

MCDOWELL DISTRICT



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF WNC/YOUTH SERVICES

348 Grace Corpene Drive

Marion, NC 28752

828 559 2409

BACK TO SCHOOL 2023 NEWSLETTER



WELCOME BACK! WE ARE HERE FOR YOU!

We are so thankful to be back to school and ready to serve families. We are so excited to begin our new 23-24 School Year! We have had a great summer, but are ready to go back to school, see our teachers, and get ready for our fall season. We will begin with Eastfield on Friday July 11th. Year-round childcare is back, and we are thankful to once again have that option for families to choose. Please reach out if you have any questions.

You can register on our website, ymcawnc.org, YBC: 828 251 5910.

Blessings for our school year!

YEAR-ROUND CHILDCARE

The YMCA is offering a year-round program for school-age children.

The Full-time option includes:

- Guaranteed spot for 50 weeks of Afterschool & Camp.
- Priority registration for the next year-A full month in advance before it opens to the public.
- Care during winter break, spring break, teacher work days, and snow days.
- Summer Day Camp at any of our Discovery Camps.
- YMCA Family Membership for your family.

QUESTIONS, COMMENTS, IDEAS?

Contact

Angela Strickland

Program Director at 828 460 2909, astrickland@ymcawnc.org

YBC

828 251 5910, ybc@ymcawnc.org



Healthy lunch fun...

FRUITY PEANUT BUTTER PITAS

Yield: Serves 2 (serving size: 1 pita)

Cost Per Serving: \$.79

Ingredients

- 1/4 cup of peanut butter
- 1/8 tsp cinnamon
- 2 whole wheat pita pocket halves
- 1/2 med apple sliced
- 1/2 banana sliced

Preparation

1. In a small bowl blend the peanut butter and cinnamon, and spread on the inside of the whole wheat pita halves.

2. Fill with banana and apple slices. Enjoy!

Variation: For children with peanut allergies, you could substitute with sun butter, or a chocolate hazel spread.

1 pita is Calories 324; Fat 12 g (sat 3.1g); 12 grams of protein



CDLI-JULY "EMPATHY"

The character trait of the month is "Empathy." We are focusing on our feelings, and how we can help others during times of sadness, or what it may be like to walk in someone else's shoes. All of our afterschool sites will participate in Y-chats, and activities that help have a better understanding of what sympathy for others looks like. Watch or take part in creating a link for the empathy chains being made at sites. We love being open for all, especially in our feelings and relationship building with others.

Y-CHATS



Here are a few Y-Chats you can use at home:

What is your favorite animal?

What is your favorite season and why?

If you were a car, what car would you be?

When did you feel left out?

How do you feel when you are trying something new?

When you see a small dog, how do you feel? When you see a big dog, how do you feel?

What if we all looked the same?

What can we learn from elderly people?