



# STANDISH REC CHILDCARE

## FEBRUARY NEWSLETTER 2023



Childcare Coordinator: Jen Berger

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To register for programs visit [www.standishrec.com](http://www.standishrec.com) or call 207-642-2875

### Winter Fun...

Winter is a great time to get outside... going for walks down a trail with trees covered in glistening snow... building snowmen that can greet you with a smile... zooming together down a slippery hill while you shout "Wahoo!"... Winter can create some great family memories. Stay warm but stay active! Get some fresh air and stay "Heart Healthy" in February.



### Staff Highlights...

Let me introduce you to some of the amazing staff at the Rec that are dedicated to help create the fun activities that keep your child active and having fun before and after school.



**Jen Berger (left)**

**Childcare Coordinator**

10 years at Standish Rec

**Wealthy Merrill (middle)**

Newly Added Assistant Director

In Childcare

2 years at Standish Rec

**Joan Greenleaf (right)**

Assistant Director of Childcare

10+ years at Standish



**Introducing... Annelise Tom**  
**Youth and Family Program Coordinator**

New to Standish Rec (but not Rec)

If you see her, say hello!

### **Upcoming Youth Programs**

### **Register Now**

**February Vacation Camp** for Gr.K-5

**Tot Time** for Ages 5 and under

**Start Smart Flag Football** for Ages 4-6

**Multi-Sports Club** for Gr. K-1

**Watercolor Painting Classes** for Gr. 3-5

**WWW.STANDISHREC.COM**



Partnering with 5210 Let's Go! Healthy Kids...

### Heart Healthy in February

Get your heart pumping  
with some jumping!

The children in the After School  
Program will be invited to...

- \*Increase personal jumping skills
- \*Learn some easy jump roping tricks
- \*Sing along to some fun jumping songs
- \*Have FUN staying FIT

Join the challenge...  
Great exercise to do together!



### January - Taste Test Tuesdays What did YOUR child try & like?



Infused Water... use fruit instead of sugary powders!



Choose HEALTHY Snacks  
Encourage HEALTHY Choices  
Ask them about their favorites!

## The Enchanted Forest – Feb. Vacation Camp



The ADVENTURES begin...

Space is limited!

February 21-24, 2023 (No camp on Feb. 20)

7:00am-5:30pm Grades K-5 GEJ School

From magical creatures to the Cave of Wonder...

Scavenger hunt, Obstacle Course, Crafts, Games, and Outdoor Fun!

Bounce House plus fieldtrips to Roller Skating and Swimming...

Register Online Today at [www.standishrec.com](http://www.standishrec.com)