



Boys & Girls Club of Lethbridge & District

Newsletter November 2015

Important Dates!

November 2- Public School PD Day

November 11- Closed for Remembrance Day

November 12- Public School & Catholic School PD Day

November 13- Public School & Catholic School PD Day

November 29- Scholastics orders due

December 2 :
Family Christmas Party
6:30pm—8:30pm

In lieu of December 26th, the Boys and Girls Club will be closed **ALL DAY on December 24th, 2015

In this edition...

- Playing outdoors and dressing appropriately in the winter
- Some information about our programming
- Recent and upcoming events
- Community events
- Tips for encouraging your children to listen, without yelling!

We don't want to take your portrait. We want to give it to you. **Free.**



HELP-PORTRAIT™

Holidays are approaching! If you are thinking about getting a family portrait done this year there is an event called **Help-Portrait** happening on **November 28, 2015 from 10 am- 4pm at CASA, 230 8th St S** which may help you out. Help-Portrait is an event for low-income families; they offer free hair and make-up as well as a free framed family portrait. You do not need an appointment or proof of income to participate in this

The BGC Gives Back!!

We will be holding a non-perishable food drive during the month of November! Items will be collected until November 27, 2015. All donations will be given to the **Interfaith Food Bank**

Playing Outdoors



The time that children spend outdoors every day is just as important to their learning as the time that they spend inside. Unless weather is severe, we take children outdoors every day, often more than once.

Large muscle activities are essential for children's health and well-being. Children need time to run, leap, hop, jump, slide, climb, and throw and

catch a ball. These activities build strong muscles and a sense of pride. They are important for other reasons as well. Brain research shows that physical activity wakes up the brain for learning.

The outdoors greatly increases our learning environment. It is a natural setting for scientific investigations.

Children find and study bugs and butterflies, plant seeds and

watch them grow, and compare the bark on different trees. They can notice that leaves change color and fall to the ground and learn about ice and snow. We talk with children about their discoveries and encourage them to continue to investigating what they find outdoors.

The Boys and Girls Club has plenty of activities for your children to do while they are in our care. Please leave any outside toys/ electronics at home!

Appropriate Cloth-

We encourage comfortable, "weather appropriate," washable clothes. The children will be going outside on the playground every day so they will need hats and sunscreen in the warm weather and warm winter clothes as well as hats, gloves or mittens, boots, and snow gear for snowy weather. Clothing should be comfortable and not restrict your child's movements or be very difficult for him/her to remove when going to the bathroom.

Please ensure that all of your child's belongings are labelled!

Recently at the BGC: MATSTER Chef Competition

Over the summer the MAT ran a Master Chef Competition with the grand finale on October 22, 2015.

The Youth who participated had a chance to flex their imaginations with secret ingredients such as: gummy worms, chicken hearts and bubble gum

Many creative dishes were presented to our judges such as: Witch's brew, extreme Canadian poutine and some really cool pasta dishes!

We would like to thank all of the youth who participated in this competition and we would like to congratulate Randi and Sahlysse, the winners of our competition.



Another MATster chef competition will be starting up in the new year, we look forward to tasting some new creations!

From the Office...

Thank-you to all our North Side parents / guardians for their patience as we purged our payment system in September! Invoices for both locations will be distributed at the beginning of each month, accompanied by receipts for previous payments. If you have any questions regarding payment, please contact Jennifer



Featured Staff

Stephanie is our new Administrative Assistant!

Hi, I am **Stephanie!** I recently moved to Lethbridge from Gatineau Quebec, near Ottawa. I am looking forward to exploring the city and getting to know its many charms. I love working around children and am eager to get to know each one of the children at the center and their families!

Did You Know About Our Programs?

The Boys and Girls Club of Lethbridge and District has a variety of fun, interesting and educational out of school programs for children and youth ages 5 – 18! We strive to provide a safe and inclusive environment for everyone who enters our doors.



The MAT is a youth drop-in program that runs on Mondays (ages 11-14) and Tuesdays (ages 14-18) from 7:00-9:30 pm. Youth have access to the gym, our computer lab, a WiiU and Xbox, foosball and air hockey, food and much more.

Kinderclub North

Our Kinderclub North program is available as a before/after school program for children in kindergarten at our northside location. Children will spend the half of the day that they are not spending in school at the Boys and Girls Club and we will provide transportation to and from school. We also provide two healthy snacks a day.

Kinderclub South

Kinderclub South runs at Agnes Davidson. Children will spend the half of the day that they are not spending in school with us and we will escort them to and from their classroom. We provide snacks for the children and we have an afternoon nap time for the children who might need it.

Rogers Raising the Grade

Rogers Raising the Grade (RRTG) is a completely free academic support program that allows youth to receive homework support from knowledgeable tutors, interact with peers, connect with positive mentors, and plan for life after high school. The aim of RRTG is to provide young people with the skills, tools, and opportunities that will equip them to excel academically and secure their future success.

To be eligible for RRTG, youth must be between the ages of 14 and 18, be enrolled in high school, or be working towards a high school credit. Both registration and drop-in options are available. **RRTG operates Monday, Tuesday, and Thursday from 4-6pm.**

Daze End

Daze End is a before and after school program offered out of our North Side location. We provide transportation to and from school. We also provide breakfast in the morning and an after-school snack. While they are here the children are given plenty of options in terms of activities such as: arts and crafts, sports in the gym, outdoor activities and much more. We also have a homework club where children can get help with their homework and work together with friends.

Encouraging Children to Listen: 3 Steps to Avoid Yelling

1. Stay Calm & Confident

While we may want to do more yelling and demanding, children just don't respond well to yelling. If we stay calm, our children learn to trust our guidance.

2. Connect First

This approach models much better communication skills for our children. **Connecting first might sound like:**

"Hi there, so, how is that book going, you seem to be really into it?"

Such questions opens the door for listening to our children for a moment. And when children feel like we are listening to them, they are much more likely to give us the same kind of attention.

3. Make Kind & Clear Requests

After a moment of connection, the last step for encouraging better listening is to make a very clear request that is also kind. Children respond much better to kind & clear requests. Kindness can come in the form of flexibility and choices. You can be Clear in the way you make your request very specific, age appropriate and actionable. **So break down requests into kind, clear, actionable items.** "It's time to wash hands. (Clear) Let's meet in the kitchen when you finished washing hands." (Kind) For a young child you can even add "I can't wait to guess what soap you used!"

Why do these three steps together encourage more listening?

When we take the time to connect first, we are helping children not only feel validated, we are

modeling respectful ways to communicate and how to show interest in others. Then by making a clear and kind request, we open the door for cooperation.

Adapted from: <http://www.positiveparentingconnection.net/encouraging-children-to-listen-3-steps-to-avoid-yelling/>

Remembrance Day Word Search

H	B	Y	P	P	O	P	O	B
R	E	M	E	M	B	E	R	R
G	K	P	A	W	L	X	E	A
Y	R	W	R	E	A	T	H	V
M	O	D	E	E	R	F	M	E

brave
freedom
hero
poppy
remember
wreath

