



Piedmont Parks & Recreation News

piedmontparksandrec.com

October 2011



International Walk to School Day Wednesday, October 5

Wednesday, October 5, 2011, is International Walk to School Day. Students can celebrate that day by meeting at the library and walking together to Piedmont elementary and middle school.

Participating students will receive a pedometer, a coupon for a free bike helmet, and several other giveaways and door prizes.

Although a section of Stout will be closed in front of the library, the library can be reached by going south on Stout from Edmond Rd. Students can arrive at the library as early as 7:15 a.m. The walk to the school will start at 7:30 a.m. Parents are welcome to participate also.

For more information, or if the weather is questionable, call 202-3984.

Why should your child walk?

1. Physical activity contributes to overall health. Experts recommend that children do 60 minutes or more of physical activity each day and that the bulk of this physical activity comes through aerobic exercise such as walking or bicycling.
2. Many kids are not getting the exercise that they need. Less active children are more likely to be overweight, and research shows that overweight children are at increased risk of obesity, and chronic diseases such as diabetes, heart disease, high blood pressure, asthma and various cancers in adulthood.
3. From 1976 to 2008, the percentage of overweight children 6 to 11 years old more than tripled.
4. Physical activity is associated with improved academic performance in children and adolescents.
5. Exposure to nature and time for free outdoor play can reduce stress, reduce ADHD symptoms, and increase cognitive and motor functioning.
6. The daily walk to school offers children an opportunity to spend time in the natural environment. Walking and bicycling to school is an experience that can help children develop a sense of independence that is important for development.



Halloween Candy



If your children come home with more candy than you want them to eat, or you have leftover candy, here are some ideas on what to do with it:

- Set a limit on how many pieces they can eat per day.
- Freeze it until summer and use it in homemade ice cream.
- Buy the candy from them. Many kids are more interested in money than in candy and will sell it to you cheap.
- Take it to the office to share.
- Use it to make a Halloween wreath for next year.
- Make chocolate chip cookies and substitute chopped candy for the chips.
- Use it to make a picture frame for a child by gluing the candy to the frame.
- Put it in a care package for a college student, grandparent, or soldier.
- Add chocolate to your coffee.
- Keep some in your office or car for emergencies.
- Mix just about any kind of candy into popcorn balls.
- Let kids cash in candy for a free pass on their chores.
- Add some candy to trail mix.
- Use it to make ornaments or garlands for the Christmas tree.
- Make a piñata.
- Decorate a gingerbread house, or even build the house out of candy.
- Put it in Christmas stockings.
- Offer to put some of it in the freezer “so it doesn’t get old.” Maybe the kids will forget about it.
- Give kids one piece each day in their lunch.



- Use it to make an advent calendar for Christmas.
- Chop it up and use it on ice cream, or mix into frosting, yogurt, brownies or milk shakes.
- Use candy to do science experiments. Check out www.candyexperiments.com
- Search the internet for recipes using Halloween candy, including the candy company’s website. You’ll find many recipes online.
- Toss it!



Get Ready for the Holidays

with Parks & Recreation classes



Stampin’ Up

Stampin’ Up is a class that uses stamps, cut-outs, layered paper and other techniques to create one-of-a kind cards and scrapbook pages.

The class will meet on October 14 from 6:00 to 11:00 p.m., and the cost is \$5. A special Christmas class will be held on October 28 and the cost will be \$18. Both classes will be held at the civic center.

To ensure adequate supplies on hand, please call 535-8849 to RSVP.



Zumba

Zumba, an exercise program that combines Latin music and easy-to-follow dance moves, is offered every Thursday night at the civic center from 7:30 to 8:30 pm.

The class is \$3 each week, but the class on October 6 is free. Beginners are welcome any time. Wear comfortable clothes for working out and bring a bottle of water.

For more information, call 650-0229.

Reading Tips for Families

When reading with your child, every story can be an exciting and fun learning opportunity! Here are some tips to make it happen:

Establish a routine

Pick a convenient time to read with your child each day. Many families find bedtime ideal. Other times may include after a meal, in the tub or after school. Keep a book with you while you're out of the house in case you have to wait somewhere with your child. Try to read to your child at least once a day.



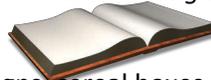
Read books your child likes

Children are more likely to enjoy being read to when they know the story or are captivated by the topic. Spend time in your library's children's room - they have a collection of books on nearly every topic! This is a great place for your child to find a book that matches his or her interests.



Talk about the book

Talk about the pictures, ask questions about the story. Children often miss subtleties of books. Ask interpretive, open-ended questions like, "Why do you think she feels angry?" Refer to the book in your everyday activities, "This oatmeal reminds me of the mush in *Good Night Moon*."



Read everything!

Reading to your child is not limited to books. Read street signs, cereal boxes, junk mail, billboards, newspapers, and so on. Celebrate your child's recognition of letters and popular words like STOP, EXIT, etc.

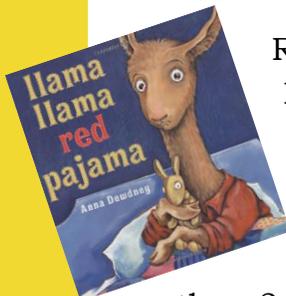
Model writing for your child

Read aloud lists, postcards, and notes that you create. Write a grocery list together. Let your child "write" and have your child "read" it back to you.



Reprinted with permission from Jumpstart. Jumpstart is a national early education organization working toward the day every child in America enters school prepared to succeed. Learn more at www.jstart.org.

Read for the Record



Read for the Record, a project of Jumpstart, is the largest shared reading experience in history.

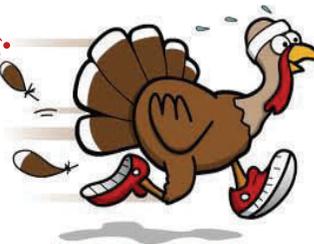
On October 6, more than 2 million people will read *Llama Llama Red Pajama* in communities and homes across the country. If you want to participate but do not have a copy of the book, you can read the book online at www.readfortherecord.org.

Like us on Facebook!

Piedmont Parks and Rec

Piedmont's First Annual Turkey Trot

Save the Date!



Thursday, November 24, 2011

October Community Calendar

- 1-31** (M-F 3:30-7:00 pm, Sat 9-7 pm, Sun 11-6 pm) - Service Center Pumpkin Patch selling pumpkins, fall decorations, and mums, 373-4022
- 1** (9:00-11:00 am) - Piedmont Recycling at the former Co-Op, Boy Scout Troop 734 will be there to help, 373-2905
- 1** (1:00-3:30 pm) - Piedmont Area Rocketry Club for all ages, at the civic center, free, 488-5999
- 2** (4:00 pm, exhibitions at 3:00 pm) - Play Day at Round-Up Club Arena , \$5 office charge, \$2 per event, \$4 exhibition charge, 630-4009
- 4, 11, 18, 25** (10:00 am) - Preschool Story Time at the library, free, 373-9018
- 5** (10:00 am) - Preschool Music and Movement with Miss Bonnie at the library, children ages 2-5, free, 373-9018
- 5, 12, 19, 26** (noon) - Senior Adults lunch and fellowship at the Methodist church, \$3, for reservations call 373-2905
- 6** (noon) - Chamber of Commerce meeting at city hall, Fire Chief Andy Logan will speak on fire safety, optional lunch \$8, 373-2234
- 6** (2:00 pm) - Triad meeting at the police department, speaker is Donna Reed from Attorney General's office on scams aimed at seniors, free, 373-1334
- 6, 13, 20, 27** (7:30-8:30 pm) - Zumba at city hall, free on the 6th, \$3 on the 13th, 20th and 27th, beginners are welcome, 650-0229
- 6, 13, 20, 27** (3:30-5:30 pm) - Wii, Craft & Snacks for 5th grade & up, at the library, free, 373-9018
- 7, 14, 21, 28** (10:00 am) - Mother Goose on the Loose for ages birth to 2 years, at the library, free, 373-9018
- 11** (6:30 pm) - Canadian County Tuff Riders 4-H equine meeting for 9-18 year olds, no horse required, at the library, free, 531-3310
- 12, 19, 26** (10:00-noon) - Library Quilters for anyone interested in quilting, at the library, free, 373-1662
- 13** (7:00-8:00 am) - Legislative Breakfast at city hall, Attorney General Scott Pruitt on Federalism in Action and the EPA, 373-2234
- 13** (6:30-8:30 pm) - Piedmont Parent Network workshop on bullying, at the Methodist church, free, 514-9248
- 13** (6:30 pm) - Just Desserts, a teen murder mystery for 5th grade and up, at the library, free, 373-9018
- 14** (6:00-11:00 pm) - Stamp It at the civic center, \$5, RSVP 535-8849
- 20** (12-3:00 pm) - Fall Break Crafts for all ages, come & go, at the library, free, 373-9018
- 20** (6:30 pm) - No-Experience-Necessary Writer's Workshop for adults, at the library, free, 373-3788
- 23** (3:00 pm) - Roundup Club Horse and Rider Costume Contest at Round Up Club Arena, don't have to be a member to participate, free, 630-4009
- 27** (6:30 pm) - Kid Co Performance at the library, free, 373-9018
- 28** (6:30 pm) - Kid Co Halloween Spooktacular for all ages, at the library, free, 373-9018
- 28** (6:30-9:00 pm) - Stampin'Up Christmas card class at the civic center, \$18, RSVP, 535-8849.
- 30** (6:00-8:00 pm) - Bible Trail Trunk Treats at Nazarene church, free, 373-2308
- 31** (6:00-8:30 pm) - Fall Festival at Baptist church, free, 373-2420

An expanded version of the calendar is online at
PiedmontParksAndRec.com