

# YOUTH NEWSLETTER



MARCH  
2022  
VOL 13



## Important March notes

Winter Programs: Registration is open for all winter classes. Classes will run until April 8, 2022.

Recreational Swims: Registration opens every Tuesday for the following week of swims. Pre-registration is required. To register call 613-966-4632 or visit QSWC.ca.

## Looking Ahead

Spring A Registration: Registration for the Spring A session will begin the week of April 4.

## In this issue:

- Winter Youth Programs
- STEM Time
- Sr. Chefs
- Get Crafty
- Outdoor Fun
- Community Resources

# Youth Programs

## Flower Canvas Paint Night

Thursday, March 10, 2022

6:15-7:15p.m.

Ages: 10 years+

Cost: \$6.00/youth

Instructor: Jordan

Join us for a fun and creative paint night in the Youth Room where our instructor will lead you through the steps to create a beautiful flower painting on a canvas. No previous art experience needed.



# STEM Time!

## St. Patrick's Day Cauldrons

### Materials:

- Baking soda
- White vinegar
- Food colouring
- Small black pots
- Glitter (optional)
- Baster, squeeze bottle or ladle
- Tray



### Steps:

1. Set out a tray and place the black pots/cauldrons onto the tray.
2. Add food colouring to your pots.
3. Scoop in baking soda.
4. Add vinegar to the pots and observe!





# SR. CHEFS

## Apple Sandwiches

### Ingredients

- 2 apples
- 2-3 tbsp peanut butter or peanut butter alternative
- 3 tbsp granola
- Handful raisins



### Steps

1. Remove cores from apples and cut into 1/4-1/2" thick slices.
2. Spread apple slice with peanut butter.
3. Top with granola and raisins.
4. Place another apple slice on top and gently press together.
5. Repeat with remaining apple slices and enjoy!





# GET CRAFTY



## Pot of Gold Slime

### Materials

- 1/2 cup clear school glue
- 1/2 cup water
- Gold glitter
- 1/2 teaspoon borax
- Gold or yellow food colouring (optional)
- 2 bowls



### Steps

1. In a bowl combine 1/2 cup clear school glue and 1/2 cup water.
2. Mix in as much gold glitter as you like.
3. In a separate bowl mix 1/2 teaspoon of borax into 1/2 cup warm water until combined. This is your activator.
4. Slowly add the activator to the glue-glitter mixture. Add 1 tablespoon at a time until the desired consistency is reached.

# Outdoor Fun!

## Pot of Gold Scavenger Hunt

### Steps

1. Start your adventure by collecting some rocks and painting them gold. These will be your "pot of gold" treasure.
2. Hide the "pot of gold" together or you can hide the "gold" pieces individually outside. We suggest you make a quick note of where all the items are located so you can make sure everything is cleaned up after your scavenger hunt.
3. Send the participants out to hunt for the gold. Will you find every piece of gold?



# Community Resource



## Mission Statement

"We strive to improve the quality of life for children and youth in need by providing educational opportunities, inspiring activities, engaging experiences, and resources, that empower children and youth for future success, in the communities of Hastings, Northumberland and Prince Edward Counties."

363 Dundas Street West  
Belleville

Phone: 613-962-9292

Website:

[thechildrensfoundation.ca](http://thechildrensfoundation.ca)



## Belleville Ministries Food Bank

### Food For Me Program

"Food for Me allows YOU to shop for the food your family enjoys! Gift cards will be distributed once every TWO months to service recipients to purchase their main food at a local participating grocery store.

- Gifts cards will be supplemented with donated food products subject to availability.
- ID for all family members needed to qualify.
- Services are by appointment only."

Phone: 613-968-6834 X 201 to schedule an appointment.

Website:

[tsabellevilleministries.com/food-bank](http://tsabellevilleministries.com/food-bank)