

## Early Learning Center- North Quincy News

January 2019 Edition

### 2019: A New Year of Family Resolutions

the entire family involved and demonstrate to the children the value of giving.



The following are five New Year's Resolutions the Y recommends for 2019:

**Eat Together:** Sitting down together for a meal is a great way for parents and children to share stories or talk about the school day or their favorite part of the day. Set aside time for the family to eat breakfast, lunch or dinner at least once a week or every day if scheduling permits.

**Volunteer Together:** Giving back and supporting neighbors benefits everyone involved. It teaches children and teens the value of helping others and is also a way to meet new people or discover a new interest. Find an opportunity in your community that the entire family may enjoy, such as cleaning your neighborhood park or distributing food at a local food bank. There are also many volunteering opportunities available at the Y!

**Unplug from Technology:** Limit screen time (television, video games, computer, etc.) and instead set aside an hour or two for activities that allow interaction and camaraderie. If weather permits, go for a walk, bike ride, trip to the park, or have a game night at home. If you do want to watch television, maybe have a movie night with the family.

**Be Physically Active:** It's important for children to get at least 60 minutes of physical activity each day (30 minutes for adults). Incorporate physical activity into your daily routines and spend more time walking to places instead of driving to improve your health and well-being.

**Put Extras to Good Use:** Do you have extra canned goods or clothes that could benefit others in need? Clean out your pantry, closet or attic and donate extra items to homeless shelters or community outreach programs. You can also get

### **Get Important Updates from ELC –North Quincy via the Remind Text Messaging App**

Remind is a free, safe, and simple messaging tool that helps teachers share important updates and reminders with students and parents. Subscribe by text, email or using the Remind app. All personal information is kept private. ELC staff will never see your phone number, nor will you see ours.

**To join and receive information about emergency closures due to inclement weather and other reminders, text the following message @b6e3kk to the number 81010**

OR

**If you have a smartphone, get push notifications.**

**On your iPhone or Android phone, open your web browser and go to the following link:**  
[rmd.at/b6e3kk](http://rmd.at/b6e3kk)



### **Baby, It's Getting Cold Outside (But We Still Go Outside to Play)!**

A gentle reminder to please send your children to school with proper winter gear: hats, mittens, coats, and when snow is on the ground- snow pants. If you have extra cold weather items to donate to the Center, we'll take them. These items will help us to "lend" items to children when they are forgotten/misplaced so that the rest of the class can get outside! Thank you!

## Snow Globe Craft

### What you'll need:

- Materials
- Small clear bottle or jar (baby food jars or spice jars work well – they must have a lid)
- Corn syrup
- Glitter
- Popsicle stick or child-safe butter knife
- Water
- \*Optional: hot glue gun/hot glue – adults only



### How to make your Snow Globe:

1. Place the jar on a paper plate or some newspaper.
2. Fill the jar 1/3 of the way full with corn syrup. The corn syrup helps the glitter stay in suspension longer.
3. You will use water to fill the rest of the jar. At this point, only add about half of the water you need and then mix the corn syrup and water together until the corn syrup dissolves most of the way. Once the corn syrup is dissolved, top the jar off with water.
4. Sprinkle in some glitter. Use as many colors as you'd like, and as much as you'd like.
5. Put the lid on the jar and shake to watch the snow swirl.



- Access the South Shore YMCA website [SSYMCA.org](http://SSYMCA.org)
- At the bottom of the main screen click on **SSYMCA ACCOUNT LOGIN**
- Login using your email address and password

- Or select the appropriate option to set up an account
- Once logged in the **My Account window** will be displayed from this page you can:
  - Edit contact information
  - Add or change payment methods that you have on file
  - **Produce your tax statement for child care expenses**
- To view and pay balances click on **My Balance** at the top of the screen
  - Click on **Pay Fees Now** then follow the prompts to complete the payment.
- To view your payment history, click on the **Payment History tab**. You will be prompted to enter the date range for the payment history.
- To search for programs, click on the **Program Search tab**.

For any questions pertaining to billing, please contact Kathy Crompton at 781-264-9447 or by email [kcrompton@ssymca.org](mailto:kcrompton@ssymca.org)

Please feel free to reach out to Director Jo-Jo Reed and Kristine Swan with any questions or comments. We value your feedback!

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