



## Camp KIDS Connection

Edition 1

### Welcome Camp KIDS!!!

We're so happy you're joining us for a very exciting year of Camp KIDS! Although camp will look different this summer, we are inviting you to have fun with us at a distance!

#### WHAT TO EXPECT:

- 3 editions of "Camp KIDS Connection" mailed to your address
  - Our five color themes
  - A **FUN** weekly family challenge!
  - Catch My Breath- Some valuable vaping facts
- FUN Facebook Features! Visit Mercer County BHC Prevention & Education Services Facebook page
- A chance to **WIN PRIZES** by sharing your experience with us on social media!

#### COLOR OF THE WEEK

The color **RED** means to me that I have strength when I learn to work with others. Together we can make a difference in my life, for my world and with my peers.



Our brain works with our whole body as a team to keep us healthy and to send the right messages to each other so that we can function.

It feels good to be part of a team or be included, what are 3 ways YOU could "lift up" or include others at:

Share your answers with us on our Facebook page

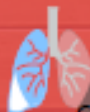
HOME

SCHOOL

CAMP



Big tobacco companies have paid for the hype you hear about e-cigarettes. That celebrity you see blowing puff clouds? Yep—bought and paid for. They want you to think e-cigarettes are fun, and harmless, but being addicted to nicotine is not cool.



Guess how much \$\$ an hour Big Tobacco spends on Marketing? \*Find out on the virtual field trip.

Post a fact from the virtual field trip and we will send you a prize from #TRUinPA & #tobaccofreeNWPA

<https://www.bevapefree.org/virtual-field-trip>

Post the fact on FB @ tobaccofreeNWPA & we will mail you TRU Gear!! or Email fact to TobaccoNWPA@gmail.com.



#### Parts of the brain:

**Cerebrum:** (made up of 2 Hemispheres)- **Right Cerebral Cortex & Left Cerebral Cortex**

**Right:** Creativity, artistic ability, responsible for body's thought and actions.

**Left:** Language, crucial skills like learning, reasoning, calculating mathematically, and reading and writing.

**Limbic system:** emotions and memory

**Cerebellum:** balance and movement

**Brain Stem:** controls involuntary actions- breathing, blinking, digestion, heart rate.





## Parent Support Corner

Six ways to help you reduce the chance that your teenage child will use Alcohol, Tobacco & Other Drugs or engage in other risky behavior:

1. Build a Warm & Supportive Relationship with Your Child
2. Be a Good Role Model When It Comes To Drinking, Taking Medicine & Handling Stress
3. Know Your Child's Risk Level
4. Know Your Child's Friends
5. Monitor, Supervise & Set Boundaries
6. Have Ongoing Conversations & Provide Information About Drugs & Alcohol

Partnership for Drug Free Kids  
For More Information, please visit [drugfree.org](http://drugfree.org)



## Recipe Corner

### Fruit Punch Salad

#### Ingredients:

- 1 cup green grapes, some halved and some whole
- 8 fresh strawberries, chopped
- 1 fresh peach, chopped
- 1/2 cup fresh blueberries
- 1/2 Granny Smith apple, chopped
- 1/2 orange, juiced

#### Directions:

1. Mix grapes, strawberries, peach, blueberries, and apple together in a bowl. Pour orange juice over fruit salad and stir.

For More Recipes, please visit  
[www.allrecipes.com](http://www.allrecipes.com)

## WEEKLY FAMILY CHALLENGE DIRECTIONS:

- Combine as many things as you can in one picture for the most points possible!
- Post your photo on our Facebook page by June 26th 2020.



## WEEKLY FAMILY CHALLENGE

### Picture Scavenger Hunt

Combine as many things as possible in one picture

#### 1 Point:

- Lysol Spray
- Video Game Controller
- Mismatched Socks
- Pajama Pants
- Each person in picture

#### 3 Points

- Baby Picture
- A book
- Toilet Paper Roll
- Bottle of Hand Sanitizer

#### 5 Points:

- Slice of Pizza
- Parent in Picture
- Pet in Picture
- Car

#### 10 Points:

- Hair in Pigtails
- Wearing Roller Skates
- Standing on your head
- Post your photo on our FB page wearing your school gear.

Go Check out Our Facebook page :  
Mercer County BHC Prevention and Education Services  
Next CKIDS Connection Coming the week of: June 29th

