



STAYING CONNECTED



Extend-A-Care YMCA Newsletter | February 2021

GET READY FOR CAMP

Spring and Summer will be here before we know it, so it's time to start preparing!

LUCK OF THE IRISH! Spring Break Camp enrollment opens **February 1st** at Buda Elementary, Cunningham Elementary, East Communities YMCA, Gullett Elementary, and Pioneer Crossing, plus two daycare centers (Metz and Blazier Preschool). Camp will occur the week of March 15-19, and the fee will be \$195 (financial Assistance available). Daycare fee is \$160.

Curriculum activities will include fun St. Patrick's Day related crafts as well as Tech Time, Social-Emotional Learning, and Collaboration Corner. Find out more information and register on our Spring Break Camp webpage:

<http://AustinYMCA.org/Programs/Spring-Break-Camp>

WHERE GREAT THINGS BEGIN! Summer Camp registration opens **February 15th**, with approximately 17 locations across Austin, Manor, and Hays from June 1st to August 6th. Camp options will be Theme Camp (ages 5-12), Sports Camp (ages 8-13), and YMCA Camp Moody (ages 8-13).

The weekly fee is \$215 (\$285 for Camp Moody). Financial Assistance is available.

Keep checking our Summer Camp webpage for updates as they come:

<http://Austinymca.org/Camp>



YMCA RESET CHALLENGE

HIT THE RESET BUTTON IN 2021!

RESET your health, RESET your outlook, RESET your spirit, RESET YOU! The YMCA is doing a FREE challenge called RESET beginning **February 1st** and you are invited to join!

It's happening for 6 weeks, 30 minutes a day, for EVERYONE (you do not have to be a Y member to participate). The challenge will get us STRONG inside and out through virtual coaching, fitness workouts, nutrition coaching and so much more! We'll provide you new challenges and rhythms designed to transform you in spirit, mind, and body.

Text 866-943-9622 to join! More info here:

<http://bit.ly/2021YResetChallenge>



IMPORTANT DATES

EARLY RELEASE:

Afterschool Care begins at noon

- February 10th - KIPP Charter Schools

STUDENT HOLIDAYS:

Childcare will NOT be offered

- February 12th (Manor only)
- Feb. 15th (AISD, Austin Achieve, Hays CISD, KIPP, Manor, RRISD, Wayside)
- February 16th (Round Rock ISD only)
- February 19th (IDEA only)

SPRING BREAK ENROLLMENT:

Opens February 1st

SUMMER CAMP ENROLLMENT:

Opens February 15th



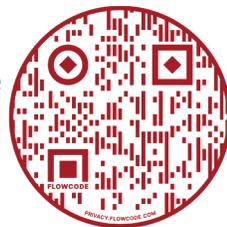
DID YOU KNOW?

AustinYMCA.org offers online resources like Community Resources, Family Activities, Educational Resources, free Virtual Programs, and YMCA Live classes for Y members. EAC Y families can take advantage of a family membership rate of \$50 monthly!



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/2021EACYTestimonials>



EAC YMCA VALUES

February is a month for **CARING!** Show someone you love that you care this month. Make a handmade card that will bring a smile to someone's face! Add some personal touches such as a picture of the two of you and 5-10 reasons why you love them!

YOUTH SPORTS

PLAY BALL! Youth Sports is back for Spring with offerings for soccer (ages 3-14) and volleyball (ages 8-15). Our youth soccer and volleyball programs help kids develop their skills and sportsmanship with multiple age-specific levels in a safe and fun environment.



YMCA Youth Sports encourages healthy kids by placing a priority on family involvement, healthy competition, positive self-image, team building, individual development, participation over winning, a sense of fair play, and mutual respect for others.

To find out more and register, go to:
<http://Austinymca.org/Youth-Sports>

DID YOU KNOW? Volleyball was invented at the YMCA! In 1895, Y instructor William Morgan blended elements of basketball, tennis and handball and called it mintonette. The name "volleyball" was first used in 1896.

SEL CORNER

WRINKLED HEART This month, talk to your child about the power of words.

In the book [A Wrinkled Heart](#) by Tracy Hoexter, a young bunny named Elliott experiences his heart wrinkling when he's scolded for spilling his milk at breakfast and his friends say hurtful things to him at school. When his family and friends apologize, his heart smooths out but some wrinkles remain. Elliott learns that it's important to think about the impact your words have on others to avoid wrinkling another person's heart.

After reading the book, cut a heart out of paper. Show your child how smooth the paper is, without wrinkles. Discuss hurtful things your child has heard that could wrinkle the heart. Fold the heart each time a hurtful term is mentioned. Ask your child how those words made your child feel. Then discuss kind words that can help un-wrinkle the heart. Unfold it with each kind term. When the heart is completely unfolded, point out how the wrinkles are still there. Even after someone apologizes, the pain and memory can still remain. The folds represent all of those mean things we said and how they make someone feel.

Source: Centervention.com/hurtful-words-lesson-for-young-students

UPCOMING CURRICULUM THEMES



FEB. 1-5: CELEBRATING GROUNDHOG DAY!

Will Punxsutawney Phil the Groundhog be frightened by his shadow and give us six more weeks of winter? Students will celebrate Groundhog Day with puzzles, games, and explore shadows and silhouettes through science and art this week.



FEB. 8-12: ALL YOU NEED IS LOVE

Students will celebrate the Valentine's Day holiday this week by crafting clever heartfelt messages and making heart catchers, while learning about blood circulation and heart health in recognition of American Heart Month.



FEB. 15-19: MARDI GRAS MASQUERADE

Celebrate "Fat Tuesday" with us with the exploration of the rich history behind the yearly carnival celebration with beads, balloons, jester hats, masks, and a noisemaker parade at the centers!



FEB. 22-26: ENGINEER'S WEEK

Calling all young engineers! Engineers week was founded in 1951 to raise awareness and interest in engineering and technology careers. Students will draw and create models of futuristic cities and new inventions as they learn the role of engineering and discuss what life would be like without the advanced technologies we enjoy today.

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 **March 1st**. Please contact us at 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. 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.