Wednesday Folder

Weekly Newsletter Information for the Town of Griswold

Kindergarten

Kindergarten Registration

Griswold Elementary School/Full Day Kindergarten

It is time to register your child for the 2019– 2020 school year.

Your child must be five years old on or before January 1st, 2020

(Children attending Griswold Public Schools Preschool Program are already registered and you do not have to do anything further.)

WHERE: **Griswold Elementary School Office**

WHEN: **Monday thru Friday 9 am - 2:30 pm or 3:15 - 4:15 pm**

PLEASE BRING: **Proof of Residency**

Birth Certificate

Connecticut State Health Form (Physical)

It is vitally important that all age-eligible Griswold children are registered ASAP

Please call 860-376-7610 with any questions

PEACE AT HOME
PARENTING SOLUTIONS

A full list of classes can be found at PeaceAtHomeParenting.com

FREE LIVE ONLINE PARENTING CLASSES

Sponsored by the Griswold School Readiness Council and Griswold Public Schools

- ✔ Build Strong Connections
- ✔ Reduce Family Stress
- ✔ Get Kids to Listen and Cooperate *Without Raising Your Voice!*

Register at: PeaceAtHomeParenting.com/Griswold-Login

APR	**APR 1, 8:15 pm:** Establece un ambiente de cooperación (2-12 años) **APR 3, 8:15 pm:** FREE 5 Mindful Habits to Reduce Stress and Increase Happiness **APR 8, 12 pm:** ABC's of potty training (18 months – 4 years old) **APR 8, 8:15 pm:** Disciplina Positiva que funciona (2-12 años) **APR 15, 8:15 pm:** Tweens and teens: Planning for independence **APR 16, 8:15 pm:** Manage Screen Time: End the Power Struggles **APR 17, 8:15 pm:** Picky eating 101: Make mealtimes enjoyable again (Infants, Toddlers, Preschoolers) **APR 22, 12 pm:** FREE Live Online Class: How to Take the Stress Out of Parenting (2-12 years) **APR 22, 8:15 pm:** FREE Q&A Session for All Class Participants **APR 23, 8:15 pm:** Be your child's emotions coach: Manage and communicate emotions **APR 30, 8:15 pm:** My Child Struggles in School: How Can I Help? (K – 8th grade)
MAY	**MAY 1, 12 pm:** Let's get on the same page: Practical steps to resolve parenting style conflicts **MAY 6, 8:15 pm:** Establece un ambiente de cooperación (2-12 años) **MAY 13, 12 pm:** EAT PLAY SLEEP: Help infants and toddlers grow into cooperative kids (Infants, Toddlers, Preschoolers) **MAY 13, 8:15 pm:** Disciplina Positiva que funciona (2- 12 años) **MAY 14, 8:15 pm:** Be your child's calm center: How to stay calm when your child is stressed **MAY 15, 8:15 pm:** Get ready for Childcare/Pre-K: Ensure a positive transition for you and your child **MAY 20, 8:15 pm:** FREE Live Online Class: How to Take the Stress Out of Parenting **MAY 22, 8:15 pm:** FREE Q&A Session for All Class Participants **MAY 28, 8:15 pm:** Keep your kids close: Why parents need to matter more than peers (2 – 12 years)
JUN	**JUN 3, 8:15 pm:** Establece un ambiente de cooperación (2-12 años) **JUN 4, 8:15 pm:** Parenting children with special needs: Anxiety, ADHD and autism (K – Teens) **JUN 5, 8:15 pm:** Routines, chores and family meetings: Get a little more organized & have more fun! (2 – 12 years) **JUN 10, 12 pm:** Taming tantrums: Recognize triggers and plan ahead (1-5 Years) **JUN 10, 8:15 pm:** Disciplina Positiva que funciona (2- 12 años) **JUN 17, 8:15 pm:** Tweens and teens: Planning for independence **JUN 19, 8:15 pm:** Positive discipline for toddlers and preschoolers: Challenging behaviors & setting limits (1-5 Years) **JUN 24, 8:15 pm:** FREE Live Online Class: How to Take the Stress Out of Parenting (2 – 12 years) **JUN 25, 8:15 pm:** Raise happy children: Parenting for optimism and resilience (2 – 12 years) **JUN 26, 8:15 pm:** FREE Q&A Session for All Class Participants

ALL CLASSES INCLUDE ONGOING SUPPORT: Participants are invited to join our private Facebook group to connect with other parents working on similar issues. Teachers are available to comment and answer questions. **BONUS:** Participants have access to free monthly online Q&A sessions. Teachers provide follow-up and guidance as parents apply new approaches. Next Q&A Sessions are listed above. Class tests and certificates of participation available.

For more information, contact Courtney Brannon at cbrannon@griswoldpublicschools.org or email us at info@peaceathomeparenting.com.

AVAILABLE RECORDINGS

- Self-Regulation: Teach & Model (2 - 12 years)
- Mindfulness & Parenting (2 - 16 years)
- Blended Families: Does it ever get easier? (2 - 20 Years)
- Help Your Child Feel Safe in a Complicated World (For parents, teachers, childcare providers & anyone who works with kids)
- Routines, Chores & Family Meeting: Get Ready for Summer! (2 - 12)
- Sibling Connections among Young Children (For parents of infants and toddlers with older siblings)
- ABC's of Potty Training (2 - 5 years)
- Support Your Anxious Child (2 - 12 years)
- School Success: Inspire Motivation (K - 8)
- Co-Parenting: Make It Work
- Positive Discipline for Children with ADHD, Autism or Anxiety (2 - 12 years)
- Social Skills for Kids with Special Needs (for parents of children with ADHD or Autism)
- Meaningful Holidays: What Kids Really Want that Money Can't Buy (2 - 12 years)
- Be Your Child's Emotional Coach: Help Kids understand and Manage Emotions
- Solve Challenging Behaviors: Parent-Child Teamwork (K - 8)
- EAT PLAY SLEEP: Help Infants & Toddlers Grow In Positive Ways (For parents of infants and toddlers)
- Raise Happy Children: Parenting for Optimism & Resilience (For parents of children ages 2 - 12)
- Putting it all together: parenting check-up (Birth – teens)
- Get ready for Childcare/Pre-K: Ensure a positive transition for you and your child
- Manage Screen Time: End the Power Struggles
- FREE Wellness on the Run: Quick, Real Life Strategies for Parents of Young Children
- Positive Discipline for Peace at Home (For parents of children ages 2 - 12)
- How to Take the Stress Out of Parenting
- Infant Toddler Brain Development: Why Parents Matter So Much
- Mealtimes: End the Power Struggle
- Anxious children: what really helps? (2 – teens)
- 5 Mindful Habits to Reduce Stress and Increase Happiness
- Toxic stress: what is it and why is it important in family life? (Birth – teens)
- Meltdowns, Tantrums and Aggression, oh my! Positive Discipline for Toddlers and Preschoolers
- Parenting teens: power struggles or effective discipline? (12 – 18 years)
- Inspire independence and sustain love of learning (Birth – 5 years)
- Money and Kids: Raise Financially Responsible Children (2 – teens)

GRISWOLD PARK & REC PRESENTS:

NIGHT LIGHT PARADE

BE IN OUR PARADE
REGISTER @
OUR WEBSITE:
griswoldREC.org

PROPOSED DATE:
SATURDAY
May 4 (rain date 5th)
Parade Participant Time:
7:45 - 8:45 PM

PARADE TIMELINE:

7:15 PM
All Parade Participants
Line Up at GMS

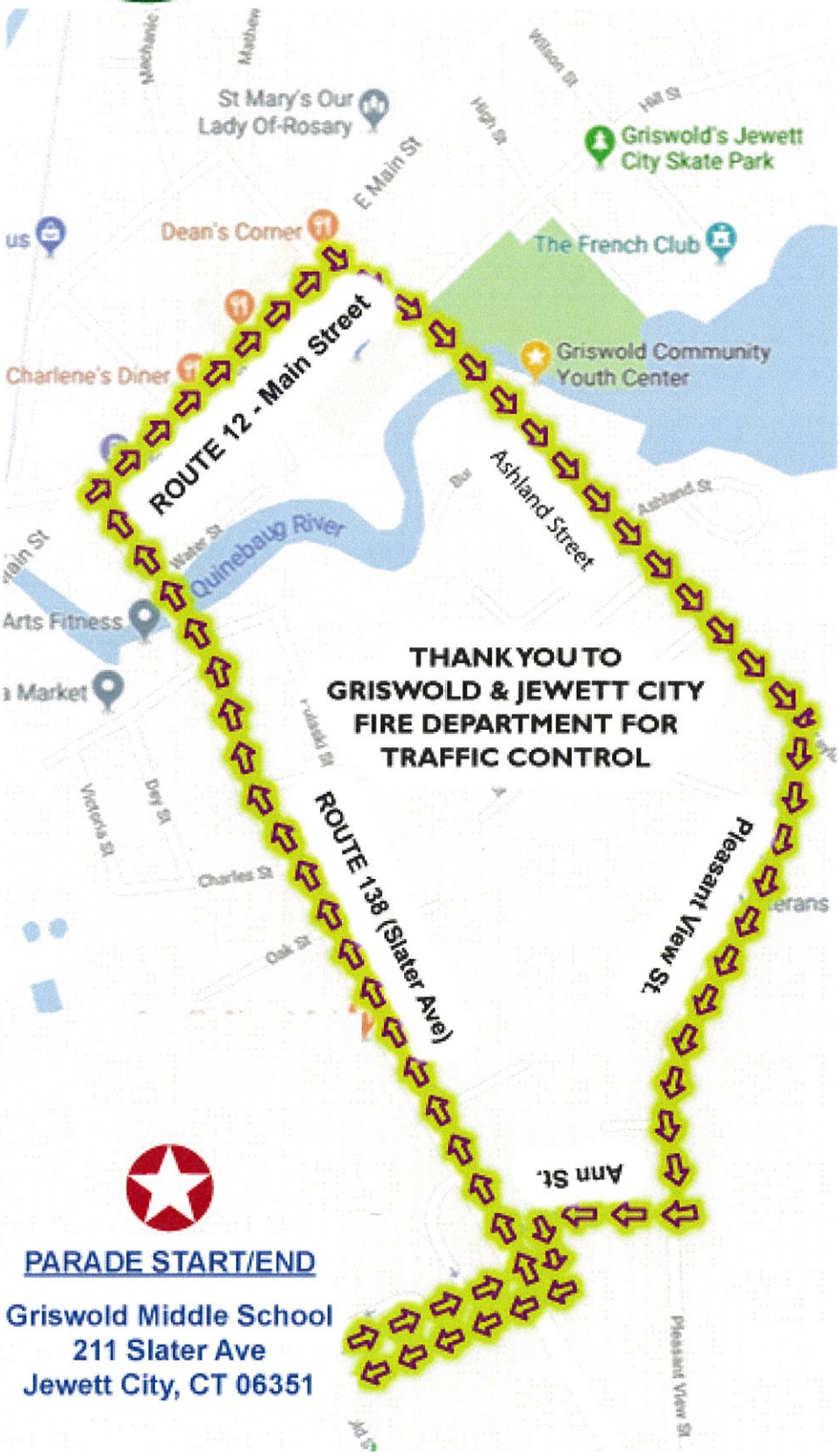
7:45 PM
Jewett City Fire Police Block Off
1) Incoming Traffic on Slater Ave.
2) Traffic into Main Street, Jewett City

8:10 PM
Parade Starts at GMS

ROUTE
Griswold Middle School >
Slater Ave > Main Street >
Ashland Street >
Pleasant View Street >
Ann Street to Slater Ave >
Griswold Middle School

8:45 PM
Parade Ends at GMS

8:45 PM
All Road Blocks are removed.
Traffic is back to routine.



Presented by: Time To TRI Youth Foundation

USAT Sanctioned Event

YOU CAN DU IT

YOUTH DUATHLON

DATE: **Saturday, May 11**
TIME: **9:00 AM**
LOCATION: **Hopeville State Park**
FEE: **$20 per person/**
$25 after 5/1/19; $10 USAT fee if not a member
AGES: **5-17 years old**
Pre-Registration Deadline: May 1

RACE CLINIC– Learn all about what a duathlon is and tips and strategies to help you in the race. 3 Days- $20 per child (includes USAT membership!).
April 25, May 2, & May 8.
Register on the race page for "Race Clinic".

Ages 5-6	Run .5 miles	Bike 1 mile	Run .5 miles
Ages 7-10	Run .5 miles	Bike 2 miles	Run .7 miles
Ages 11-17	Run .5 miles	Bike 4 miles	Run 1.5 miles
Supersprint	Run .5 miles	Bike 6 miles	Run 2 miles

Register and information at:
www.runsignup.com/Race/CT/Griswold/YouCanDUItYouthDuathlon

Join us for this family friendly youth duathlon at the beautiful Hopeville State Park in Griswold, CT. Youth participants ages 5-17 will run, bike, and run on the roads and trails inside the park. All biking will be done on paved roads. Medals to all finishers. T-shirts for the first 100 participants pre-registered before April 24. Trophies will be given out to the top three finishers in each age division; 5-6, 7-8, 9-10, 11-12, 13-14, 15-17 & Supersprint.
Registration deadline for getting your name on the bib is April 24.
Registration closes online on May 9 at midnight. No registration Fri or Sat.
Presented by: Time to TRI Youth Foundation—a non-profit organization working to inspire our youth to enjoy fitness through multi-sport racing.
Call 860-334-5874 or email timetotriyouth@ gmail.com with any questions.

STAR WARS™ MAY THE 4TH BE WITH YOU

STAR WARS CRAFTS AND ACTIVITIES
IN CELEBRATION OF
STAR WARS DAY!
SATURDAY,
MAY THE 4TH
11am-2pm @ SLATER LIBRARY

Drop in! Costumes welcome!

"THE FORCE IS STRONG AT SLATER LIBRARY!" - Yoda

15th Anniversary

Safety Camp 2019

Saturday, May 18

10am–1pm

Organized by the Backus Trauma and EMS Departments and American Ambulance, Safety Camp gives children and their families an opportunity to learn about safety in a fun environment. Children can tour emergency vehicles and learn how they work. Safety lessons will include water, electricity, fire, the use of 911 and more. Face painting and story time will also be available. ***We support the local Gemma E. Moran United/Way Labor Food Center. Please feel free to bring a non-perishable item to put into our collection bin.***

Come on out and learn all about safety.
Free bicycle helmets! *(while supplies last)*

Backus Hospital parking lot
326 Washington Street, Norwich
Outside the Medical Office Building entrance

AMERICAN AMBULANCE

Special thanks to our community donors who make this event possible.

APPEARANCES BY

- **Trauma Roo**
- **Crash Test Dummies**
- **Fire Trucks**
- **Safe Kids car seat clinic**
- **Ambulances**
- **and many others**

For Info: Renee Malaro | 860.889.8331, Ext. 3220

Backus Hospital
Connect to healthier.™

Did you know

only one out of every five car seats in Connecticut are used properly?

Join us for our annual

Safety Camp 2019

Car Seat Checkup

May 18 | 10 a.m. to 1 p.m.

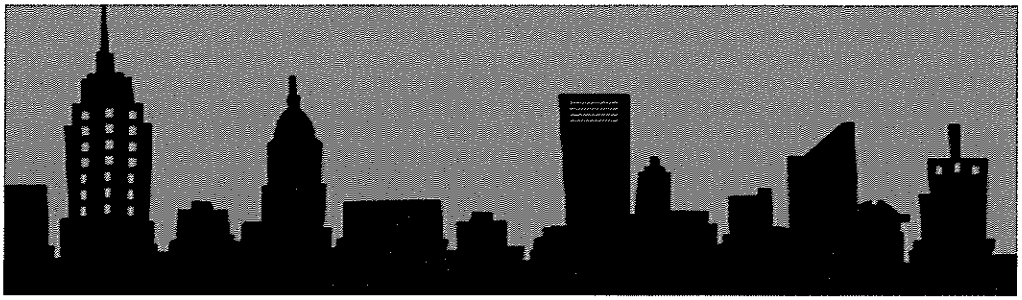
Backus Hospital, 326 Washington Ave., Norwich

• **FREE CAR SEAT CHECKS BY CERTIFIED TECHNICIANS** •

Backus Hospital
Connect to healthier.™

SAFE KIDS
WINDHAM AND NEW LONDON

Contact Lisa Hageman at 860.425.8739 or Renee Malaro at 860.889.8331, ext.3220 for more information



SATURDAY, May 18th

Leave Griswold's commuter parking lot (exit 22)
promptly at 7:00am (6:45 be there!)
stopping at exit 14 in Norwich at approximately 7:10
ENJOY YOUR DAY IN NEW YORK CITY
Bus makes stops at:
The Metropolitan Museum of Art
Rockefeller Center
Half-Price Ticketron
Macy's on 34th St.

Bus leaves NYC at 7:00pm SHARP

$55 per person

FIRST COME, FIRST SERVED
NO REFUNDS
Tickets available at:
Slater Library
26 Main St., Jewett City, Ct 06351
call 376-0024 for information

Sponsored by Friends of Slater Library. Please make checks payable to FRIENDS OF SLATER LIBRARY

GRISWOLDREC.ORG

MOMMY + ME MUSIC

w/ Tunes N Tots!

Questions or Want to Take Piano Lessons? Call Nicole: 959.929.7378

Saturdays
9:00 am - 9:45 am
3/9 until 5/25

Held at:
YC Wellness Studio
68 Ashland St., Jewett City

Drop in rate is $12 per child - OR $99 for ALL session for first child (each additional sibling $75) Dates 3/16-5/25 siblings 9 months & younger free.

TEEN/ADULT WELLNESS & FITNESS PROGRAMS

KOKONDO KARATE
MONDAYS @ 7:30 PM
THURSDAYS @ 7:00 PM
CALL TOM: 860.376.5680

MIXXEDFIT
MONDAYS @ 6:30 PM
SATURDAYS @ 9:00 PM
CALL KRISTIN: 860.334.9341

AEROBICS/WEIGHTS/PILATES
TUE'S & THUR'S @ 6:00 PM
CALL TORY: 860.859.7922

HELD AT: YC WELLNESS STUDIO
68 ASHLAND STREET IN JEWETT CITY

YOGA
MONDAYS: 6:30 PM
WEDNESDAYS: 5:15 PM
CALL ERICA: 860.608.2449

H.I.I.T. CLASS
HIGH INTENSITY INTERVAL TRAINING
FRIDAYS @ 6:00 PM
CALL CHRIS: 860.303.6400

TOWN OF GRISWOLD, CT - PARK & RECREATION DEPARTMENT

LEARN MORE: GRISWOLDREC.ORG

LEARN MORE @GRISWOLDREC.ORG

SUMMER CAMP

(ALL TOWNS WELCOME)

LOW AS $95 PER WK! AGES 4+ | 9AM-4PM | @GES

SUMMER CAMP

NOW ENROLLING

all towns welcome

JUNE 24th - AUG. 16th
(8-weeks, pick & choose which weeks)
9 am - 4 pm
Held At: Griswold Elementary School

PRICING:
Jewett City/Griswold Resident = $95 per week
Non-Residents = $115 per week
(Monday - Friday) (financial aid available)
(sibling discount = $10 per additional)
(part-time = $50 per day, except Field Trips)

FREQUENTLY ASKED QUESTIONS

Q: Early Care??
A: Yes, drop off at 8 am is a $75 per week fee for the WHOLE family.

Q: What does my child bring each day?
A: Glad you asked! 1 lunch, atleast 2 snacks & (optional) ice cream truck money.
Always have a change of clothes just in case! Always bring a reusable water bottle with child's name on it.
Please wear sneakers, no crocks or sandels. Kids could trip while playing.
Pick Up by 4 pm, if late past 4:15 pm then a charge of $35 late pick up fee will be applied

Q: Can I pay week to week?
A: Yes! Just need to pay for first week, you wish to attend, in advance then pay at-least 7-days in advance for other weeks. More than two weeks late, you child will be removed from program.

Q: Do I have to go to each week?
A: No, just pick and choose which weeks you want.

Q: Do you offer financial assistance?
A: Yes, please come into Youth Center Mon - Fri, 2-5pm, bring in your 2018 Taxes

Q: Am I able to switch weeks?
A: Yes, just let us know at-least 7 days in advance.

Q: Can I pay online?
A: Yes, www.griswoldrec.org; click on Summer Camp link. Then "Sign Me Up!" Then create an account, register & pay. Or if you attend last year, just click "Sign In" on the account screen.

Q: Can I pay cash or check at camp, the first day?
A: No, a new Board of Finance Policy states you must mail in checks or money orders (no cash) or drop either off at the Finance Office, second floor of the Town Hall. So, please pay for at-least first week ahead of time.

Q: How much does a week of camp cost?
A: $95 = Griswold/Jewett City Resident and $115 = Non-Resident

Q: Do you offer part-time rates or early care?
$70 for whole week = Early Care (8-9am) (must pay for full week)
Part-Time (one day cost) = $50 per day for anydays without a field trip.
(Credit Card can be done online but checks/cash must be done at the Finance Department)

Q. Can I sign up on the first day?
A. Yes, BUT you would have to register in person at the camp, THEN go drop off any checks, cash to the Finance Office at the Town Hall. (It's easier to pay in advance...)

Q. Can I mail in my application and payment?
A. Yes, download form on our Summer Camp website: www.griswoldyfs.com, mail in to:
Griswold Finance Dept. (Summer Camp) 28 Main Street, Jewett City, CT 06351
(You must pay for at-least the first week of camp you choose)

TOWN OF GRISWOLD, CT - PARK & RECREATION DEPARTMENT

SUMMER CAMP

NOW ENROLLING

all towns welcome

Week 1 - June 24th til 28th
Theme - Safari Exploration
Guest Performer: Bwana Iguana Reptile Adventure

Week 2 - July 1st (off 4th) til July 5th
Theme - American Dreams!
Bounce-a-Lot Inflatables: Obstacle Course on Wed.

Week 3 - July 8th til 12th
Theme - Multicultural Week!
Field Trip: Black Light Bowling

Week 4 - July 15th til 19th
Theme - Science in your Life!
Bounce-a-Lot Inflatables: Obstacle Course on Thursday
Guest Performer: Marvelous Marvin!

Week 5 - July 22nd til 26th
Theme - Keep Griswold Moving!
Field Trip: Camp Day: CT Sun Vs. NY Liberty

Week 6 - July 29th til August 2nd
Theme - Heroes' Week! Thank You First Responders!
Heroes' Visit Summer Camp: Wednesday
Guest Performer: The Magic of George Saterial

Week 7 - August 5th til August 9th
Theme - Under the Sea!
Bounce-a-Lot Inflatables: Moon Bounce on Thursday
Field Trip: Mystic Aquarium

Week 8 - August 12th til 16th
Theme - Griswold's Got Talent!
Field Trip: Summer Camp goes to the Movies!

SIGN UP: griswoldREC.org

lil rec'rs = ages 4,5
jr rec'rs = ages 6,7,8
summer rec'rs = ages 9-13

JUNE 24th - AUG. 16th
(8-weeks, pick & choose which weeks)
9 am - 4 pm & Held At GES

OUR MISSION
To produce a safe, secure & social environment, for our resident's grades K-8th, that is a instructive, entertaining & an overall unforgettable 8-week experience.

REC + WELLNESS + VARIETY = FUN

PROGRAM DETAILS:

Jewett City/Griswold Resident = $95 per week (includes trips)
Non-Residents = $115 per week (includes trips)
(sibling discount = $10 per additional)
(part-time = $50 per day, except Field Trips)
(early care, 8 - 9 am = $75 per week for WHOLE family)
(financial aid available = $30 discount, must text 860.213.1524 to setup appointment)

68 ASHLAND ST. JEWETT CITY
TOWN OF GRISWOLD'S
Youth & Family Service | Park & Recreation Dept.
PRESENTS:
Youth Topia
A Family Event
JUNE 1
11 AM - 4 PM
FREE ADMISSION!
FREE GAMES!
FOOD TRUCKS & MORE!
MUSIC ~ DANCING ~ FREE ACTIVITIES

NORWICH FREE
ACADEMY
VISUAL & PERFORMING ARTS

SATURDAY MORNING
CHILDREN'S ART PROGRAM
ART CAMP

2019 SATURDAY MORNING CHILDREN'S ART SUMMER CAMP

Saturday Morning Children's Art Summer Camp offers children in grades 3 – 8, the opportunity to experience the arts for a week, have fun creating while challenging their imaginations and meeting new friends.

Students will be creating 4 - 5 projects, as well as take a trip on campus to view the works in Slater Museum. Projects that students will be creating include the following mediums, but are not limited to; Printmaking, Painting, Clay, Sculpture, Design, and Drawing. Each week will feature different projects.

Students will be working on projects each morning, break for lunch, and then continue working on projects! This is a great opportunity for students who love art!

AGE:	Children in grades 3 - 8
FEE:	Week 1 or 2 - $175.00 Week 1 & 2 - $300.00 *(Fees include the cost of supplies)*
PLACE:	Norwich Free Academy – Bradlaw Building
DATES:	Week 1: July 15th - 19th Week 2: July 22nd - 26th
TIME:	9:00 am – 2:00 pm

NOTES TO PARENTS/GUARDIANS:

Advanced registration for Saturday Morning Art Summer Camp is strongly recommended to secure a student's place in class and to ensure that the class will run. Enrollment is limited and accepted on a first-paid basis. Registrations will not be processed without payment. Registration closes on Friday, June 28th. Cancellations for class must be made by prior to July 5th for a complete refund.

When registering, please complete the enclosed registration and medical form. All students are required to have both forms on file.

NFA Public Relations/Student Names and Photos - Norwich Free Academy and the Saturday Morning Children's Art Program Art Camp, often uses images/photos of students on our website, social media, promotional materials and advertisements, . If you do not want your child's name and/or picture to appear in any promotional materials, in print or digital form, please contact Visual & Performing Arts Department Head, Alysha Carmody, in writing on or before *July 15, 2019*.

If you have any questions, please contact: Alysha Carmody, Head of Department
Visual & Performing Arts at carmodya@nfaschool.org or 860-425-5740.

NORWICH FREE
ACADEMY
VISUAL & PERFORMING ARTS

SATURDAY MORNING
CHILDREN'S ART PROGRAM
ART CAMP

Please complete the registration and medical forms and remit payment (checks payable to NFA) by *June 28th, 2019*. Please return by mail to:

NFA Arts Office
Attn.: Alysha Carmody
305 Broadway
Norwich, CT 06360

REGISTRATION FORM

I wish to enroll my child, _____, grade_____, in the Saturday Morning Children's Art Summer Camp held at the Norwich Free Academy Art School.

AGE: Children in grades 3 - 8

FEE: $175.00 per week /$300.00 for 2 weeks
(Fees include the cost of supplies)

PLACE: Norwich Free Academy – Bradlaw Building

DATES: Please circle which week you are registering for:

Week 1: July 15th – 19th Week 2: July 22rd - 26th

TIME: 9:00 am – 2:00 pm

Has your child attended the Saturday Morning Art Classes in the past?
Circle: YES or NO

_____ _____
Name of Parent/Guardian Telephone Number of Parent/Guardian

_____
Street Address Town Zip

_____
Email Address of Parent/Guardian

NORWICH FREE
ACADEMY
VISUAL & PERFORMING ARTS

SATURDAY MORNING
CHILDREN'S ART PROGRAM
ART CAMP

SUMMER PROGRAM – MEDICAL INFORMATION

Student's Name: _____ **Date of Birth:** ___/___/___ **Gender:** _____

Student's Address:

_____
Street City State Zip

Parent/Guardian Name: _____
First Name Last Name Relationship

Parent/Guardian Phone Number: _____ **Parent/Guardian Email:** _____

Pertinent Medical History:

_____
_____
_____
_____

Please list any allergies your child may have:

_____
_____

Does your child require any emergency medication (circle): YES NO

Please list any medication(s) your child is currently taking and reason for medication:

_____
_____

Current health problems/concerns:

_____
_____

Special precautions you wish the school to know concerning your child:

_____
_____

***NORWICH FREE ACADEMY MAY CALL 911 FOR TRANSPORT TO NEAREST HOSPITAL IN THE EVENT OF AN EMERGENCY.**

My signature indicates *that I have read and agree to NFA's terms and conditions about medical emergencies, and that the medical information which I have provided is accurate and complete.*

_____ _____
Parent/Guardian Signature **Date**