

# Brunch Bunch Network

## SAC News & Happenings

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Brought to you by the Sarasota Family YMCA, Gold Seal Project



As you and your staff welcome in the New Year and make resolutions about personal changes, consider extending them to include improvements in your programs and the lives of the children you serve. This is also a good time to review the good, the bad and the ugly that happened in 2005. What can you do differently or better this year? Set some reasonable goals and plan for the year. Your efforts will pay off if you take it seriously and your staff will feel respected and want to reach the goals that they helped set. Don't forget to take care of yourselves in the process and give yourselves a gift at the end of the year when you have accomplished your resolutions. Good Luck!!!



### Learning About Resolutions

Start out the year with an activity designed to help children understand that they can make a difference in the lives of their friends, their community, school, nation and people around the world. Brainstorm ideas about different types of resolutions people make. Ask children to list ways they can help others. Prompt them to make resolutions using statements such as, "I will value my friends more by..."; "I will improve my school by..."; "I will help these people by..." Help them record and act on their ideas by writing stories and drawing pictures. Keep these samples in a photo album or scrapbook. Discuss children's ideas and progress throughout the year.

### More Fun Activities to Bring in the New Year

- Build a time capsule that represents the best of your program. Fill it with pictures, objects, and stories about events from the past year.
- Survey the children in your program to find out what they would like to do during the next half of the school year.
- Have children make their own calendars for the new year. To make a class calendar, have a small group of students work on a different month of the year. Each student should mark a holiday or special event on the day it occurs.



### Keep it Real

Let's face it, for the many children who have grown up in Florida snow is not a first-hand experience. So, how do you keep it real? Try some of these "cool" hands-on experiences:

- ❖ Place ice and water in a sensory tub and invite children to explore.
- ❖ Take a field trip to an ice skating rink.
- ❖ Build igloos out of ice cubes. Talk about why these types of houses don't work in our climate.
- ❖ Make snowballs out of clean, white socks. Have a snowball toss.

-- Some ideas borrowed from School-Age NOTES

Fact: Almost every place in the United States has seen snow. Only the Florida Keys has remained flurry-free.

## Create a Healthy Classroom During Cold and Flu Season

Germs spread through an afterschool program like wildfire. According to the Clorox Company, 80% of germs are spread by touching surfaces and viruses caused by these germs can survive on common classroom surfaces for up to 72 hours. So, how do you keep your classroom clean?

- Teach children to use warm soapy water and to rub their hands vigorously for at least 20 seconds (about the same amount of time it takes to sing "Happy Birthday" twice).
- Adults should disinfect common surfaces regularly to decrease the level of germs and help reduce the spread of bacteria and viruses on surfaces that can cause illness.
- Avoid touching your eyes, nose and mouth. These are entry points for germs.
- Teach children to sneeze into tissues and cough into their elbow instead of their hands; germs can easily be spread when they touch a surface.

To receive a free "Clean up the Classroom Starter Kit" from Clorox go to [www.cloroxclassrooms.com](http://www.cloroxclassrooms.com).

Children can touch up to 300 surfaces in just 30 minutes.



### Handbook Helper

Let's face it: When teachers are out ill, it affects your program's operation. Since handwashing is the best technique for the prevention of colds and flu, it should be addressed in staff policies and new staff should be thoroughly oriented in proper procedures. Handwashing should occur upon arrival at the program each day, after bathroom use, before food preparation, and after any contact with bodily fluids. Likewise, children should wash their hands upon arrival at the program, after outdoor play, before meals and after toileting.

## Training Opportunities

### The Florida Children's Forum Events Winter/Spring 2006:



#### After-School Administrators' Seminars-

January 14- Ponte Vedra Beach  
February 4- Hollywood

#### Quest for Quality Seminars-

March 11- Tampa

#### Survive the Summer-

May 6- Orlando

You can get more information at [www.flchild/trainingevents.com](http://www.flchild/trainingevents.com) or by contacting Jenn Faber at (239) 489-4386.

#### Plan ahead...



#### National AfterSchool Conference 2006-

February 23<sup>rd</sup>-25<sup>th</sup>, 2006, in Louisville, Kentucky. [www.naaconference.org](http://www.naaconference.org)

Do you care for children whose parents work for AT&T? You may be eligible to receive Funding From the AT&T Family Care Development Fund to attend local or national conferences. For information, please visit [www.lwsonline.com](http://www.lwsonline.com).

## Brunch Bunch Network Meeting

**Topic:** Cooking Up Fun with Kids

**Date:** January 25, 2005

**Time:** 10-11:30 a.m.

**Place:** Venice Gold Seal Project office



"Take the attitude of a student. Never be too big to ask questions. Never know too much to learn something new."

-Og Mandino

Questions or comments? Contact Trish Youssef at 492-9005 ext. 0.



Year's end is neither an end nor a  
beginning but a going on, with all the  
wisdom that experience can instill in  
us. --Hal Borland