



# ywca child care program february 2019

## A Good Night's Sleep

There are many reasons that child needs adequate sleep each night. However, did you know, sleep is beneficial in these ways too:

- Sleep promotes growth because the growth hormone is secreted at night.
- Sleep helps the heart. When relaxed and sleeping well, it protects kids from vascular damage.
- Sleep affects weight. Too little sleep can cause kids to become overweight. Sleep deprivation may impact the hormone that stops us from eating. Over time, kiddoes who don't get enough sleep are more likely to become obese.
- Sleep helps beat germs. During sleep, proteins are produced which the body relies on to fight infection, illness & stress.

Preschoolers need 10-13 hours of sleep

School-agers need 9-11 hours of sleep.

Know the benefits your child receives when they get the proper amount of sleep.

## Non School Days (NSD)

### SIGN UP FOR A GREAT DAY OF FUN!

A Non School Day Program will be held March 1st, 6th, 7th, 8th and 29th for a teacher work day, parent-teacher conferences & a professional development day. Students will be off and a Non School Day program will be held all those days. **The program is held at the YWCA and children will need to bring a sack lunch.** Sign up is on a first-come, first-serve basis. Space is limited. Parents may sign up their child at the sites in advance at any time. The last day to sign up for the first non school day is February 21st or until enrollment capacity is reached. A fluorescent green schedule form and payment must be turned in. The cost for NSD is \$35 per day for care from 7:15-5. If early or late service is needed, \$4.00 per hour is charged. Flyers listing the activities planned will be available at all the program sites.



## Fabulous Family Fun Night

Looking for an in-expensive night out with the family? Need a reason to celebrate spring? We have just the answer! The YWCA's 13th Family Fun Night will be held on Friday, March 15th at Edison Middle School from 5:30 -8:30 pm. There will be food for purchase, games, an inflatable structure, raffles, community partners, tattoos, prizes, a bake sale, swimming, music & dancing. We hope you will be able to come out and support this event! It will be loads of fun. We will have \$5 raffle grand prize tickets for sale as well as \$3 bucket raffles and \$1 raffle baskets. If you would like to support the family fun night by offering a donation of item(s) or a monetary donation, or donate a baked item for the bake sale, please talk with the staff. If you would like to volunteer your time at one of the stations or to help set up, please let us know. We look forward to this fun-filled event. Raffle tickets will be available for sale at the beginning of March. For anyone who sells one packet of 5 raffle tickets, admission to the event is free!

## Plan Ahead for the 2019-2020 School Year

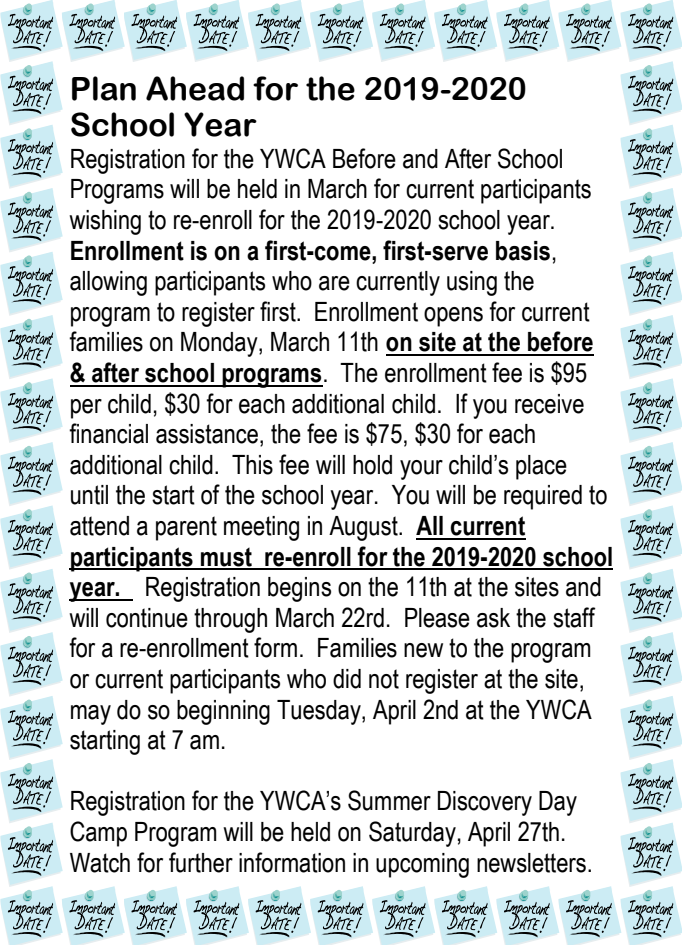
Registration for the YWCA Before and After School Programs will be held in March for current participants wishing to re-enroll for the 2019-2020 school year.

**Enrollment is on a first-come, first-serve basis,** allowing participants who are currently using the program to register first. Enrollment opens for current families on Monday, March 11th **on site at the before & after school programs.** The enrollment fee is \$95 per child, \$30 for each additional child. If you receive financial assistance, the fee is \$75, \$30 for each additional child. This fee will hold your child's place until the start of the school year. You will be required to attend a parent meeting in August. **All current participants must re-enroll for the 2019-2020 school year.** Registration begins on the 11th at the sites and will continue through March 22rd. Please ask the staff for a re-enrollment form. Families new to the program or current participants who did not register at the site, may do so beginning Tuesday, April 2nd at the YWCA starting at 7 am.

Registration for the YWCA's Summer Discovery Day Camp Program will be held on Saturday, April 27th. Watch for further information in upcoming newsletters.

## Upcoming Dates/Reminders

- February 2—Groundhog's Day
- February 14—Valentine's Day
- February 15—**NO SCHOOL—MILTON**
- Feb. 21—Last day to sign up for the Mar. 1st NSD
- Feb. 28—Last day to sign up for the March 6-8 NSD.
- March 1—**NO SCHOOL—JANESVILLE**
- March 6-8—**NO SCHOOL—JANESVILLE**
- March 11—*Re-enrollment opens for the YWCA Before & After School programs for the 2019-2020 school year*
- March 15—YWCA Family Fun Night



**YWCA IS ON  
A MISSION**

Calendar on next page

