



SESSION 2 | NOVEMBER - FEBRUARY 2020

# CATCH THE NEWS

Triannual newsletter for our CATCH Families



## WHAT'S NEW IN SESSION TWO?!

Hello family and friends. We have found our groove in session 2! Everyone is doing great with our new routine. We have been enjoying trying new foods together at snack time and learning new games to play as a group.

Safety is our number one priority at CATCH and we have started a new check-in and check-out system! When the kids arrive at CATCH they check-in with a CATCH teacher, and it is required that they check-out at the end of the day so we know they are getting home safe. If you pick up your child from the gym before 5:30pm please make sure **YOU** check them out on the attendance sheet by the door. If you pick up at 5:30pm outside, please make sure your child checks out with a CATCH teacher **before** you leave! We appreciate your cooperation to help us keep your kiddos safe.

At CATCH we aim to play games that promote physical activity. Farmer Sam has taken the cake for most popular game, the kids love it! They run and dodge Farmer Sam and the "scarecrows" (taggers) the best they can until there is one person left!

**Did you know?!** Regular physical activity can help children improve cardio-respiratory fitness, build strong bones and muscles, and reduce symptoms of anxiety and depression.

## Baby Abraham!



**Our amazing CACTH teacher, Darla Reyes gave birth on November 2, 2019 to sweet baby boy, Abraham. We are so excited to watch him grow! Congratulations Mrs. Darla!**

**REMINDER: Session 2 ENDS February 19th! Please see the last page for details on enrollment for session 3!**



## STAFF UPDATES

Jordyn has taken off on a GRAND adventure! She will be rafting down the Grand Canyon for the whole month of January. We will miss her at CATCH and hope she has an amazing trip.

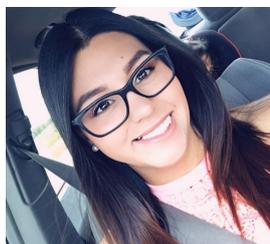
We have a new CATCH teacher! Lindsay Robinson is joining our team at MFC and will be helping out with CATCH for the rest of the year. Lindsay, who got her nutrition degree from Colorado State University, has spent the last couple years working at a summer camp in Wisconsin, teaching English in Israel, and traveling and doing volunteer work. She is so excited to continue working with children, and to experience mountain life!

As always please feel free to call or text Bailey with any questions or concerns you may have at 720-579-8290. You can find all contact information and all other important contacts in the CATCH Handbook!

### The faces you will see at CATCH



Bailey Ludwig



Darla Reyes



Lindsay Robinson

## Snack Time Recipe Highlight!

### Chunky Monkey Muffins

#### Ingredients

- 3 medium bananas
- 2 medium eggs
- 8 oz Greek yogurt
- 1/2 cup milk or dairy alternative
- 1/2 honey
- 1 tsp vanilla extract
- 1 1/2 cups whole wheat flour
- 1/2 cup cocoa powder, unsweetened
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup dark chocolate chips

#### Directions

1. Preheat oven to 350 degrees and grease muffin tins (or use liners)
2. in a large bowl, add bananas and mash well. Add eggs, Greek yogurt, milk, honey, and vanilla. Stir well.
3. In a separate bowl whisk together flour, cocoa powder, baking soda, and salt.
4. Add dry ingredients and chocolate chips to the wet mixture; stir just until combined avoid over mixing.
5. Fill muffin tins evenly (should make 12) and bake for 25-30 minutes

# SESSION 3 ENROLLMENT INFO

CATCH Session 3 will begin on Monday February 24th!

A **session 3 enrollment form** will be required for each kiddo that plans to attend! **Session 3 enrollment forms** can be found on the last page of this newsletter, online at [mountainfamilycenter.org](http://mountainfamilycenter.org) under Nutrition & Wellness Programs, or at the school front office.

Please turn in your forms via email to [bailey@mountainfamilycenter.org](mailto:bailey@mountainfamilycenter.org) or to the school front office **BEFORE** February 24th! The enrollment form must be completed entirely before the child is allowed at CATCH.

Due to increased enrollment this year, we are asking parents to fill out a **NEW** enrollment form for each session of CATCH. This will help us plan snacks and activities, and ensure safety for all kiddos!

As always, we ask that you make it a priority to pick-up your child on time, at 5:30pm! Also, if your child will no longer be attending CATCH during any point during session 3 please notify the CATCH Coordinator so we can notify families on the waitlist!



## Toys from Home

Please remember, toys brought from home will not be allowed at CATCH. Kids will be asked to leave home toys in their backpacks while at CATCH or a teacher will hold on to it until the end of the day. We provide plenty of toys to play with and we can not be responsible for lost, stolen, or broken personal toys.

## Winter Clothing

It's COLD out! With all the layers kids have to keep warm in the freezing temps we have been seeing a lot of lost clothing items! We encourage kids to put as much of their winter coats/boots/pants **INSIDE** their backpacks during CATCH so they don't lose them! **PLEASE** write your child's name on the tags of their belongings to help us find their rightful home!