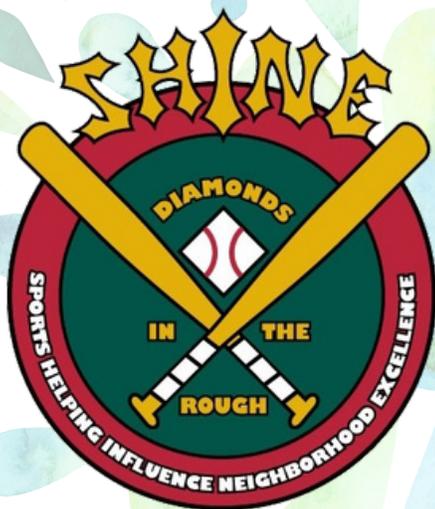


July 2021



# JULY NEWSLETTER

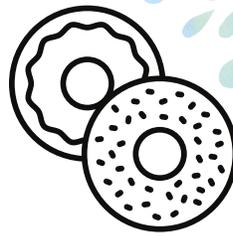
SHINE Boys and Girls Center



## VALUE OF THE MONTH: FAIRNESS

This value of the month was fairness. Fairness means to have just treatment or free from bias.

# DIY HEALTHY SNACK WENDESDEAYS!



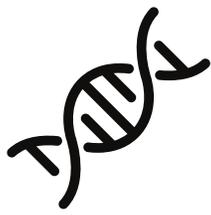
Why have a regular donut when you can have a healthy one instead!

## Ingredients

- 1/2 Whole wheat bagel
- 1 Tsp low fat cream cheese
- Choice of toppings such as:
  - Berries
  - Jelly
  - Chocolate chips
  - Favorite cereal
  - Sprinkles

Spread cream cheese on top of the bagel and add your topping. You can mix in the topping with the cream cheese to make it extra special. Enjoy your healthy donut!





# CANDY DNA STEM ACTIVITY (ALL AGES)

We learned about DNA and made our own strands using Twizzlers and gummy bears!

"Kids should engineer before they can spell it."  
-Christine Cunningham



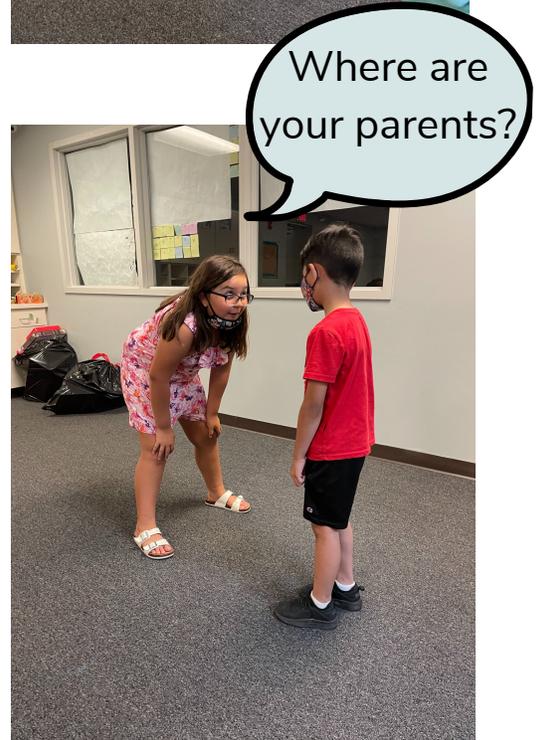
# CAREER DAY POLICE OFFICER (7-8)



Ever wonder what it takes to become a police officer? Our kiddos were given situations a real police officer could face and talked with citizens in distress to correct the problems.

The kids had a blast and worked on their theater skills. The acted scenarios included a car accident, a lost child, and more.

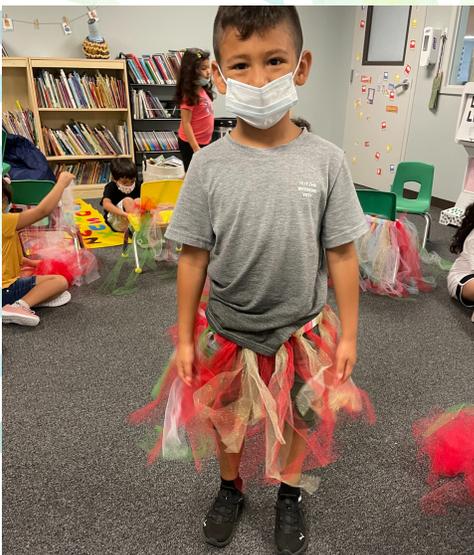
To practice team work skills they were put in groups and got to play laser tag with their teams!



# MAKE YOUR OWN TUTU (OPTIONAL 8 & UNDER)

One of our optional Art and Craft activities in July was to create a tutu using tulle and an elastic band.

Students chose their favorite colors to create colorful tutus and other costumes without the need of a sewing machine!



# CREATE YOUR OWN MINION (7 & UNDER)



# CAREER DAY CONSTRUCTION WORKER (7-8)

Construction workers combine their engineering skills, math, practice teamwork, and need to be artistic to create beautiful homes and buildings.

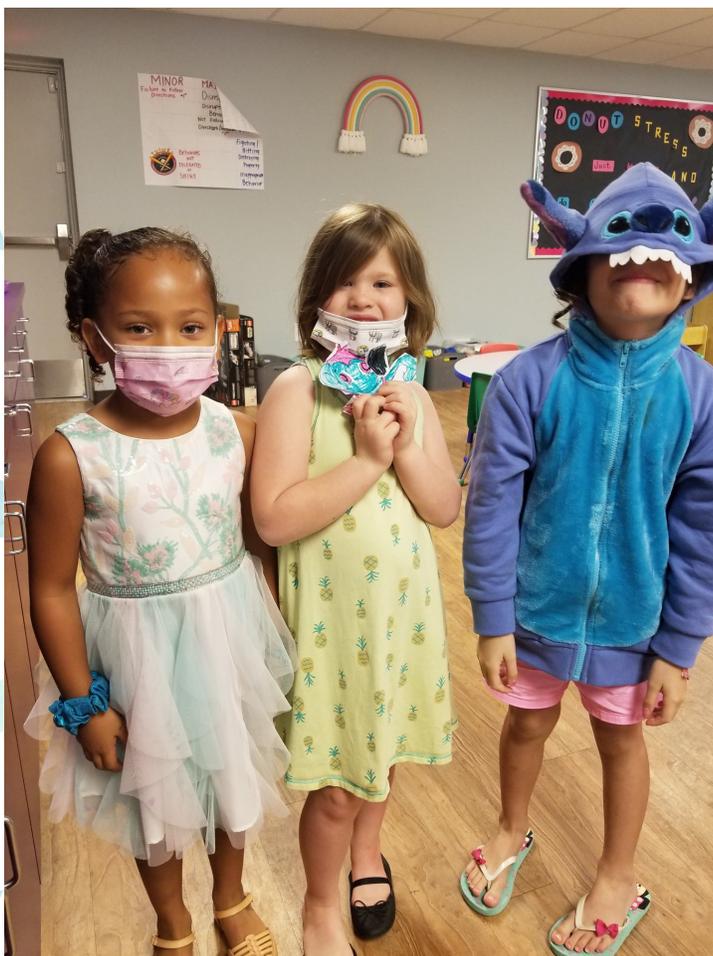
We put our construction skills to the test and built a home that can withstand a storm using Pretzels!



# MONKEY CRAFT

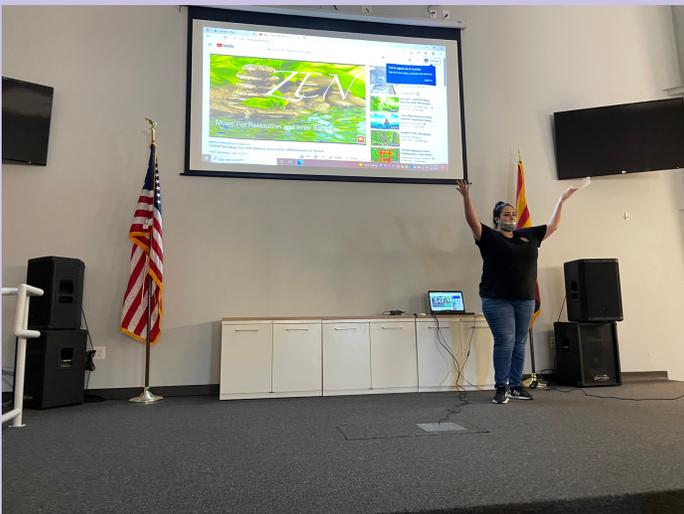
## (5-6)

Our youngest age group made an adorable paper monkey! Using any colors they'd like they were able to decorate it and take it home once they finished.



# MEDITATION WITH COACH DESIRAE (ALL AGES)

Stress doesn't have an age requirement. Meditation decreases stress levels, improves focus and concentration and if consistently practiced, can help improve mood, sleep and overall wellbeing of kids and adults.





# CANDY SUSHI (ALL AGES)

We made sushi and practiced using chopsticks! We used our favorite candies as filling and used rice crispy treats and fruit roll ups to make our sweet sushi rolls.



# Thank you for joining our summer camp!

## Remember to keep SHINING wherever you are!

