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FOR HEALTHY LIVING
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TAKEOUT

TUSCARAWAS COUNTY YMCA MEAL PROGRAM NEWSLETTER NOVEMBER 2020



MEET OUR NEW OUTREACH COORDINATOR

Hi my name is Elizabeth Sickinger and I have the pleasure of being the site coordinator for the after school food program for the Dennison area. I am the newest member of the team and I have truly enjoyed getting to know all of the kids in the program. We have a variety of talented children in our program, from athletes to artist, to mathematicians, the list goes on. One of my

favorite things to do with the kids is our daily positive affirmations. Each week I select three positive affirmations for our group. I look forward to getting to know all of you and your children in the months to come. Please feel free to stop in and if you have any questions or concerns please reach out. Thank you for allowing us to be a part of your child's life.



“I can do all things through Christ who strengthens me.”

Philippians 4:13

I am...

November Positive Affirmations

November 2- 6

I am Smart
I am Strong
I am Loved

November 9- 13

I am Kind
I am Brave
I am Loved

November 16- 20

I am Caring
I am Honest
I am Loved

November 23-27

I am Respectful
I am Responsible
I am Loved

Nov 30- Dec 4

I am Courageous
I am Special
I am Loved



PROGRAM COMPONENTS

Each day before we head up to the gym we have a lesson. Over the month of November we discussed healthy eating (how to create a healthy plate. Four main food groups: protein, fruit, vegetable and a carbohydrate). We talked about sportsmanship and how to be a team player. We used our positive affirmations to learn how to better ourselves. The kids responded really well to our lessons each day and seemed to find our topics interesting. As we move forward into the coming months I hope to incorporate more of the YMCA mission into our lessons by building a healthy **SPIRIT, MIND, AND BODY!**

A Note from **THE MEAL TEAM**

As we move forward and close out 2020 we hope that the program will continue to grow and reach even more children in the community. We hope to give kids a chance to be kids; to play and interact face to face without cell phones. We hope as we serve the community that the kids who join the program will stand out and show good sportsmanship and kindness to all. We hope the kids will become models of the YMCA Mission and **Core Values of Caring, Honesty, Respect, and Responsibility.**

We know that times are hard right now. The only way to get through this is together. Please know we are here and will continue to be here for you and your children. Building connections is one of the most important parts to our program. Feel free to contact us with any questions or concerns. Elizabeth Sickinger, Outreach Coordinator Elizabeth@tuscymca.org

SOME ACTIVITIES TO TRY AT HOME WITH YOUR FAMILY

- Watch the sunset together
- Build a blanket fort
- Have a Scavenger hunt
- Sit together and share something you love about each other



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