up our new refrigerator). We deeply appreciate

all that our parents do for us. But we still need a few more things:

- Dolls (for the Koala and Monkey class)
- Costumes (for boys and girls, for all class rooms)
- Small semi-used pillows (for Koala room)
- Used Cloths (Boys & Girls 2T-5T)

Picture Day

Thursday, February 11th Preschool will be having picture day. All students **MUST** be at school by 8:00 am. Also at this time, we will be having Graduation pictures with cap and gown and class pictures. For more information or to get order form, talk to Teacher Riece.



Mission YMCA
Child Care Department

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Katia Alvarez
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Lariece Williams
(415) 452-7571

To:



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Programs and Events for February

- February 9th, Martial arts/ Fitness Club (FREE for ages 13-18) begins their second session until 5/13 in the Social Hall from 4:00-5:00pm.
- February 24th, Gymnastics Club (ages 5-10) begins their second session until 4/7 in the Social Hall from 5:30-6:30pm.
- February 26th, Pee Wee Sports (ages 3-5) begins their T-Ball session until 4/9 in the Social Hall from 4:00-5:00pm.
- Top Chef (ages 13-18) is a year-round Chef club for teens, where we support and encourage teens to live a healthier lifestyle. Every Tuesday thru Friday 5:00-6:30.
- Parents Night Out, has two dates this month, Feb. 5th (*Goldilocks and Three Bears*) and Feb 19th (*All Dogs Go To Heaven*). \$10 per child, popcorn, games, and movie included. 6:30-9:00 pm. All children MUST be potty trained
- Free Saturday Family Programs at the Excelsior Youth Center for ages 2-18. Every Saturday 10:00 am- 5:00 pm. 163 London Street @ Excelsior St.
- February 21, Chinatown YMCA is having a 5K & 10K run/walk to celebrate the Year of the Tiger. For more info/entry go to www.YMCASF.org/Chinatown or call Andy Chu @ (415)576-9622

Our Financial Assistance Statement:

The Mission YMCA welcomes all who wish to participate and annually raise scholarship funds to help make that possible. Please let us know if we may serve you or your family in any way.

Our Mission Statement:

The YMCA of San Francisco builds strong kids, strong families, and strong communities by enriching the lives of all people in spirit, mind, and body.

