

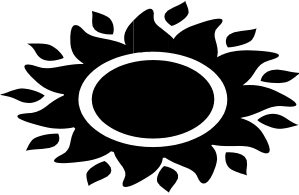
Family School Liaison Program

Horizon School Division No.67

Newsletter - June 2011

Fun in the Sun!!

Summertime is a great opportunity for kids to get involved in fun activities, get active and spend time with friends and family. There are a lot of simple ways to get the most out of summer like making fun healthy summertime snacks, cooling down with water activities and making a variety of summer themed crafts. Here are some starting ideas for activities that kids can get involved in to ensure a summer filled with fun and wellness.



Join a Summer Camp: This is a great way for you to meet some new friends and stay active this summer.

In Taber:

Town of Taber: Has six different summer camps for ages 6-12

- Contact (403) 223-5500

Family and Community Support

Services: These camps are free of charge and are focused on leadership. Ages 8-17

- Contact: (403) 223-4403

Taber Library: This camp runs all summer long and is free of charge.

- Contact: (403) 223-4343

Safe Haven: These wilderness and underwater challenge camps are free of charge. Ages 6-11.

- Contact: (403) 223-0483

There are also several amazing camps outside of the Taber community. These include **University of Lethbridge**

(www.uleth.ca/sportrec), **YMCA Lethbridge** (403- 327-9622), **Young Chef's Camp in Lethbridge** (403-320-8138), **Eagles Nest Camp** (www.enr.ca/page4/page19/index.html) and **Southern Alberta Bible Camp** (403-792-3644). If you have any further questions regarding these or other summer camps please contact Marie with Family Connections at (403) 393-4943.

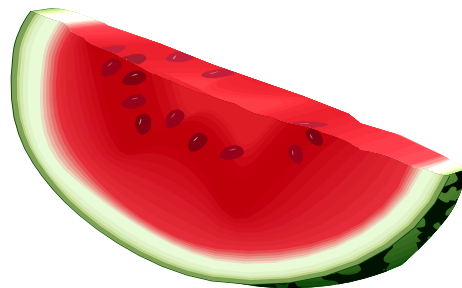
Brainstorm Ideas for Amazing

Summer Snacks: Thinking up great healthy summer snacks is a great way to get creative these summer months and try some new treats! Here are a couple of ideas to get the ball rolling.

Frozen Yogurt Ice Cream Sandwiches:

Spread any flavor of frozen yogurt onto graham crackers. Place your delicious snack into the freezer. Enjoy this treat on a hot summer day!

Watermelon Blaster Smoothie:



- Ingredients: 3 cups of cubed seedless watermelon, 1 ½ cups of fresh strawberries, 3 tbsp. of fresh lime juice, 1 cup of ice cubes and a pinch of sugar to sweeten if necessary.
- Place all of these ingredients into your blender for 15 seconds or more on high speed, and enjoy!

Create Fresh Fruit Kabobs:

- Cut all of your favorite fruits into cubes and place on skewers. A fun way to eat fruit!

Ants on a Log:

- Put cream cheese spread or peanut butter into a celery stick and top with raisins or any fun topping you can think of!

Get Outside and Enjoy Summer:

Enjoy the summer while it's here, get outside and get active!

Throw a Sprinkler Party:



Invite your friends over to your backyard for a great way to cool off from the summer heat. Make sure all of your friends bring their bathing suits and their smiles along! Everyone will have a great time while enjoying the sun and running through the sprinkler water. Set out a plate of fresh fruit and other yummy summer snacks for everyone to enjoy

Make Sponge Balls (craft):

Before you and your friends enjoy the sprinkler party try making this fun craft for an activity! All of your friends will enjoy these little sponge balls as they run through the sprinkler!

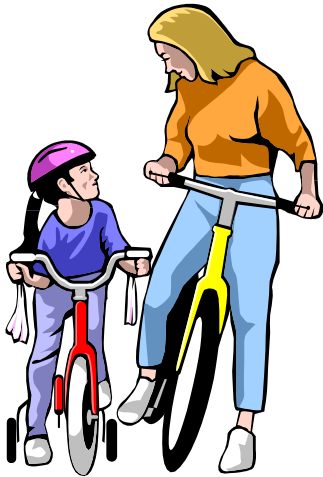
- You will each need three sponges (½ by 2, ¾ by 4 ¼ inch). Use new sponges that are dry, as they will

be easier to cut. With a pen and a ruler, make five lines lengthwise on your sponge, each ½ inch apart. Cut the sponge, using the lines, into six rods. Repeat with the other two sponges. Lay strips on top of each other in three layers, fix to six to a layer. Cinch them across the middle with a string and knot it tightly. Fluff the pieces out into a ball.



Get Active:

Go rollerblading or bicycle riding with your friends. Remember to always



wear a helmet and elbow or knee pads. Go swimming at your local pool as a way to get active and cool off from the heat!

Get Creative:

Enjoy the summer by getting outside and trying activities like sidewalk chalk art and gardening. These are both great ideas for both

parents and kids!

- Try games like Tic-Tac-Toe or Hopscotch with your sidewalk



chalk!

For more information about parenting and family time, call the Family School Liaison Counselor at your child’s school. During the summer months, the counseling program will not be available. The following is a list of community resources/supports that can be accessed if you require assistance throughout the summer.

- Kids Help Line 1-800-668-6868
- Parents Help Line 1-888-603-9100
- Distress Line 1-888-787-2880
- Health Unit FCSS Taber (403) 223-4403
- Health Unit FCSS Milk River (403) 647-3430
- Health Unit Vauxhall (403) 654-2232
- Community Mental Health Taber (403) 223-7932
- Community Mental Health Milk River (403) 647-3430
- Community Mental Health Lethbridge (403) 381-5278
- Child and Family Services Taber (403) 223-7921
- Child and Family Services Lethbridge (403) 381-5555
- Alberta Health Services Taber (403) 223-7953
- Alberta Health Services Lethbridge (403) 381-5183
- Safe Haven Taber (403) 223-0483
- Harbor House Lethbridge (403) 320-1881
- Medical Clinic Taber (403) 223-4461
- Medical Clinic Milk River (403) 647-3599
- Hospital Taber (403) 223-4461
- Hospital Milk River (403) 647-3500

- Hospital Lethbridge (403) 388-6111
- Taber Police (403) 223-8991
- Taber RCMP (403) 223-4446
- Lethbridge Police (403) 328-4444
- Milk River RCMP (403) 647-2427
- Lethbridge Family Services (403) 327-5724
- Family Centre Lethbridge (403) 320-4232

Enjoy your summer! We will see you in September!

References:

1. <http://www.marthastewart.com/265636/sponge-ball?czone=holiday%2Fsixty-days-of-summer%2Ffun>
2. <http://www.marthastewart.com/265963/sprinkler-birthday-party?czone=holiday%2Fsixty-days-of-summer%2Ffun>
3. <http://www.marthastewart.com/263288/watermelon-blaster?czone=holiday%2Fsixty-days-of-summer%2Frecipe-ideas>
4. http://www.perpetualpreschool.com/preschool_themes/summer/summer_snacks.html

