



October Newsletter 2016

Hello,

We hope everyone is enjoying their school years so far. As we enter the Fall season we can't help but think about all the great things this season has to offer. With Fall comes Halloween on Monday! It's such a great time to enjoy with family and friends but it's also one that can present challenges in order to stay on track due to all the candy that we have around. With this newsletter we hope that both parents and girls can use some of these tips for the holiday season. Always remember moderation and balance are keys in order to maintain a healthy lifestyle.



Happy Halloween!!!

Camp Reunion - Save the Date!



Our camp reunion will take place on Sunday, January 15th, 2017 from 12-2 pm at Dave and Busters, Times Square, NYC. Campers will get to catch up with friends, watch the camp video, play games and enjoy refreshments. You will get a formal invitation next month but can RSVP now.

Jingle Ball



This year we will be taking some of our campers to the Jingle Ball Concert which is scheduled for December 9th at the Madison Square Garden. See Justin Bieber, Ariana Grande, Fifth Harmony, The Chainsmokers and more! Must be signed up for camp in order to be eligible for the concert - tickets are limited!

Broadway 2017



We will be going to see "Charlie and the Chocolate Factory" (July 2nd) and "Hello Dolly" (July 30th) next summer. More concerts and trips to be announced shortly!

Early Bird Enrollment

Many of our campers have already sent in their 2017 applications and deposits, knowing that they have made the best possible plans for next summer.

Sign up before December 1st with a \$500 deposit (fully refundable) so you can get last year's rate and a free non-premium trip. You can pick your exact dates and length of stay later in the year.

Pay your tuition in full prior to Dec 31st and get a 10% discount!!



Fall Produce Pick :Spaghetti Squash

Spaghetti squash is a fun, kid-friendly vegetable that is a lower calorie and gluten free alternative to a grain pasta. Cut it in half to reveal a pocket of seeds; scoop those out and pop the two halves into the microwave or oven and cook until tender. Scoop a fork into the flesh and spaghetti like strands appear! Toss with your favorite sauce for a quick veggie side dish.

Tips for a Healthier Halloween

www.nationwidechildrenshospital.org



Being healthy doesn't mean giving up all of the treats, so remember:

- Balance- Portion candy with other healthy alternatives such as: fruits, vegetables, crackers, pretzels, granola bars
- Eat Dinner- Remember to feed your children a well balanced dinner prior to trick or treating. This will prevent candy from substituting dinner as well as prevent overeating of treats.

Don't forget....

If you do decide to hand out candy on Halloween night, be sure to make more sensible choices:

- Opt for low-fat. Choose candy such as Peppermint Patties, Three Musketeers, and Twizzlers. These all have less fat and calories than their counterparts and still taste great.
- Size matters. Always offer fun-size or snack-size versions of candy to decrease the calories, fat and sugar content. Kids get a sugar fix without over-doing it.

- More isn't always better. When handing out candy, don't give out multiple pieces or handfuls. Give out one fun-size candy bar or treat and then hand out a healthier option, such as a mini box of raisins or a pack of sugarless gum or candy

Candy Calories..

- 1 Crunch fun size bar 60 calories
- 1 Hershey's fun size bar 77 calories
- 1 M&M'S fun size bag 73 calories
- 1 Sour Patch fun size bag 50 calories