



YMCA BUZZ

February 2014

This Month's Top Stories

YMCA Preschool Winter Olympics

On Friday February 21st, the Preschool Rooms will participate in the YMCA's first ever Preschool Winter Olympics. Participants will be divided into teams and compete in 3 different events: Bean Bag Curling, Biathalon, and of course, Hockey. To show off our Canadian pride, we are asking everyone (children AND staff) to wear either a team Canada jersey, or anything red and white.

Family Day

Monday February 17th is Family Day. The YMCA will be closed on this day. We will be open again for regular hours on Tuesday February 18th.

March Break Camp

March Break is quickly approaching. Pick up your registration form at our Main Office today!

Valentine's Day

Valentine's Day is coming up this Friday. We encourage the children to bring in Valentines for their friends, however, we ask that they refrain from bringing in food items, especially those that contain, or may contain nuts due to Anaphylaxis. Any food items that are brought in will be immediately placed in the children's cubbies to be taken home at the end of the day at the discretion of their parents/guardians.

BIRTHDAYS

Teiya C.

February 2nd

Joseph C.

February 14th

Jackson D.

February 16th

Myles S.

February 26th

Adam L.

February 27th

What is your favourite sport?



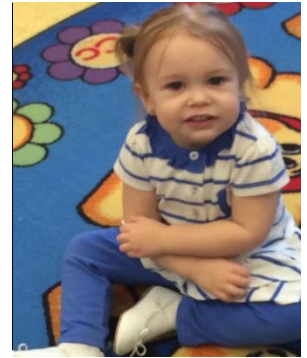
Mia T.

"Hockey"



Addison L.

"Racecars"



Kashtyn B.

"Hockey"

Did You Know?

- Clara Hughes is the only Canadian athlete to have won medals in both the Summer and Winter Olympics (6 in total).
- The first ever Winter Olympics were held in Chamonix, France in 1924
- Canada won more gold medals than any other country at the 2010 Winter Games.

Recipe of the Month: Valentine's Chocolate Cookies in a Jar

Ingredients:

- 1 ½ cups all-purpose flour
- ½ cup cocoa
- 1/3 cup white chocolate chips
- ½ teaspoon baking soda
- ¾ cups sugar
- Large Mason jar
- ¼ teaspoon salt
- 1/3 cup packed brown sugar
- 1 ¼ cups M&M's (Valentine's Day colours)

Instructions:

- In a bowl, combine the flour, baking soda and salt
- In the jar, layer the flour mixture, cocoa sugar, brown sugar, M&M's and white chocolate chips
- Attach a card or label with the following baking instructions:
 - Preheat oven to 350° F
 - Beat together ¾ cups softened butter, 1 egg, and 1 ½ tsp vanilla until blended
 - Add the contents of the jar and mix until combined
 - Drop by tablespoon onto cookie sheet
 - Bake for 12-14 minutes

