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**Upcoming Important Dates**

October Tuition Due	Oct 1
Fall Break	Oct 20-22
November Tuition Due	Nov 1
NPS P/T Conf.	Nov 12
Thanksgiving Break	Nov 24-26
December Tuition Due	Dec 1
Winter Break	Dec 20-Dec 31

*"While we try to teach our children all about life, our children teach us what life is all about."*  
 ~Angela Schwindt

# CASP Currents

A Newsletter for CASP Parents

## Community After School Program

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### CASP All Day Care Available October 20-22, 2010

CASP will be providing all day care open to current CASP students on Fall Break, Oct 20-22 from 7:30 a.m. to 6:00 p.m. at the CASP Administrative Office located at 1023 N. Flood.

Enrollment is available on a first-come, first-served basis and limited to the first 30 CASP children

enrolled. Cost to attend is \$45 per day and is non-refundable.

If you are interested in enrolling your child(ren), please email Alebra at [alebra@casppinc.org](mailto:alebra@casppinc.org) beginning on October 13th. No early emails will be accepted.

CASP plans to offer all day

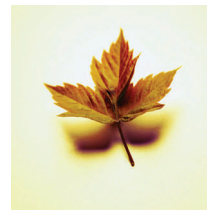
care on some non-school days throughout the year. Parents will be notified by email about future care dates as they become available.



### Fall Open House—Please Join Us

We hope you will make plans to attend your child(ren)'s open house on during the month of October. Each program will schedule Open House between the days of October 11-29<sup>th</sup>. All programs will plan activities beginning at 4:30. Each program will have something special

planned for parents and guests that day, includ-



ing refreshments. We look forward to seeing you there!

As we enter the fall season, our programs will be planning fun ac-

tivities to coincide with the various holidays. On some occasions, we may ask you to help with a planned activity through contributions of time, items or money. We love providing opportunities for the children to celebrate and welcome your attendance as well!



## Free Tutoring program at Norman Public Library

The Norman Public Library and Crossroads Youth and Family Services are collaborating to offer Tuesday Tutors at the library Tuesday evenings during the school year. Tutoring begins at 6:30 p.m.

**children. The program is offered for students in grades 6 through 12.**

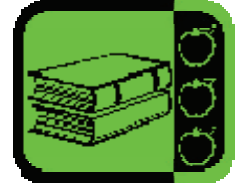
Tutors are open first-come, first-served, so no registration is required.

volunteers are unable to attend.

For more information on Tuesday Tutors, call the library's Information Desk at 701-2620.

Tutors are University of Oklahoma students who work one-on-one with students to provide assistance with any school subject or assignment to **middle and high school grade**

The program will meet every Tuesday evening except during holiday breaks and college final exam weeks, and it may be cancelled during an exam week if



## Clothing Needed

CASP is in need of children's t-shirts, shorts, and sweatpants in all sizes for use at our programs. We keep a limited supply of clean clothing at each site for children whose clothing has become dirty or wet due to an accident or illness. Often, these items are not returned to our programs and our supply is running low!



If you have new or used clothes in good condition, please consider donating them to CASP. We will launder them and make them available to the children in our programs. You can drop off your donations at our office. Thank you in advance for your generosity!

## Nutrition Nuggets—It all adds up

Exercise doesn't have to be done all at once. Encourage your youngster to be active throughout the day—small amounts of time will add up! In general, school-age children should get at least an hour of physical activity each day. Here are some ways to put more exercise into your child's routine.



- Encourage her to participate in the 30 minutes of physical activity offered during CASP.
- Have her invite friends over for a backyard game of tag or capture the flag.
- Suggest that she jump rope for 10 minutes.
- Put on some music, and dance to it.
- Bike together to the library or a friend's house. Note: For safety, use sidewalks and wear helmets.
- When you do er-

stands together, park far from the store to encourage more walking time.

- Take the steps rather than the elevator when you're shopping or at the dentist.

Remember: Regular exercise will not only make your child healthier—it will help her sleep better at night and be in better shape to learn and play all day.