

Nutrition Tip!

Start your morning off with the most important meal of the day. This is our breakfast recipe of the month to help you prepare for a successful school year.

Strawberry Banana Yogurt Parfait

Ingredients: [2 servings]

1. 8 oz. of light fat-free vanilla yogurt
2. ½ cup of bananas
3. ½ cup of fresh strawberries (sliced or thawed frozen)
4. ½ of graham crackers, crumbled
5. 2 tablespoons of whipped cream (optional)

Directions:

1. Spoon 1 tbsp. of yogurt into the bottom of the cup.
2. Begin to layer 1 tbsp. of bananas onto the yogurt.
3. Layer 1 tbsp. of strawberries onto the bananas.
4. Spread 4 tbsp. of crumbled graham crackers onto the strawberry layer.
5. Repeat steps 1-4 until the cup is full.
6. Add 1 tbsp. of whipped cream (optional step) and Enjoy!

**Recipe adapted from the National Heart, Lung, and Blood Institute*

School Spotlight of the Month

P.L.A.Y. welcomes four new school sites in efforts to expand its influence throughout San Diego County this year. From San Diego Unified, the department added Whitman, Tierrasanta, and Dailard Elementary Schools. In addition, the department added Blessed Sacrament Parish School.

Monique Berumen, Program Coordinator says "we're excited for them to get the P.L.A.Y experience, and not only help them learn the basics of physical education and nutrition, but share the information they learn with their families and communities."



Moving forward in the 2017-2018 school year, the program strives to continue fulfilling its purpose of motivating the minds of youth through fitness, health, and character development.

Monthly School Challenge

This month P.L.A.Y. challenges Hancock Elementary school and Our Lady of the Sacred Heart School to a Jump Rope Competition.

Objective: To see which school has the highest number of completed jumps by one student within 2 minutes.

Description: Two students will need to hold the ends of one large jump rope while one student jumps the rope. The coach will use their stop watch to time the student and record the amount of completed jumps.

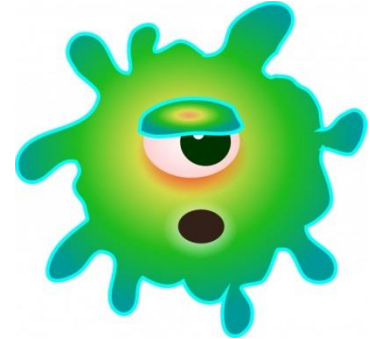
Health and Hygiene

Want to keep the germs away? Teaching children about personal hygiene may be one way to limit the number of absences from school. "Glitter Germs" is one learning activity to help children understand the relationship between their health and hygiene.

Objective: In this activity children will learn the importance of properly washing their hands.

Materials:

- Glitter
- Paper towels
- Bowl of cold water
- Bowl of warm water
- Hand Soap



Activity Description:

1. Explain to the child how the glitter represents the germs they encounter every day.
2. Place a small amount of glitter on the child's hand
3. Have the child try and wipe the glitter off with only a paper towel.
4. They should notice that the glitter doesn't come off easily
5. Next have the child try to wash off the glitter with only cold water
6. Then have the child wash their hands with warm water and soap.
7. They should see how the glitter comes off the best with soap and water.
8. Last, discuss their observations and what they learned from the activity.

Upcoming Community Events

- Family Discovery Walk (Oct. 22 [3-4:30pm])-San Carlos
- Balboa Park Halloween Family day (Oct.28 [11-4pm]) -Balboa Park
- Zoo & Safari Days: Kids Free (Oct.1-Oct.31 [9-6pm])

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Next P.L.A.Y Newsletter . . .

Please continue to look out for our monthly newsletter. We hope that this information can serve as a useful tool for your families, friends, and community.