



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

## Welcome to Laurel Park Early Arrivals

Our 2010 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.

### How does the Rides In System work?

Rides In starts at 7:00 a.m. and parents can drop off their children in the bus loop lane. A leadership staff member will be there to greet your child and help them out of the car. After 7:45 a.m. parents can walk their child into the cafeteria and a staff member will be directly inside the door to check them in.

### Where do they go when they get to the YMCA?

A counselor will be waiting for your children in the gym with a variety of rides in games and activities.

### Is breakfast provided during Early Arrivals?

The YMCA does not provide breakfast for your child. However, children may bring their breakfast from home and eat it once they arrive at the EA program.

### What if the start time for school is delayed due to inclement weather?

If schools are delayed, all morning YMCA programs are delayed by the same amount of time (i.e. if school starts 2 hours late, Early Arrivals will start 2 hours late).

### 2010 Early Arrivals Staff

The 2010 Laurel Park Early Arrivals

#### Leadership Team:

- Nichole Hampton, Youth Director
- Callie Wilson, Site Director

Counselors: Jimmy, Rachel and Joe

### Monday - Friday Schedule

Time	Activity
7 - 7:45 a.m.	Rides In Quiet Games
7:45 - 8:30 a.m.	Activity Time
8:30 - 8:45 a.m.	Closing Assembly School Dismissal

### CONTACT INFORMATION

<b>Nichole Hampton</b> Youth Director	469-9622 ext. 158 919-815-7397 = cell Nichole.Hampton@ymcatriangle.org
<b>LP YMCA</b> EA and AFS Programs	815-9108
<b>Cary Family YMCA</b>	469-9622

## WakeMed Moment:

### Safe Picnicking

Whether packing snacks for a hike or preparing a covered dish for a potluck, make food safety a priority this summer. Don't let uninvited bacterial or viral guests spoil your picnic!

### Prepare Safe Food

- Wash your hands before, during, and after food preparation, and use clean utensils and containers for food preparation.
- Prepare foods no more than one day in advance of the picnic unless it will be frozen. Thaw frozen foods in the refrigerator, not on the counter.
- Mayonnaise-based foods need to be kept cold during and after preparation.
- Cut melons need to be kept cold. Melons, such as watermelon, cantaloupe, or honeydew, can contain bacteria on the rind and should be washed before cutting. Cut melon should be refrigerated promptly after cutting.



### Plan Ahead

- Pack hand sanitizer or moist towelettes.
- Pack plenty of utensils and dishware so that raw foods or juices do not come into contact with cooked foods and, unwashed items do not come into contact with washed items.
- If food cannot be held at the proper temperature, then pack foods that do not need refrigeration – peanut butter sandwiches, dried fruit or unpeeled fruits, nuts or seeds, unopened canned foods, crackers, or cookies – separately from hot or cold foods.

### Keep Cold Foods Cold

- Pack foods in an insulated cooler with plenty of ice or ice packs. Pack foods in water-proof containers and immerse them in the ice, or place ice packs between and around containers. Food should never just be set on top of ice.
- Cold foods should be kept at 40°F or colder to prevent bacterial growth.
- Keep the cooler out of direct sunlight. Keep the cooler out of the car or car trunk where temperatures can reach 150°F.
- Pack beverages or other snacks in one cooler and perishables in a separate cooler.

### Keep Hot Foods Hot

- Hot foods can be transported hot by wrapping their containers in towels, then newspaper, and then placing them in a box or heavy paper bag.
- Keep hot foods hot – at 140°F or warmer – until served.

### Serving and Leftovers

- Keep foods covered to prevent contamination from insects. Insects can carry harmful bacteria and viruses on their bodies.
- Because most leftovers will have been sitting out for at least an hour and many people have been handling them, leftovers should be thrown out.
- Cold foods kept cold enough (40°F or colder) may still be safe. If the ice or ice packs have melted in the cooler, then the food should be thrown out. Cold water is not cold enough to keep food at a safe temperature.

Picnics can be a great way to enjoy the outdoors with family and friends. If you are looking for an activity this summer, try packing a basket and take it to your local park, lake, or nature preserve. You may not be able to avoid the ants, but special food handling precautions can prevent dangerous bacteria that may cause illness from ruining your good time. A few simple steps can mean a safe picnic.

For more information about safe picnicking visit [www.foodsafety.gov](http://www.foodsafety.gov), and remember to get out, get moving, and enjoy this summer!

***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](http://www.wral.com) keyword: healthy balance to learn more!

### 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.

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