

# Parent Pamphlet

34TH EDITION WINTER 2017

Winter

## UPCOMING EVENTS

- Spaces are available in our Tiny Tots program. Register online today.
- Youth Center School Hours  
Tuesday-Friday  
2:00pm-8:00pm  
Saturday 9:30am-5pm

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## Loosen the Grip of Technology



We are all so busy these days that it seems the quality time we used to spend with our families is getting shorter and shorter. We never seem to have the time to do the things we really want to do or to visit with people who mean the most to us.

Have you ever considered that we don't have the time because so much of our free time is spent in front of a screen?

According to Common Sense Media, children ages 12-18 are spending an average of 6 hours per day in front of a screen. This is not only true for our children but for ourselves as well. The American Academy of Pediatrics (AAP) recommends that children between the ages of 6 and 18 years of age should only be allowed to use technology devices up to 2 hours per day. That's not what is happening in our society. The AAP states that children under two years of age should not be exposed to technology at all, and that children 3 to 5 years old should be restricted to using technology devices only one hour per day.

I am guilty of allowing too much screen time. I come home from work and I'm tired. My kids want to unwind from a long day and I want a little quiet time to make dinner without constant interruptions, so I don't object when my kids grab an iPad or phone and completely tune out the world for a little while. But, although it is nice to have the quiet, there are always consequences. My kids are upset when they have to put the devices away during dinner or they are so wrapped up in what they are doing or seeing that they don't even hear me ask them to come to the table.

When I was growing up, the time after school and before dinner was spent having some of the best and most memorable experiences of my entire childhood. I built forts, dug holes, rode my bike, and had to use my imagination all afternoon. I heard a quote one day that "children will never remember a great day of watching TV". That has stuck with me and I really try to make sure there are many great opportunities to make lasting memories as well as opportunities for my children to use their imaginations. But I have found that I have trouble balancing these.

You should also consider whether you or your child are addicted to technology. Some of the symptoms include a lack of interest in other activities that would normally be viewed as fun. Are they restless, irritable, or moody without screens. Do they avoid family activities in favor of technology? Are they cheating on technology time limits? Are they concealing time spent on devices and/or using devices in bed? Do they have tantrums and uncontrolled behavior when screens are taken away? If so, it may be time to consider putting stronger limits on technology time.

Experiment with short periods of inaccessibility. Their life won't implode. As with any addiction, there is a period of withdrawal and anxiety. Try setting Saturday as the day to not use cell phones, social media, and email at all. On other days of the week, don't allow yourself or your to check your email until 10 a.m. and only check it at regular intervals for the rest of the day, such as 2 p.m., 4 p.m. and maybe once in the evening. This will allow you to fully engage in other activities in between. Also in these interim periods, set your phone on Do Not Disturb. Once you are over the initial anxiety, you will be amazed at your lower stress level and how much more you can accomplish.

**Register Today!**

# Sonora Tiny Tots



The Tiny Tots Program was created in 1980 as a pre-school experience offering developmentally appropriate activities in social skills, arts and crafts, motor development, music, stories, and games. This program is offered to toilet trained children between the ages of 3 and pre-kindergarten.

Each session is filled with many fun and exciting activities. This program prepares children for kindergarten by teaching both the academic and social skills necessary for an easy transition.

Register online today for any or all sessions.

Session 1: 8/29-10/06  
 Session 2: 10/17-11/22  
 Session 3: 12/05-1/26  
 Session 4: 2/06-3/16  
 Session 5: 4/03-5/11

Monday/Wednesday or Tuesday/Thursday  
 Ages 3-6 Time: 9am-Noon  
 Location: Sonora Youth Center  
 Fee: \$124.75per session

## Tuolumne County Youth Centers

### Groveland Youth Center Upcoming Activities and Events

- Guitar Lessons:** Lessons are every Thursday from 5-6pm
- Skateboarding Lessons:** Every Wednesday from 4-5pm.
- January 14–** Roller Skating at High County Sports Arena 12-3pm
- February 18–** Sledding at Pinecrest 10am-4pm

### Tuolumne Youth Center Upcoming Activities and Events

- January 14–** Roller Skating at High County Sports Arena 12-3pm
- February 18–** Sledding at Pinecrest 10am-4pm
- April 14–** Spaghetti Dinner

### Jamestown Youth Center Upcoming Activities and Events

- January 14–** Roller Skating at High County Sports Arena 12-3pm
- February 18–** Sledding at Pinecrest 10am-4pm
- March 11–** Ice Skating at Long Barn Lodge



**Friday, April 14, 2017**  
 5:30-8:00pm  
 Adults: \$8  
 Children 8 and under: \$5  
 Location: Tuolumne Memorial Hall  
 Includes: Spaghetti with Meat Sauce  
 Mixed green salad, Italian garlic bread, iced tea and coffee, and desert.

## Tuolumne County Youth Center Locations

**Groveland Youth Center**  
 18950 Highway 120  
 Groveland, CA 95321  
 Phone: 209-962-7263

**Jamestown Youth Center**  
 10540 7th Street  
 Jamestown, CA 95327  
 Phone: 209-984-4188

**Tuolumne Youth Center**  
 18636 Main Street  
 Tuolumne, CA 95379  
 Phone: 209-928-4527

# Winter Activities

## Fencing Camp

Price: \$55  
for 4 Saturdays  
January 21st, 28th  
And February 4th and 11th  
Ages 7+: 9am-10am  
Location: Tuolumne County Arts  
Alliance Dance Studio  
251 Barretta Street, Sonora  
Sonora Historic Dome

Have you thought about trying something new? Are you an adult looking for a great way to get physically active and meet new people? Why not try Fencing? It's easy and fun, improve coordination, focus and fast decision-making, helps you to get in the best shape of your life.

Thrust, lunge, and parry away the stress of daily life.

Fencing is dynamic, fast and athletic.

Call the Recreation Department at 209-533-5663 with any questions.



Saturday, March 11, 2017

10am-9pm

\$11 Per Person

Location: Long Barn Ice Skating Rink

Includes: Skate rental and a home made cookie.

40% of the days sales will go to support the Youth Center Programs in Tuolumne County

Tickets Available at the door, at Jamestown Youth Center or at the Recreation Department office.

## Grow a Kid Friendly Winter Garden

By Sarah Garcia



All parents know how important it is for their children eat to lots of fresh fruits and vegetables. Many children are hesitant to eat leafy greens, broccoli, peas, green beans and many other delicious and nutritious foods. Just getting your kids to try them can be a struggle. Did you know that all of these veggies listed can easily be grown in your own back yard even in the cooler months?

My five year old son has often turned his nose at vegetables I put on his plate but will chomp on heads of broccoli or leaves of raw kale from the garden. The main difference between the veggies from the store and the ones from the garden is that he planted the garden himself. He chose the plants to buy, dug the holes, put them in the ground, and watched them grow. All with my assistance of course. But they were his plants that he felt proud to grow and happy to eat. This can work for your picky eater too!

Visit your local nursery and ask questions. Ask what type of soil you need, how much space you need, how much sun the plant needs, and how often to fertilize and water. You can start with one pot or create full garden beds.

Before I had my children, my garden was full of eggplant, zucchini, tomatoes, and hot peppers. My goal in the last two years has been to create a garden where everything is edible off the plant, with no cooking necessary. There are snap peas, cherry tomatoes, green beans, kale, strawberries, carrots, and a variety of herbs. This has helped my children to be adventurous in their food choices and to appreciate all foods, even the green ones.



# Lifeguard Training

Week of March 26th, Spring Break



The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. Upon successful completion of this course the student will be certified in American Red Cross Lifeguarding/First Aid/CPRFPR/AED. The certification is good for 2 years.

**Course Prerequisites:**

Participants must be at least 15 years of age by the last day of the course

Students must pass a swimming pretest, which consists of the following:

- Swim 300 yards continuously using the front crawl, breast stroke, or a combination of both. Swimming on the back or side is not allowed. Swim goggles are allowed.
- Tread water for 2 minutes using only the legs.
- Starting in the water, swim 20 yards either front crawl or breast stroke, surface dive to a depth of 7 to 10 feet to retrieve 10-pound object, return to the surface and swim 20 yards on the back to the starting point with both hands holding the brick and exit the water without using a ladder within 1 minute, 40 seconds. Goggles are not allowed.

For more information contact the Recreation Department at 209-533-5663.



# Fire Fighter Training

March 27-March 31, 2017

Our firefighter training program has been made possible because of a partnership between the Tuolumne County Recreation Department and the [U.S. Forest Service Stanislaus National Forest](#).

Our mission is to provide senior high school students with the training necessary to begin a career in fire and/or future employment with the U.S. Forest Service as wild land firefighters, aid the U.S. Forest Service in the effort to hire quality employees, and give young adults more employment opportunities.

The program is available to all qualifying high school seniors and others up to age 21. The job training is held annually during the spring break vacation for all high schools in the county. Don't miss this great opportunity.

Students must complete an application online to be considered for the program. Contact the Recreation Department at 209-533-5663 for more information.



# Spring Break Day Camp

March 27-March 31, 2017

Price: \$75 for the Week  
Hours: 7:30am-5:30pm  
Ages: 6-14

Location: To Be Announced  
Price Includes Admission Fees,  
Transportation to off site  
locations, and Supervision

Online registration opens on Monday, February 6th for the Recreation Department's Annual Spring Break Day Camp. This unique program offers elementary aged children a fun filled week that is sure to keep them excited and entertained.

The week is full of field trips and special guests who bring in

great educational projects and activities. Field trips include a day of exploring Columbia State Park, a lunch picnic at Heaven for Kids Park, Tuolumne County Library, activities at the Tuolumne Youth Center, baseball/kickball at Jerry Whitehead Sr. Park, and bowling at Black Oak Lanes. All activities are subject to change due to weather.

Call the Recreation Department at 209-533-5663 with any questions.

