

Our Mission: "To put Christian principles into practice, through programs that build healthy spirit, mind, and body for all."

Welcome to Adams After School (AFS)!

Our 2009 format is based on the YMCA's core values and mission of building a healthy spirit, mind and body. Our activities are guided by the core values of Caring, Respect, Responsibility, Honesty and Faith. We feel these are tools children need to build a future with strong kids, strong families and strong communities.



This Year's INCENTIVES!

Team Work

Team work is what it's all about. This year at after school your child will be given the opportunity to work with his/her huddle to earn points towards a huddle party. Points are earned in assembly challenges such as; team obstacle courses, dance challenges, trivia challenges and by demonstrating character trait skills as a team. By learning to work together the children earn a chance to win a huddle party.

Character Animals

What are character animals? Character animals are a part of the camper incentive program here at Adams AFS. Character animals help teach the children character traits. We have five mini stuffed character mascots that represent our Character Traits:

Blue = Honesty

Green = Responsibility

Yellow = Respect

Red = Caring

Purple = Faith in God

2009 Adams After School Team

The 2009 AFS leadership staff includes **Nichole Hampton**, Youth Director, **Johnna Hinton**, Site Director and **Kelsey Stoner & Chelsea Loomis**, Office Managers.

Grade	Huddle	Counselors
K	Incredible	Caitlin & Brandon
1st	Superman	Courtney
2nd	Batman	Mattie
3-4th	Spiderman	Chelsea & Stephen
5 th	The Hulk	Jose
Study Hall		Chelsea & Kelsey

Wacky Wednesdays!

Date	Wacky Themes
7/8/09	Character Trait Day: Blue for HONESTY!
7/15/09	Sports Hero Day Dress like your favorite sports hero
7/22/09	Challenge Day: Girls: Purple Boys: Red
7/29/09	Crazy Hair Day

CONTACT INFORMATION

Nichole Hampton Youth Director	469-9622 ext. 158 919-815-7397 = cell Nichole.Hampton@ymcatriangle.org
Adams YMCA EA and AFS Programs	815-2985
Cary Family YMCA	469-9622

More INCENTIVES Information!

Character animals are a way to recognize individuals in the AFS program. A “Character Animal” is given to a child who has led his/her huddle by example; demonstrating the character traits of honesty, responsibility, respect, caring and faith in God. Honored students are given an opportunity to care for the “character animal” during Friday assemblies, add their signature to our hall of fame and a trip to the prize box.

The Super Store

What is a super store and why is it important to my family? The Adams YMCA AFS program has created a super store. Children can earn YMCA dollars when they go above and beyond by demonstrating one of the character traits; honesty, respect, responsibility, caring and faith in God. Children then spend their YMCA money at the super store. The super store is filled with games, toys and party supplies.

- K-2nd is given the opportunity every Friday to shop at the super store.
- 3rd-5th is given the opportunity every Thursday to shop at the super store.

So why is this important to my family?

A part of this incentive program is to encourage responsibility. Therefore children will be responsible for keeping up with their YMCA dollars. YMCA dollars will not be replaced if your child washes, losses or trades them.

A special note from our campers:

Attention all family members in charge of family laundry duties, please do not throw away YMCA (paper) dollars. It makes us very sad.



Monday, Tuesday, Thursday, Friday Schedule

Time	Activity	
Grade	K-2	3 rd -5 th
2:45 -3:00	Track Out Hang Out	
3:00-3:10	Roll Call	
3:10-3:20	Devotion	
3:20-3:45	Assembly	
3:45-4:00	Snack	
4:00- 5:00	Homework/Activity	
5-5:10	Transition	
5:10-6.00	Rides Out/ Gym Games	

Wednesday Schedule

Every Wednesday your child will be released from school at 2p.m. The children will report to the gym where a YMCA counselor will be waiting for them.

Time	Activity
2:00	Roll Call
2:15 – 2:45	YMCA recess
2:45 – 3:00	Devotion
3:00 – 3:15	Assembly
3:15 – 3:30	Snack
3:30 – 5:00	Homework/Activity
5:00 - 6:00	Rides Out/Gym Games

Weekly Schedule

Monday – Huddle Day

Tuesday- Sports Day for younger huddles

🏆 Game Day for older huddles

Wednesday- Clinics

Thursday - Game Day for younger huddles

🏆 Super Store for older

Friday – Sports Day for older huddles

🏆 Super Store for younger

Study Hall

If you would like for your child to participate in YMCA study hall: print this page, fill out your child's information and turn the form into the YMCA office.

Each day after snack and assembly children will be given an opportunity to participate in study hall from 4-5p.m. During this time children are able to work quietly on their home work in a class room. (Please note that this is not a one on one tutoring program. During Study Hall a YMCA counselor will be present to answer questions as needed.)

If you would like your child to participate in study hall, please fill out the information below and return it to the YMCA AFS office. If your child is signed up for study hall, they will be asked to take part in study hall each day. Study hall is dismissed three times a day, at 4:15, 4:30 and 4:45p.m. Children are expected to bring something to work quietly on until one of the above dismissal times.

Please remind your children that homework time is not a time to hang out, color or play cards.



Child's Information:

First Name

Last Name

Homeroom Teacher (Room #)

My child must attend homework everyday

My child can choose when to come to homework

Pick Up information

How does the Rides Out System work?

Rides Out begins at 5:00p.m. A member of the Adam AFS YMCA leadership staff will be waiting outside the gym with a walkie-talkie. They will announce your arrival and your child will be walked to



your car. You will be given a YMCA Year-round School Pick-up Card on your first day of AFS. Please have your Pick-up card visible in your car window as well as an easily accessible picture ID for identification. Your child's safety is of utmost importance to us. No child will be released until a positive identification is confirmed.

What if I want to pick up my child before Rides Out begins?

If you need to pick up your child before 5:00p.m. Please come into the YMCA office located in the gym and sign your child out at the desk with our office manager. Please have your identification available so that our leadership staff can verify your identity.

Contact Information

Please keep us informed of your latest contact information. When your contact information or approved adult pick up information changes, please notify our office manager in writing, enabling us to keep your child safe.

What do I need to do if I know my child will be absent from AFS?

If your child will not be attending the AFS program, please call the Adams AFS office at 919-815-2985 and leave us a message.

What if someone other than the child's parent needs to pick up the child?

If the child's parents cannot pick up their child from After School, a written note from the parent must be sent in to the staff. The person who will be picking up your child must present a picture ID at time of pick up. You may want to add their name(s) to your child's approve pick up list.

YMCA Late Fee Policy:

YMCA AFS programs run from 3:45-6p.m. If you are late picking your child up, you will be charged. Late fee is one dollar for the first five minutes and an additional dollar for every minute after the first five minutes.

Mark Your Calendar: something fun for the whole family:

Date	Time	Event	Location
7/11/09	9am-1pm	Babysitting Class	Cary Family YMCA
7/11/09	8pm	Family movie night - Bolt	Cary Family YMCA
7/15/09	6:15 - 9:45p.m.	Parents Night Out – Garden Party	Cary Family YMCA

Question & Concerns?

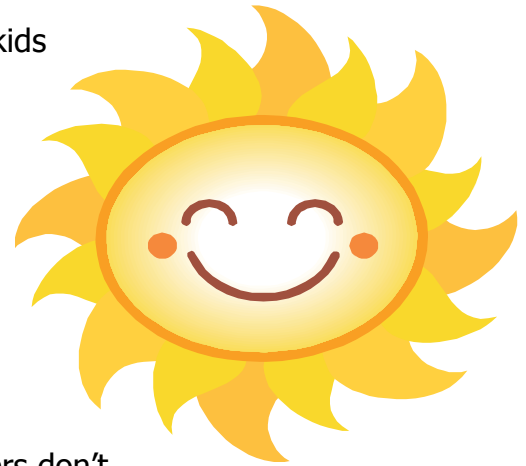
The YMCA of the Triangle welcomes parental feedback. Should you have concerns, comments or questions, please contact the director of your child's program. If your concern is of a confidential matter, please call 919-719-9690, ext 9500 and leave a message. Someone will return your call promptly."

Skin Safety

Did you know that Y counselors and staff can not apply sunscreen to kids that come to camp or go to the pool?

Make sure your child is well protected from the sun!

- Apply sun screen 15-20 minutes PRIOR to sun exposure—that means in the morning BEFORE kids get sent to camp, and reapply around lunch time
- Children should bring a small bottle of sunscreen so that they can apply to their arms, legs, neck and face/ears
- Kids and adults need to wear SPF 15 or higher (higher numbers don't necessarily work better-they still need to be reapplied every 2-3 hours when sweating for swimming)
- Be sure lotion is worked well into all exposed skin surfaces
- Avoid sprays, they need to dry before going into water or coming in contact with perspiration or clothing, and do not always provide the best coverage
- Wear light clothing on exposed areas of the body, keep a hat on and wear sunglasses to protect your eyes



The YMCA of the Triangle and WakeMed are working together to educate the community about enjoying a HEALTHY BALANCE— EAT, PLAY, LIVE!

Visit www.wral.com keyword: healthy balance to learn more!

One big community for fun, for health, for family, for life.

