

A.C.E. Community Resource Center's Monthly Updates

A.C.R.C.'S APRIL NEWSLETTER



SPRING BREAK RECAP!

A.C.E. wants to give a big THANK YOU to all the youth who participated in our first annual Spring Break Day Camp and everyone who donated supplies, volunteered time, and assisted financially with making it all possible. Youth who participated were very busy throughout spring break week with a jam-packed three days that lasted from 9:30am until 2:30pm, daily. The children ranged from 3rd grade to 7th grade, and with over 25 youth registered we had our hands full!! Each day started with 45 minutes of Yoga and morning meditation; the kids learned how it increases mindfulness and it can help you relax. Children also were involved in workshops to learn about what to do when you're approached by the police, how to deal with bullies, how to be a leader, and ways to use poetry to express yourself. Breakfast, lunch, and afternoon smoothies were provided daily (Partially provided by Publix), and the children got to make their own smoothies! Outside of learning about healthy snacks the kids practiced different forms of exercise like Zumba, Taekwondo, and Cardio. At the end of camp all participants were awarded certificates of completion.

Check the next page to see a few of our favorite memories!



FIND OUT HOW TO GET INVOLVED WITH MORE COOL STUFF:

Go To ACRCENTER.ORG

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