



# STAYING CONNECTED



Extend-A-Care YMCA Newsletter | January 2021



## IMPORTANT DATES

### STUDENT HOLIDAY:

**January 18th - MLK Jr. Day**

Childcare will NOT be offered

### SPRING BREAK ENROLLMENT:

**Opens February 1st**

At five locations, plus two daycare centers, across Austin and Hays for the week of March 15-19th. More info to come in late January on our website!

### SUMMER CAMP ENROLLMENT

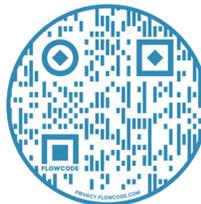
**Opens February 15th**

Locations across Austin and Hays TBA for June 1- August 6. More information will be available on our website in late January.



## SHARE WITH US!

We want to hear from you! Please share the impact the EAC Y afterschool program has had on your family. Simply fill our short Google form by scanning this QR code or going to the link:



<http://bit.ly/20-21EACYImpactStories>



## EAC YMCA VALUES

**Responsibility** is one of the YMCA's core values, and is represented by the color green. The start of a new year reminds us to take **responsibility** for ourselves and set new goals! What do you want to get accomplished in 2021? Do you want to be healthier by drinking more water, taking more walks, taking more breaks from screens, and eating more veggies? Do you want to clean your space to make a happier home? Reach out to people you care about more often? Whatever you do, you've got this!

## REFER A FRIEND TODAY, AND WE'LL GIVE YOU \$25!

Sharing is caring! Do you and your child enjoy our afterschool program at your child's school? Spread the word! Registration for afterschool is open, so your child's friends can join them for enriching activities like crafts, games, and STEM projects, as well as get homework help after school.



While your child will enjoy seeing more of their friends, you can enjoy the **\$25 referral account credit** you'll receive when someone mentions your name in their afterschool enrollment application. Just make sure to tell them you list you when they enroll! Referral credits will be applied to your EZChildTrack account and can be applied to your afterschool balance for future payments.

## AFTERSCHOOL CHILDCARE TAX STATEMENTS

It's that time of year when you are looking to get your papers from 2020 all together in preparation for tax season. We want to help make it as easy as possible, particularly due to last year's merger of YMCA of Austin and Extend-A-Care for Kids.



Parents are able to access their childcare tax statements online. Detailed instructions were sent to your email, or check our website for more information about how to access your tax statement online here: <https://www.austinyymca.org/blog/child-care-tax-statements> (look below newsletter for the link.)

Questions? Please don't hesitate to reach out to our customer service team for help with your 2020 childcare tax statements! Call our office at 512-236-9622 or email [EACY@AustinYMCA.org](mailto:EACY@AustinYMCA.org).

## CONNECT WITH US!

512.236.9622  
[EACY@AustinYMCA.org](mailto:EACY@AustinYMCA.org)  
[EACYMCA.org](http://EACYMCA.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## SEL CORNER

**Setting Goals** It's important for everyone to learn to set goals and follow through with them, but that is easier said than done, especially during these times. You can be your child's cheerleader and help them learn how to accomplish their goals with these 7 easy steps to teach kids how to set goals from Parents.



**1. GET THE IDEA ACROSS:** Demonstrate to your child how they already use goal-setting techniques in their daily life. Review the steps they already took to reach a goal, such as saving up allowance money for something they wanted. Discuss how good it feels to accomplish a goal you've worked towards. The same technique can be applied to reaching other goals.

**2. START SMALL:** Help your child to think of something they can do and achieve in a short time, such as finish a book or finish a craft project.

**3. LET THEM CHOOSE:** Of course you want the best for your child, but that may include granting them the freedom to make their own decisions of what they want to achieve. Once they've set their goal, you can help them make a plan. Beware of feeling frustrated, or getting upset if you feel your child isn't trying hard enough to meet a goal. That means it's time to back off.

**4. BE ALERT TO POSSIBILITIES:** Listen to things your child says that may present opportunities for setting goals. They might mention how they want to improve their baseball swing, or they want to learn how to play a song on their instrument from memory. Sit down and help them write down the steps and a timetable any time they mention something they'd like to accomplish (but make it fun!) Make sure to check in from time to time to review their progress.

**5. SHOW THEM HOW:** You have a lot more practice with setting and accomplishing goals, and you are your child's biggest role model. You can show your child how you go through the process yourself. Involve your child with your projects so they can see every step you take to achieve a goal. If you're making a garden, show them how you research what you need, choose the right plants for the season, create a plot, and prepare the soil.

**6. PROVIDE A REALITY CHECK:** It's easy for children to underestimate the difficulty of reaching a goal, and get frustrated when it gets hard or takes time. You should encourage your child, but at the same time be realistic about the dedication required. While helping plan out, make sure your child understands the seriousness of the undertaking without making it seem too daunting.

**6. APPLAUD EFFORT:** "I'm really impressed!" "You're doing great!" Compliments go a long way to help motivate your child to keep their eyes on the prize. The good feeling they get from your positive reinforcement and acknowledgment will encourage them to work towards their goal so they'll want to do it themselves, instead of being nagged to practice or study.

Read more at [Parents.com](https://www.parents.com/parenting/better-parenting/style/how-to-teach-kids-perseverance-goal-setting/):

Marie Faust Evitt. <https://www.parents.com/parenting/better-parenting/style/how-to-teach-kids-perseverance-goal-setting/>. March 30, 2006. [Accessed December 2020.]

## UPCOMING CURRICULUM THEMES



### JAN. 4-8: REINDEER GAMES

Students will study the arctic reindeer and their cousin, the caribou, with a week of antler craft and reindeer games, while also celebrating the New Year with goal setting activities.



### JAN. 11-15: PIZZA, PIZZA!

Whether it's topped with extra cheese, pineapple, or pepperoni- pizza is a favorite of many! This week students will celebrate National Pizza Week with activities that include experimenting with how yeast rises, pizza themed art and games, and dramatic play with their own pizzeria.



### JAN. 18-22: PARADE OF PENGUINS

Brrr, the cold weather will have students learning about the arctic bird that cannot fly-the penguin! Crafts, dramatic play, and science experiments will give students a better understanding of the penguin and the arctic environment they inhabit.



### JAN. 25-29: THE LAND DOWN UNDER

G'Day Mate! Students will help our friends across the world celebrate this week by partaking in Australian themed games such as Skippyroo Kangaroo and Kai Wed. Students will also pay homage to the vast cultural contributions of Indigenous Australians by learning about Aboriginal Art. Throughout this week's Einstein Time, students will highlight key Australian focuses such as the Sydney Opera House, The Great Barrier Reef, and Australian Animals such as the Kangaroo and Emus.

## PAYMENT DEADLINES

Parents can log into their EZ Childtrack account or call our office at 512-236-9622 to make afterschool payments. Payments are due by the **1st of each month**. Make sure to pay by the **2nd** of each month in order to avoid a late fee. The next payment deadline is **February 1st**. Please contact us at [EACY@AustinYMCA.org](mailto:EACY@AustinYMCA.org) or 512-236-9622 with any questions or changes to your account, autopay, payment inquiries, or to update payment information. EAC Y center staff cannot accept payment.

## PLANNED ABSENCES

Will your child be absent from the afterschool program? Sometimes an appointment comes up, or your child might be a car or bus rider. Please let us know in advance by sending an email to [EACY@AustinYMCA.org](mailto:EACY@AustinYMCA.org). Advanced notice helps keep our staff informed and avoid a "Child-Find" situation where our Customer Service Team needs to contact you about an absence and incur a \$10 fee.