



# Mission YMCA Child Development: Times

## Good-Bye To Miss. Schlenke and Ms. Josie

## Summer Time Issue!

This year we are losing one of the YMCA's biggest fans, Miss. Schlenke is retiring after five years of being the principal at Sunnyside Elementary and twenty years of teaching in San Francisco. She has brought so much change and growth to the Sunnyside community over her five years. On the Sunnyside web site she said "I love being here! It is such a nice place to work, with great kids, friendly and committed teachers, and parents who are involved and supportive. I love that we are a small, neighborhood school with a diverse population. The teachers work hard at developing a sense of community and caring that works not only in their classes but across all grades. The PTA has always been very supportive of school activities, and parents have worked hard raising funds to buy the extras we couldn't otherwise afford.

My hope is that parent involvement will continue to grow as new families join the school." Have a great and relaxing retirement, Miss. Schlenke. Also, leaving us this school year is Ms. Josie, the Sunnyside YMCA After School Program director. She wrote a letter to all her family's and staff members: I began working for the YMCA in the summer of 2003. At the end of that summer I had great satisfaction as I witnessed the growth in the children I worked with. I had also established wonderful relationships with my co-workers and supervisor. I knew I had stepped into a good thing, I decided to stay on as part of the Mission YMCA staff. The Y has given me more than I expected. I have been exposed to opportunities that challenged me to grow in many areas of my life. Because I now have a 2 year old who wants me to have

camp with him, this chapter has come to an end. I would like to thank the parents who have entrusted their treasures to us year after year. I was also very blessed to like the people I have worked with! Sandra, Stephanie, Aamna and Ana we make a great team! Thank you for making coming to work enjoyable. I would also like to thank the Y kids! I have learned so much from you. Your curiosity and creativity inspire me every day, including Riley's cakes, Gabriella's drama scripts, JaNi's stories and everybody's smiles. The Sunnyside School Community has changed so much and it has been an honor to witness all the wonderful things that have taken place at this school. Thank you to everyone in this very rewarding chapter of my life! Josie, we wish you the best of luck in your next chapter of life.

### Mission YMCA Child Care Department: Summer Time Issue

Newsletter Date: June 1st, 2010



Top: Theresa Arroyo and Miss. Schlenke, at Miss. Schlenke's retirement dinner on May 14th.  
Bottom: Ms. Josie and Ms. Sandra at Healthy Kids Day.

## Staying Connected to the Y

Even though the school year is coming to an end, the Mission YMCA still has plenty of fun programs for Children, and Teens to do during the summer.

For Children we have:

*Parent's Night Out*, where you can drop off your children every other Friday, from 6:30 pm to 9:00pm for a fun movie night, while you enjoy a night off.

Also, we have *Pee Wee Sports* and *Gymnastics*, these are two different programs where 3-5 year olds learn about either a specific sport, or about *Gymnastics*.

We also have our *Summer Day Camps* and *Preschool* in session over the summer, they both have plenty of spaces.

For Teens we have:

*Top Chef*, is for teens ages 13-17. It's a program where teens can come together to learn about

healthy living and how to make meals that go with the healthy lifestyle.

The Mission YMCA *builds strong kids, strong families, and strong communities*, and the way we do that is by providing programs for our families year around.

For more information on these programs or to see what else we offer, please check out our *NEW* website at:

[www.YMCASF.org/Mission](http://www.YMCASF.org/Mission)

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 We build strong kids, strong families, strong communities.

# Fun. Safe. Affordable. In Your Neighborhood.

## Preschool Prom and Graduation

On May 16th, Preschool had their First Prom. They had the red carpet treatment (literally), with fun music, good food, and lots of dancing. This event would not have been as successful, if it was not for the parents who planned, set up, and donated to prom. The staff would like to Thank *The Events Committee* and Teacher Riece for planning and putting together such a fun afternoon.



Preschool Prom 2010's photo backdrop.

Then, the big day. The Preschool Graduation Ceremony 2010 was held on May 29th at the African American Art Complex. It was a very moving ceremony, with the children's performances and Tanya Bluford's, our *Executive Director*, annual graduation speech, via video. There wasn't a dry eye in the house. Special Thanks to Anthony Reyna, for putting together the video and *Looking Back* slideshow. We hope all the parents and family's had a good time and we hope to see you all soon.

## Picture Corner



To the left, Daisy and her family on the red carpet.

Below, The Event Committee posing for their prom photo.



Teacher Riece and her Monkeys.

## Healthy Tip: You Can Eat Out and Eat Healthy, Too.

This *Healthy Tips* are from the American Heart Association:

Many restaurants offer delicious meals that are low in saturated fat, *trans* fat and cholesterol. That's good news for your health because a diet high in saturated, *trans* fats and cholesterol raises blood cholesterol. High blood cholesterol is a major risk factor for heart disease, and it's also a risk factor for stroke



Don't be shy about making special requests. Most foods on most menus will probably fit into a heart-healthy diet if prepared with low-fat ingredients and less salt. Ask your server if the kitchen can alter preparations to meet your needs, or call ahead before you choose your restaurant. If your food isn't prepared as you requested, send it back. Equally important is the portion size. Help control your weight by asking for smaller portions, sharing entrees with a companion, or putting half of your meal in a to-go box to enjoy another time.

- Fried, au gratin, crispy, escaloped, pan-fried, sautéed or stuffed foods are high in fat and calories. Instead, look for steamed, broiled, baked, grilled, poached or roasted foods.
- Request that your meal be prepared with vegetable oil (made from canola, olive, corn, soy, sunflower or safflower)
- Ask for soft margarine for your bread.

For more info on eating and staying healthy, go to <http://www.americanheart.org/>

## Programs and Events for June

- Parents Night Out, has two dates this month, June 4 and June 25 \$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.
- 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.
- The 73rd annual Stern Grove Festival starts on Sunday June 20th and is on every Sunday at 2:00pm until August 22. Admission is *FREE*. The park is located at 19th Ave. and Sloat. For more info, go to [www.SternGrove.org](http://www.SternGrove.org)

### 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.

