



The fun starts here!

February 2010

PTAS NEWSLETTER

PRIME TIME AFTER SCHOOL



Community Health Partners

The search for Cupid



Have you ever stayed up late on Christmas Eve trying to catch Santa coming down the chimney? Left a trail of carrots to your room on Easter hoping to see the Easter bunny? Well this month at after school, we are going to follow the many clues left behind that lead us to the mythical icon of Valentine's Day, Cupid. Around Prime Time we have noticed that heart-shaped arrows have

been left in many places. Huddles will work together to piece together the clues left behind in order to find the hidden location of Cupid. The group that finds Cupid first will earn a Valentine's Day treat and a chance to give back to the other groups. I just LOVE this challenge and can't wait to find out the hidden hideout of Cupid.

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!

Prime Time Parent Focus Group - We want you!

Let's face it. The YMCA can't be what it is without the help and support of both our campers and parents. We are constantly looking for ways to improve our program to fit the needs of every participant and family that is involved. During the month of February, we would like to hold a Prime Time parent focus group and find out first hand ideas that can help us improve our program. From our daily activities to our rides out process, we would like your help to find out what areas we need to focus on. If you are interested in being a part of this group and having the opportunity to give us valuable feedback, please contact Mike Hubbell at 469-9622. Thank you for your continued support.



WE WANT YOU

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

What's so important about good posture?

Posture is your body's way of aligning all your body parts to keep you strong, balanced and help you avoid injury. Did you know that poor posture – sitting or standing hunched over – can lead to injuries all over your body and can cause headaches and wrist problems?

Think about this...

An adult's head weighs about 10 lbs; that's heavier than an average bowling ball. If you are at your desk, or the computer or playing your Game Boy or Nintendo DS with your head forward, it is pulling your shoulders, back, arms and wrist muscles away from where they naturally want to be.

Eventually, all those body parts will start to hurt.

If you don't want that to happen to you, just remember these three things whenever using a computer or playing video games:

- Every 30 minutes or so, stop and take a break. Do some stretches, especially the body part you are using most.
- Don't tense up your muscles. Keep them relaxed.
- Don't hunch over the game or computer keyboard. Sit up with your back and feet supported. Make sure your muscles are relaxed.

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 keyword: healthy balance to learn more!

Summer Camp is right around the corner...

That's right! It's time to start gearing up for summer at the YMCA. This year, camp and school registration is going to have some BIG CHANGES. There will be no single day of registration for summer camps or 2010-2011 school programs. Here is how the process will work instead:

- **Members are guaranteed a spot in both camp and school programs if they register during the month of March. Register at the Cary Family YMCA Welcome Center during open desk hours.**
- **Open registration begins on April 12th for remaining camp and school program spaces.**

If you would like more information on the many options you have for summer camp, please check out our website.

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.

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.

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.

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



Acceptance... accepting the differences in people of all backgrounds.

Acceptance is represented by the color yellow because it is driven by one of the YMCA's five core character traits: respect.

Week	Word to Learn	Challenge
1	Differences	Find a friend who is different from you and talk about what make you different. Tell them things you like about them.
2	Special	Write down or draw three things that make you special and show it to your parents.
3	Unlike	Ask an adult why it is important to accept people who are unlike you. Discuss how you can celebrate diversity.
4	Unique	Bring something in from home that is unique and tells a story about your family.

"So accept each other just as Christ has accepted you; then God will be glorified."

Romans 15:7

We build strong kids, strong families,
strong communities.

To learn more, go to www.YMCATriangle.org.

YMCA
OF THE TRIANGLE

YMCA Youth Programs focus on a different character trait each month with our participants. The traits are each represented by a color to help children remember. Each week we will focus our activities, devotions, and "Thoughts for the Day" on the character trait. Everything we do throughout the month reinforce learning character traits. In addition we encourage families to discuss each trait and practice it at home. Every month we will focus on learning words that best explain the character trait and each week children will be encouraged to perform a challenge at home that relates to our character trait. All YMCA Character Traits are based on Faith in God.