

Y-KIDS' Club Family Newsletter

We had a great summer at YKIDS Club and are looking forward to a wonderful school year.

You should all have received three things by now:

1. Your copy of your child's payment sheet
2. School calendar with YKIDS Club notes
3. Invitation to a community parenting class

Payment Sheets

This is your copy of what we charge every week—especially helpful on weeks where there are full days or holidays.

If you ever join the YMCA, get a scholarship at the YMCA or drop your YMCA membership we need to know! This will affect your payment plan.

If you have an outstanding balance of more than three weeks of care, you will be receiving an invoice in the mail. It is very important to be 'paying ahead' to reserve your spot for the following week. Our program is almost full to capacity and we have a waiting list for Washington. We already have a waiting list for summer of 2010!

If you are having problems financially, give me a call to see what I can do. You need to be paying something, even if it is not the full price per week. Most of all, we need you to communicate with us concerning your account.

If you have a balance from Summer, it's needs to be paid!

School Calendar

Please stick these on your fridge or somewhere else high traffic so you'll be in the loop about when school is out and what YKIDS Club is doing to support your family!

St. Joseph parents; please look especially careful as some days your child might be out of school early, but YKIDS Club does not open until USD 418 dismisses at 3:00 pm. You are responsible for finding care in the 'gap' those days.

Thanks for sharing your kids with us this school year!

Alana Murphy, YKIDS Club Program Director



Important Dates:

- Mon, Sept. 7—**No School, No YKIDS Club (Labor Day)**
- Mon, Sept. 14—**No School, YKIDS Club @ YMCA (RSVP by Friday, Sept. 4)**



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SUMMER BUDS

Encourage your kid's competitive side

Research says:

Parents' endorsement of vigorous team sports increases children's physical activity

Researchers from Baylor College of Medicine and Duke University studied a sample of 681 parents of 433 fourth- and fifth-graders from 12 schools in Houston. They found that those parents who conveyed the importance of high-intensity team sports to their children had more active children.

Both the boys and girls watched less TV and spent less time on their computers.

The findings appear in the July issue of [Health Psychology](#), published by the American Psychological Association.

Endorsing all types of exercise - both team sports and individual sports - increased boys' activity levels but not girls', the study said.

"The difference between activity levels in the girls and boys had to do with the parents' attitudes toward the types of activities. Parents encouraged sons to partake in vigorous- and moderate-intensity team and individual sports, and vigorous-intensity home chores, such as heavy yard work, more than they encouraged these activities for their daughters," said lead author Cheryl Braselton Anderson, PhD. "There still is gender bias on encouraging boys to participate in certain sports and strenuous activities more than girls."

Parents' attitudes toward household chores had unexpected influences on children's attitudes and activity levels, the researchers said. "Cleaning house and doing laundry was associated with a decrease in boys' sport team participation and more TV watching," Anderson said. "Right now, we do not know why, but it could be that active boys spend less time inside and more time outside, so staying inside may detract from outdoor activity with friends. Boys shared their parents' attitude about the importance of vigorous household activities (yard work, moving), whereas girls did not. Parents did not believe girls should do these activities, but girls did not agree."

To read the entire article please go to <http://www.physorg.com/news166081560.html>

Check out McPherson Family YMCA's youth programs at
www.mcphersonfamilyymca.com.

Or look for the Y brochure coming home with your child next week!

Looking forward to a great year!

