

# Ready Set Food, Fun, and Games!

Tuscarawas County YMCA Meal Program

## A NOTE FROM STAFF

Happy New Year! I am gleefully eager to say that our program is back in full swing and running Monday- Friday! This month we focused on wholegrains and healthy eating habits. The children were encouraged to share some of their favorite fruits, and vegetables. The children were encouraged to try some of the new foods they learned about in our lessons. We also took some time to talk about building good character. Each week the kids took turns reading our bible verse for that week. Every day presented us with an opportunity to learn and change our behavior for the better. I am so proud of the children. Our program has had many adjustments, changes, and the kids have done an amazing adjusting quickly. We have a very special group of kids. Our staff feels blessed to be a part of their lives, and to have them be a part of our Y family.

Many Blessings,  
Ms. Elizabeth

"And as you wish that others would do to you,  
do so to them."

-Luke 6:31

## EXCITING UPDATES TO THE PROGRAM

At the beginning of this month we welcomed a new staff member. Our dear friend and volunteer Mr. Ryan Dale. Mr. Dale will be in charge of our gym games and activities. Watch for his Bio later in the newsletter!



## AFFIRMATION WORDS FOR JANUARY 2021

01/04/2021 – 01/08/2021

I am **COURAGEOUS**

I am **RESPECTFUL**

I am **LOVED**

"Do not be afraid for I am with you."

-Isaiah 43:5

01/11/2021- 01/15/2021

I am **STRONG**

I am **SMART**

I am **LOVED**

"Your love never fails never gives up never runs out on me."

-Romans 8:37-39

01/18/2021 – 01/22/2021

I am **CONFIDENT**

I am **VALUABLE**

I am **LOVED**

"When you go through deep waters, I will be with you."

-Isaiah 43:2

01/25/2021 – 01/29/2021

I am **BRAVE**

I am **HEALTHY**

I am **LOVED**

"Walk with the wise and become wise; associate with fools and get in trouble."

-Proverbs 13:20



"I can do all things through Christ  
who strengthens me."

-Philippians 4:13

## Welcome Mr. Ryan Dale

Gym Games, and Activities Instructor

### MEET MR. RYAN DALE

Hello everyone, my name is Ryan Dale! I got hired to do the activities at the Twin City Meal Program and I'm excited to join. So a little about me; I'm originally from North Royalton, which is by Cleveland. I moved down to New Philadelphia to do a discipleship program called Off The Wall. I also love to play/watch sports! My favorite sports are baseball, football, basketball, spike ball and wrestling (not WWE). I hope in the future I can work with kids full time so this program is a great start for me.



Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

-Ephesians 4:32

### **Student Code of Conduct and Core Values**

I will be respectful, I will be kind, I will be caring, I will be honest, I will follow the rules, I will do my best and if I fail I will learn from my experience and pledge to do better the next time. I will be a friend and accept the responsibility to be a helper, making the program a great place to be for all.

### THINGS TO TRY WITH YOUR KIDDOS

- **BUILD A SNOWMAN OR TAKE A WALK OUTSIDE**
- **COOK TOGETHER WHILE SHARING WHAT HAPPENED IN YOUR DAY**
- **DRAWING AND COLORING CONTEST**



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