



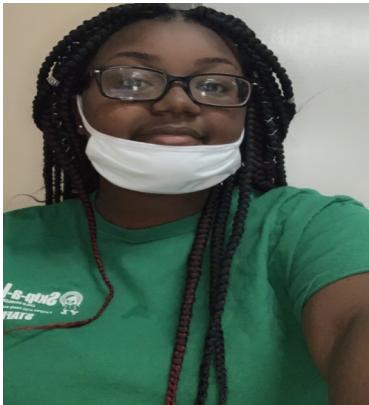
# Skip-a-Long

CHILD DEVELOPMENT SERVICES

*A program of SAL Family and Community Services*

# Rock Island Campus News

## Staff Spotlight



We would like to welcome Shunette Lewis to our Skip-a-Long family.

"I love my job because everyone shares the same vision and is dedicated to the mission. I actually enjoy going to my job every day! I also like my job a lot because I get to work with another person and sometimes we get to do things as a team."

December 2020

## Letter from the Director

### Outdoor Play on Winter Days



Playing outdoors in winter promotes physical development and well-being. This is because outdoor play encourages the use of the whole body by offering a safe space to run, jump, and exercise key muscle groups. Through activities such as riding tricycles, swinging, and running, children increase their large muscle use. This increase in physical activity supports children's gross motor development and overall health. It is important that children remain active in the cooler months so that they continue to build emerging skills that are crucial to their physical development.

-Pat Allison

## Contact Us

1609 4th Street  
Rock Island, IL 61201

Phone: (309) 788-0426  
Fax: (309) 788-8727  
Email: [pata@skip-a-long.org](mailto:pata@skip-a-long.org)  
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## Holiday Activities

Whether you venture into the great outdoors or just into your own backyard, here are 10 fun winter activities your family will love.

<https://www.activekids.com/outdoors/articles/10-cool-and-creative-winter-activities-for-your-family>