



BOYS & GIRLS CLUBS
OF THE GULF COAST

Forest Heights Unit

Volume 1, Issue 7

May 2010



Summer Camp is coming Your Way!!!



ATTENTION PARENTS:

If you have not registered your child(ren) for summer camp, please do it now!

The deadline to register is **May 14, 2010** and the **MANDATORY SUMMER ORIENTATION** will be held on **May 19, 2010 at 5:00pm.**

We will also be ordering t-shirts for our field trips. The fee is **\$5.00** per shirt. These are not mandatory for field trip attendance, but will help us with the safety of all members.

Should you have any questions, please contact us!

Dates to Remember:

SUMMER ORIENTATION	MAY 19 @ 5pm
Hands On w/ Cassandra Lewis	May 3
Substance Abuse Prevention (6-7)	May 4
Substance Abuse Prevention (8-9)	May 12
Substance Abuse Prevention (10-11)	May 13
Substance Abuse Prevention (Teens)	May 20
Faye Gill w/ MS Power	May 6
Summer Play Auditions	May 11 4:30-6:00
Frank Magee w/ MS Power	May 12
End of the Year Celebration	May 21
SUMMER REGISTRATION DEADLINE!!!	May 14

Mother's Day

We would like to take this month to honor the outstanding women in our lives...whether she is your biological mother or someone who has taken on a motherly role, we honor her.

Take a moment and think back to special moments (great or small) and how she made the difference. This woman could have been a comforter, listening ear, shoulder to cry on, and even your personal cheerleader.

If she is your sister, Godmother, aunt, cousin, neighbor, and especially mother, please let her know how much you appreciate her. Create her a card from your heart, buy her a meal, or even give her a hug to let her know you care....make Mother's Day 2010 the best one ever!

**Boys and Girls Clubs of
the Gulf Coast**

Forest Heights Unit

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To enable all young people, especially
those who need us most, to reach
their full potential as productive,
caring, responsible citizens.

We are on the web!
www.bgcgulfcoast.org

You can also find us on
FACEBOOK...Just search
"Boys and Girls Clubs of the
Gulf Coast"!



SUMMER SAFETY TIPS 2010

SUN SAFETY

*The first, and best, line of defense against the sun is covering up. Wear a hat, sunglasses, and cotton clothing.

*Apply sunscreen at least 30 minutes before going outside with an SPF of at least 15 that protects against UVA and UVB rays.

*Stay in the shade whenever possible, and limit sun exposure during the peak hours: 10 A.M.—4 P.M.

*Reapply sunscreen every two hours, or after swimming or sweating.

HEAT SAFETY

*Before prolonged physical activity, the child should be well-hydrated. During the activity, periodic drinking should be enforced, even if the child does not feel thirsty.

*Clothing should be light-colored and lightweight.

*Activities that last 15 minutes or more in the heat should be shortened and have more frequent water breaks.

Have fun in the sun,

Ms. Amanda

Program Instructor



Happy Birthday!

*We would like to send a special THANK YOU to Sweet Stuff, Inc. for donating our monthly birthday cakes!

DeShaun Acker - 2nd
Kianna Whitworth - 2nd
Amyah Teague - 18th
Tatyana Childers - 19th
Jayla Pleasant - 19th
Jada White - 21st
Heather O'Flynn - 26th

Congratulations!

National ImageMakers Photo Contest

AND THE LOCAL AWARD GOES TO...



ARMON CRAWFORD
BREUNNA DENTLEY
CHRISTOPHER LYONS

BE GREAT