



The fun starts here!

December 2009  
PTAS NEWSLETTER

# PRIME TIME AFTER SCHOOL



## The 12 Days of Christmas - Y Style!



Here at Prime Time After School we have a very fun tradition that takes place every year around the Christmas holiday. For the last 12 days of school before the winter break, we will celebrate each day by singing the 12 days of Christmas. As we add a day to the song we also add a Christmas treat. For example, "On the first day of Christmas my counselor gave to me, a pie

in a counselor's face!" That's right! For each of the 12 days, a counselor will be receiving a pie in the face based on who receives the most votes the day before. Be sure to ask your child each day what the new verse and new treat will be.

## December Clinics

For the month of December, we will be offering two new clinics that will truly celebrate the winter season. What better game to practice than the coldest sport of all, **Hockey**. Our counselor Shelby Saltys is a Junior Hurricane and will be a great teacher of the game. From stick-handling to slap shots, your kids will learn it all. If hockey just isn't your child's thing, then we will also be offering a **Holiday Crafts** clinic. We will be making certain things like ornaments, reindeer, homemade peppermint bark and much more. Clinics take place on Tuesdays and Thursdays from 4:30-5:15pm.

- Things to know:
- Prime Time runs from 2:30-6:00 Monday-Friday.
  - Pack a snack with your child every-day. We offer a time everyday for campers to enjoy a snack and spend time with their friends.
  - Write your child's name on everything they bring to after school. If you are missing an item come inside and a counselor will help you look for your missing item.
  - Bring a smile with you every day!

- What huddle is my child in?
- K - Wii's
  - 1,2 - Sega's
  - 3 - Dreamcast's
  - 4,5 - Atari's
- \*Campers will spend a majority of their time with these huddles. We keep a 1:12 staff to camper ratio during after school.

# WakeMed Moment

## How do I catch a cold?

With more than 200 different cold viruses lurking out there, it's no wonder kids can catch up to eight colds a year. You can pick up a cold by breathing in the virus from someone who sneezes near you or by touching something that a person with a cold has touched. That's why it's important to sneeze into a tissue or into your elbow to help block the virus from spreading into the air and infecting your friends and family.

Cold viruses can remain on surfaces for several hours...on crayons, pencils, water fountain handles, shopping cart handles, video games, computer keyboards, books, door knobs, desks or telephones! When you touch that surface, then touch your nose, eyes or mouth, you could get a cold within two to three days. But when you do get a cold, your body is ready with billions of fierce fighters called white blood cells. They serve as your own personal army, always ready to spring into action if they detect a "foreign" invader, such as a cold virus. So while it's no fun coughing, sneezing and having a runny nose, it shows that your body is waging its own little war against that stubborn cold virus. If you don't want to feel the misery a cold can cause—coughing, sneezing, body aches, feeling tired and just plain icky—then remember what Twinkle from WakeMed says: Wash your hands with warm, soapy water all throughout the day to help wash those cold viruses away.

WakeMed provides Physical Therapy services at our YMCA! Call 350-3800 for more information about backpack safety or physical therapy services at the YMCA. 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!

## Spotlight on Staff

Here at Prime Time After School we are blessed with an amazing staff. It is not hard to see how much they love working with kids. This month we are recognizing our office manager, **Kelsay Hitchcock**. She has been working at the Cary YMCA for almost five years and has been in a variety of roles. A graduate of Athens Drive High School, she also has a sister working at Prime Time that she loves to pick on. Her favorite restaurant is Taco Bell which she feasts on two or three times a week. Thanks Kelsay for all you do!

## Character Wall of Fame

Each month at after school, campers will be challenged to complete different activities that relate to our monthly character trait. Each week of the month there will be a different challenge such as doing something nice around the house for your parents. Campers that complete these activities will be added to the **Character Wall of Fame**, a display board located in the assembly room for everyone to see. Our character trait for the month of December is **Caring**. Be sure to inform the counselors if you see your child going above and beyond to show caring at home.

## Who are all of these counselors?

Many of our staff members here at Prime Time have been with the program for many years and have a great passion for working with children. Our staff will create a fun and safe environment for the campers all while being great role models. Our leadership team consists of:

- Mike Hubbell, Director
- Joe Loftus, Assistant Director
- D'Vario Daughtry, Program Coordinator
- Kelsay Hitchcock, Office Manager

If ever you have a question or concern regarding the program, please contact one of these individuals so that we can make sure that we have a program that fits everyone's needs. Contact information is listed at the bottom of this page.

## Rides Out

Our Rides Out procedure runs from 5:00-6:00pm at the drop-off circle at the front of the building. When you arrive, enter the second entrance on YMCA Dr. where a staff member will be calling names from our corner. Please have either a **PHOTO ID** or a **YMCA BLUE PICK-UP CARD** with you when you arrive. Our staff must confirm that each child is going home safely with the right people. After your child is called, they will meet you in our rides out circle where staff will walk and load your children.

## Late Fee Policy

Prime Time ends promptly at 6:00pm. We ask that all campers are picked up prior to the close of the program. Any parents arriving for pick-up after 6:00pm will be charged a late fee of \$5 for the first ten minutes and \$1/minute after that. If you know you will be running late, please let our office staff know prior to your arrival. Thanks for your help with arriving on time.

## Office Location

The Prime Time office is located in a room we all know as the "Dugout." It is located to the left of the old office right down the hallway in the first room on the right. Kelsay Hitchcock is the Prime Time Office Manager. If you plan on picking up your child prior to Rides Out (5:00pm), please come inside to the office and sign out your child with Kelsay.

## Homework Help

During each day of after school we offer two sessions of homework help where campers may skip their activity to work on school work if they choose. We offer a quiet area with counselors available to assist campers with any homework problems and an incentive program that rewards campers in homework for having good behavior and working hard. If you would like for your child to attend homework help everyday please call or send in a note to the office.

### YMCA's Five Main Character Traits:

- Red—Caring
- Blue—Honesty
- Green—Responsibility
- Yellow—Respect
- Purple—Faith in God

\*Campers will be rewarded for showing these five character traits.

### Contact Information:

If you have questions or comments you can call the Prime Time Office at 919.469.9622 x143. If you know your child is going to be absent from after school, please call and leave a message letting us know your child's name and the school they attend.

Mike Hubbell, Prime Time Director:

- 919.469.9622 x132

