



Mission Valley P.L.A.Y

January 2018, Issue 4

Nutrition Tip!

Start the new year by trying out traditional foods that symbolize good fortune. A sweet, but tangy fruit salad combines fruits such as pomegranates and grapes which round shapes represent prosperity and well-being in various regions.

“Tangy Fruit Salad”

Ingredients: [3 servings, 1 cup each]

- 2 Tbsp. sugar-free instant vanilla pudding mix
- 1 Cup nonfat vanilla yogurt
- 1 (15oz.) can of drained pineapples
- 1 (11oz.) can of drained mandarin oranges
- 1 Cup of grapes
- 1 Cup of pomegranates
- 2 sliced bananas

Instructions:

1. Combine pudding mix and yogurt in large bowl
2. Mix Fruits in a separate bowl

School Spotlight of the Month

Happy new year and welcome back to all P.L.A.Y schools, faculty, and families. We hope everyone enjoyed the holiday season. The program is excited to start the new year and share more new sports and fitness curriculum. As a reminder, students are encouraged to wear closed toed shoes, bring a water bottle, and stay hydrated during instructional lessons.

Happy 2018!

Monthly School Challenge

This month’s challenge requires students from all P.L.A.Y schools to compete in a unique spelling game named “A Race to P.L.A.Y”.

Objective: Students will use their critical thinking skills to spell out the word “PLAY” using only their bodies.

Description: Coaches will allow students five minutes to spell out the word “PLAY”. Students may use up to three people to spell each letter. If completed in the given time frame, school site supervisors will submit a photo and then be judged based on the students’ creativity.

Events

Ring in the new year and have fun at these upcoming events!

- San Diego Whale Watching Tour-Downtown [Starts Jan-April 13, 2018 (Mon-Fri 9:30-5pm)]

3. Stir fruit into pudding and yogurt mix.
4. Refrigerate and serve once cold.

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

- High Tech Fair-Balboa Park Activity Center [Thursday, Jan. 25th (5pm-8pm)]
- Kids Night Out-Balboa Park Activity Center [Friday, Jan. 26th (5pm-9pm)]

Coaches Corner

Miguel Jimenez receives the “Coach of the Month” award. P.L.A.Y acknowledges his hard work and congratulates Jimenez on his promotion to Site Supervisor. His growth in the program is a result of his willingness to take initiative and go the extra mile. Jimenez’s detail oriented style has made it an easy transition into his new role. His desire to serve his community and helpful nature is the driving force for his success in the program.

“Coach of the Month”



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