



# February 2010

## Core Value of the Month— Empowerment

The core value of the month—Empowerment is represented by the color orange. The definition of Empowerment Fit Kids will be teaching this month is: “moving someone to take action in a positive way; encourage belief in one’s self and others”. Students will be learning that the power of their words and actions can help or hurt, encourage or hinder themselves and others. Even their self-talk (thoughts about themselves) can have a big impact on what they are able to achieve.

February brings Fit Kids to the third round of the President’s Physical Fitness Challenge for the school year. This will take place during the week of February 15th-19th. It is always interesting to see how the students do mid-way through the winter as compared to the warm months.

A reminder to all parents with computer access—registration is available on-line for Fit Kids and School’s Out Camps up to the Wednesday prior to the week or camp date. Just log on to [ymca-ywca.org](http://ymca-ywca.org) and scroll down to the prompt for on-line registration. Payment is due at the time of registration.



Keep a jar or file of questions, trivia or topics for discussion that family members can add to. During family meal-time, get out the jar and watch the conversation fly!  
<http://www.ymca.net/healthyfamilyhome/welcome.html>

### \*NOTICE\*

The lost and found box is getting quite full again. Before going out and buying new hats and mit-

### Dates to Remember

Feb. 5th: School’s Out Fun Day  
8am-5:30pm (swimming 2-4)  
Early drop-off can be arranged by calling Misty or Deb 641-752-8658.

Feb. 15th: There will be school and Fit Kids as normal. Snow day make up #2

tens, see if those lost items are in the box by the mail center.

### Reminder:

#### Weather Related Early Dismissals

If school is dismissed early due to weather conditions and the Community Y is still open, Fit Kids will provide care. Children should ride the bus as normal to the Cultural Center.

### A Fruit and Veggie Race to the Finish!

Beginning February 1st, Fit Kids will be running the Fruit and Veggie race through to the end of the school year. This time around, staff will be asking the students what they have eaten for servings of fruits and veggies each day during snack time. Each serving will be worth 5 points and the students will be split into teams again. Encourage your student(s) to try new fruits and vegetables and eat up! They are loaded with vitamins, minerals and fiber for healthy, growing bodies!

### February Birthdays

- Elijah Thiessen 2/01/2003
- Madison Finch 2/14/2002
- Halle Linton 2/18/2004
- Diana Espinoza 2/22/2004
- Hollie Braga 2/23/2003
- AnnaBella Nablo 2/23/2001
- Dane Hansen 2/24/2002
- Ms. Brittany 2/05/1993



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 <i>Baked Nachos (approx 14 chips) and salsa (1/4c)</i>	2 <i>Fruit Kabobs: Sliced bananas, strawberries, grapes, kiwi on pretzels</i>	3 <i>Banana (1 small or 1/2 large) and graham cracker sticks (approx 8)</i>	4 <i>Baby carrots (8 carrots) and ranch dressing (1TBSP)</i>	5 <b>School's Out Fun Day</b> <i>8am-5:30pm</i>	6
7	8 <i>Celery sticks (3-4 2" sticks) with Peanut butter (1TBSP) and raisin (1/4c)</i>	9 <i>1/2 orange and Animal crackers (approx 12)</i>	10 <i>Turkey Cigars: Deli turkey (1oz) &amp; cheese (1 slice) Roll-up (1 taco size)</i>	11 <i>Pears and Cottage Cheese (1/4 cup)</i>	12 <i>Valentine Treat</i>	13
14	15 <i>Goldfish (1/2c) w/ dried fruit trail mix (1/4c)</i>	16 <i>Apple slices (1 small or 1/2 large) w/ peanut</i>	17 <i>Tube yogurt and Grapes (approx 20)</i>	18 <i>Popcorn (100 calorie snack bag) with parmesan cheese</i>	19 <i>Grapes (approx 12) and string cheese (1)</i>	20
21	22 <i>Nutri-Grain cereal bar and applesauce (1/4c)</i>	23 <i>Fruit Cocktail (1/2 cup) And Wheat Thins</i>	24 <i>Pudding cup and graham cracker sticks (approx 8)</i>	25 <i>English muffin (1/2) cheese pizzas (1 oz cheese)</i>	26 <i>Yogurt (3oz) Berries (1/4c) And granola (1/4c)</i>	27

All snacks have been dietitian approved for serving sizes and nutritional content. Snacks are subject to change based on availability of produce.  
Thank you to Fareway and Hy-Vee —partnering with the Fit Kids After-School Program to bring nutrition to your Fit Kid!