



Kids On Track



Building Connections

"Here and now I'm in the fire, in above my head— Being held under pressure, I don't know what'll be left— But it's here in the ashes— I'm finding treasure." - Hawk Nelson, *Diamonds*

April 2020



All Kids On Track in-person programs are currently suspended due to the COVID-19 restrictions.

We continue to monitor the situation and will resume group programming as soon as we are able to do so.

We do have some programs that are continuing using a variety of online methods:

Shift Youth

Shift Youth is active online during this time more than ever! Make sure to follow them on all their social media accounts— see Article #1 for the links

Active Families

Zumba on Zoom!

April 25, 2020

Join our Zumba class on Zoom!

Email activefamilies@kidsontrack.org for the link or visit our webpage

Mom's Celebration— postponed but not canceled!

Summer Program Registration— postponed until May

[See All Events](#)

GET INVOLVED

Volunteering with Kids On Track isn't just giving KOT support— it's a community you get to be a part of!

Check out some opportunities below.

BUS DRIVERS: Do you have your bus license and your S Endorsement? We need you! Various times and days available— once a month, or every week, we can use you!

OFFICE FACELIFT: Do you have great painting skills? Can you cut in like nobody's business? Does painting a wall give you a sense of satisfaction? We are giving the KOT office a facelift and need some painters!

RECEPTIONIST: Do you have some extra time on your hands? Are you pleasant on the phone? We need people to answer phones! Come, read a book, answer our phones! The system is simple, and easy to use.

Contact Franc at

780-481-2942 or

franc@kidsontrack.org

Keep up to date with everything going on at Kids On Track

[CLICK HERE](#)

Stuff KOT Kids Say:

Kid: Hey! Can you pretend there's an explosion in my mouth?

IN THE SPOTLIGHT

A New Way To Connect



Connection is a Kids On Track buzz word. We base our programs on it, and we pride ourselves in making connection as simple as possible. Now more than ever Kids On Track recognizes the importance of creating community with our families. For many, this is the biggest crisis their family has had to face. Parents are scrambling for resources and kids are experiencing big emotions. Kids On Track is here to help!

We are exploring innovative ways to connect with our families, from live streaming our Friday Night Shift Youth program to posting videos for kids to help them calm down any anxiety they are feeling. We are hastily constructing a Parent Resource page on our website where parents can go to find supporting activities, videos, and handouts.

In light of this program shift, we need your help to get these videos and activities to you in the best possible manner. We are using this time to update all our communication settings and going more and more digital in our data collection. You can help us by following these three easy steps...

STEP ONE: CLICK HERE to update your communication preferences from KOT.

STEP TWO: Bookmark kidsontrack.org and check back regularly on the [parent's resource page](#) and the [kids' page](#). We will be working at adding content weekly.

STEP THREE: Use the links below to follow us on the various social media platforms you use.

We appreciate your patience as we explore these avenues and look forward to connecting in person soon.

KOT Social Media:    

Shift_Youth Social Media:   

Please *DO* Throw Your Junk In Our Backyard!



Many families are taking their extra time at home and looking for the silver lining— there's time to PURGE! We are preparing for a massive garage sale once we are again able to gather, and your junk is our treasure!

We encourage you to put aside your gently used items in anticipation of this fundraiser. Do you have stuff to donate but are unable to store it until the summer? We will take your stuff even now. You can book a drop off time. We will take proper precautions at the drop off.

Call 780-481-2942 or email admin@kidsontrack.org

I'm BORED!



Don't let boredom rule your kids! Here's a simple week-long daily challenge plan for them to participate in:

Monday: Family Dance Party!

Use [THIS LINK](#) to create a family dance party in your living room!

Make a family dance party video and use the hashtags #kidsontrackyeg and #kidsontrackdanceparty

Tuesday: Tower Challenge

Make the tallest tower you can using common household items

Take a family selfie with your tower and use the hashtags #kidsontrackyeg and #kidsontracktowerchallenge

Wednesday: Wacky Wednesday Challenge

Make the weirdest outfit you can imagine— mismatched socks, inside out pants, backwards shirt— whatever you can think up!

Take a family selfie with your wacky outfits and use the hashtags #kidsontrackyeg and #kidsontrackwackywednesday

Thursday: Throwback Thursday

Re-create your most favorite family vacation or family activity but in your living room! Pretend you're at the beach, or on a cruise, or on a hike! Take a family selfie with your vacation gear and use the hashtags #kidsontrackyeg and #kidsontrackthrowbackthursday

Friday: Fitness Friday

How are you and your family keeping active at this time? Are you walking? Doing the Active Families Challenges? Exercising in your living room?

Take a family selfie showing how you are getting active and use the hashtags