



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Early Learning Center News

March 2016 Edition



**Early Learning Center
Family Dinner Night!
At the Emilson YMCA
Thursday, March 10th
5:30pm-7:30pm**

(rolling time frame so drop in any time between 5:30-7:30pm!)

Join us for some family fun on March 10th! Swim together in the Emilson pool between 6:00-7:00pm (all children must be accompanied by an adult in the water), dine with other ELC families at the Simply Dunn Café, and take a peek around the Emilson YMCA! 10% of the proceeds from the Simply Dunn Café will be donated back to the Playground Betterment Fund- we will be purchasing a Flagpole and American Flag!

**March Family Play Date
in the KidZone**



Have some fun with your child and other ELC families in the KidZone!

**When: Saturday, March 26th
from 9:00-11:00am**



**Join the ELC
Facebook Page**

Stay up to date on what's happening at the Early Learning

Center and request to join our Facebook page. Please email Senior Lead Infant/Toddler Teacher, Maureen Melone at mmelone@ssymca.org to request an invitation as this is a "secret" page.

enrollment

Thank you for returning your 2016-17 enrollment packets. We look forward to another great school year in September!

**Make It An ELC Playdate and
JOIN US FOR HEALTHY KIDS
DAY®**



Sunday, April 24th,

10:00am – 12:00pm

At the Early Learning Center

For a free day of fun activities meant to help build on the incredible potential inside each and every child.

Have fun and connect with other ELC families.

Events will include:

- Book Fair
- Family Yoga
- Family Obstacle Course in the KidZone
- Story Walk on our wooded trail
- Complete laps on our Trike Path
- Make magic one ingredient ice cream
- Dentistry for Children
- Family Art Projects and much more!

**Healthy Eating and Physical Activity
(HEPA)
It's What We Do!**

HEPA INITIATIVE
Healthy Eating Physical Activity



Water is our beverage of choice

HEPA aims to promote health and wellness throughout all YMCA programs



Serve a fruit or vegetable at every meal and snack, and offer foods with whole grains



Provide children with at least 30 minutes of moderate physical activity a day and 20 minutes of vigorous activity 3 times a week



We do not serve sugar sweetened beverages



Choose foods with 0 grams of trans fat and no partially hydrogenated oils



Limit screen time, TV, and movies on computers, cell phones, and tablets

Adopted by our Y for school age, child care program, Y programs and staff. HEPA aims to promote health and wellness throughout all YMCA programs



A Reminder About Swim Lessons

ELC swim is one of our programs that distinguishes us from other early childhood centers. It is a wonderful opportunity for children to learn about water safety and the beginnings of becoming an independent swimmer! Our teachers put a great deal of effort into these lessons weekly to ensure that they run efficiently and safely. Wondering how you can help?

Here's how:

- **Children who are swimming must be at school no later than 9:00am on their swim day.** This allows us to plan the group make-up, how many trips need to be taken to Emilson, and how many lessons will need to be taught by

Emilson Aquatics Staff. **If your child is not at school by 9:00am on their swim day, they will not be able to swim on that day but will stay back with a preschool teacher engaged in activities.** In order to ensure that our lessons run smoothly and in a timely manner, we cannot make exceptions to this rule.

- **Send your child to school with their bathing suit on under their clothing.**
- **Clearly label all of your child's belongings.**
- **Place underwear, pull-ups, swim diaper, and towel in the labeled swim bag that was provided by the ELC.**

Thank you for your help in making our ELC swim lessons a success!



Taste of the South Shore

March 24, 2016

Lombardo's in Randolph

The Taste of the South Shore is a festive, annual, community event that brings the area's top restaurants, wineries and breweries together. Join us to sample tastings and raise funds to Send Kids to Camp. New this year, guests are invited to mix and mingle at our 20th Anniversary Taste of the South Shore After Party at Vincent's Night Club at Lombardo's! For more information visit

<https://ssymca.org/donations/event/taste-of-the-south-shore/>