



Kids On Track



Building Connections

“What feels like our worst interruptions may actually be God’s greatest invitations.” Craig Groeschel



IN THE SPOTLIGHT

Kids On Track has continued to keep a close eye on the requirements for programming. Please see below for any program updates or changes.

Shift Youth: Currently running online events

Shift Youth Summer: Running throughout the summer

Shift Youth Camp: Currently unknown

Active Families: Running throughout the summer & expanding

Kids Summer Day Camps and Camp: Cancelled for 2020

L.I.T.E. Program: Running throughout the summer in a modified format.

KOT Garage Sale: Postponed

[See All Events](#)

Now is the perfect time to follow us on social media! We do contests, announcements, and keep you informed about what’s going on at KOT!

KOT Social Media:



Shift Youth Social Media:



KOT Summer Programs Announcement: A New Normal

“A new normal” is a phrase you can hear being tossed around regularly. Schooling at home, social isolation, and the cancelling or changing of extra curricular activities has been a stress on families. Parents are pulling their hair out, and kids are climbing the walls.

While the COVID-19 situation is no laughing matter, we certainly don’t want a lot of patchy-headed parents wandering around. So, at Kids On Track, we took a long, hard look at how we can continue to create community while gatherings are limited because more than ever, people need community.

Shift Youth Summer Program:

The guidelines for recreational programming have now come out, and we are excited to announce that Kids On Track Summer Shift Youth program will be a “go” this summer. Our games may change, our activities may be modified, but we are thrilled we can help create connections with friends and mentors and make memories with the youth of West Edmonton.

Kids Summer Day Camps and Camp

We have had to make the difficult choice to not run our children’s summer program this summer. We did not come to this decision lightly, as we know it will impact our families. We have reviewed the requirements extensively and do not feel that we can provide a safe and fun day camp experience with the current restrictions. However, we are able to focus our energies on some new, unique programming you won’t want to miss. Keep reading...

Active Families is Expanding

We know that more than ever kids and parents need community. Physical distancing doesn’t need to mean community isolation. We are throwing our resources at creating some unique and exciting family activities throughout the summer, many more than we normally do. We will be launching 2-4 family activities per week, as well as twice a month on Saturdays. Our team is busy creating activities where families can stay physically distanced and still have a great time. Dates and activities will be released on our website as they are planned and booked.

Registration Opening June 1

Registration is anticipated to open June 1. We are currently working to make the entire process online. We know times are tough, so each youth or family activity will only be \$5– what a deal! If that doesn’t work for you, let us know! We will work with any financial situation.

We continue to navigate the recommendations from our health authorities, and we will be working within the “new normal” that has been mandated. Things may look a little different, and we are remaining flexible as things unfold this summer. Hope to see you out this summer!



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May 2020

GET INVOLVED

Volunteering with Kids On Track isn't just giving KOT support—it's a community where you belong!

Check out some opportunities below:

- **BUS DRIVERS:** Do you have your bus license and your S Endorsement? We need you!
- **OFFICE FACELIFT:** Do you have great painting skills? Can you cut in like nobody's business? Have some extra time on your hands? We are giving the office a facelift!



Contact Franc at

franc@kidsontack.org

STAY CONNECTED WITH KIDS ON TRACK
HELP US KEEP IN TOUCH WITH YOU IN THE WAY YOU WANT
CLICK HERE



#StuffKOTkidssay

Kid: You should eat a shoe with butter!

Family Activity: A Cure for the COVID Blues



While the restrictions for meeting in large groups are still in place, Kids On Track is not looking at what we *can't* do, but looking at what we *can* do!

This summer, the Kids On Track Active Families program will expand to multiple family activities each week as well as two Saturday family activities a month for July and August. You can expect more options than you are used to, and we will provide program options at various times to try to accommodate as many parent's working schedules as we can. Each activity will only be \$5/family, and if that's not do-able, we will work with what you can pay!

These events will allow for social distancing and the implementation of all appropriate and mandated safety protocols.

Here's just a few examples of what we *can* look forward to!

- Biking
- Nature Hike Scavenger Hunts
- Family crafts and art projects
- More!

We will continue to use the information and protocols provided by the Government of Alberta to ensure these programs are safe. We can't wait to see all our families again! Keep checking our website for up-to-date details and registration.

www.kidsontack.org/family/active-families/

Let's Go Diamond Mining— a Message from Buttercup



The COVID-19 pandemic has been a time of stress, anxiety, and uncertainty. This natural human reaction to such a time is normal, and even expected. While kids may not experience pressure the same way parents do, they have little pressure antennae that pick up the atmosphere of uneasiness and can translate it into attitude, fits, or tears. For example, just when the lockdown was beginning, my 6 year old was suddenly weeping uncontrollably. About his horse that is gone. Friends, he doesn't have a horse. We had NO idea what he was talking about. He tried to clarify that his horse at camp was gone. Friends, he's never gone to camp. My 10 year old finally translated for us- a very nice staff member at the camp had allowed him to sit on a horse when we had come up to KOT camp one summer to pick up the trailer. The next summer, that horse wasn't there anymore. We're talking TWO SUMMERS AGO he sat on a horse for less than 10 minutes and now he is inconsolable. It wasn't about the horse. It was about how a six year old processes stress and fear. He didn't know how to say, "I'm sad I'm not seeing my friends, and I'm scared that someone in my family might get sick." Instead, he cried. About his horse. That he knew for 10 minutes. Two years ago. Deep breath, parents.



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Welcome to the Team



Sarah Penney

Summer Coordinator



Naomi Rutagwena

Assistant Youth
Coordinator



Emma Fehr

Summer Administrative
Assistant



Tim Samson

Summer Administrative
Assistant

Welcome to our new summer staff team. There are some familiar faces amongst some new ones!

The summer team will continue to grow over the next few weeks as we bring on more staff to run our programs.

Welcome team! We appreciate all the skills and talents you are bringing to Kids On Track each day.

The increased time families are spending together has the capacity to be a blessing or a curse. To pretend that all this extra time at home, with no excursions, no parks to play in, and no travel, is a wonderful time full of roses and unicorns would be...a lie. A big, fat, lie. It is not all good. But, it is not all bad either. And the tone you set in your home has the ability to empower your children with greater resiliency and grit.

We have a game in my home— we go mining for diamonds. Real diamonds are created through heat and pressure, and boy, is there a lot of pressure in our world today. And diamonds are not just “found,” you have to mine them, you have to actively go looking for them. The diamonds we mine in our house are not real diamonds, but they are the blessings among the hard time, the rainbow amidst the storm. I was recently introduced to the “Yeah...but” game by social media influencer Kristina Kuzmic in her book *Hold On But Don't Hold Still*. For example, you might say, “We have to do school at home...yeah, but...you get to wear your pajamas to online school! We can't throw you a birthday party this year...yeah, but...your family loves you and will celebrate you to the best of their ability. We can't go out for dinner...yeah, but...Mom will teach you how to make her secret recipe spaghetti sauce! You get the idea. You're mining for diamonds.

There will be some days that end with a nonsense show on Netflix, a hot pad on your neck, and a chocolate bar that you've been hiding from your kids. And you know what? That's OK!

But it's also OK to take stock of your at-home situation and decide to mine some diamonds. Maybe it's the idea that you can finally have family dinners together, television off, phones away. Maybe that dinner only lasts 11 minutes and 30 seconds...but that's 11 minutes and 30 seconds more than you did before. That's a diamond! Maybe it's that your kid is catching up in his math work, something that wasn't happening before. That's a diamond!

While we all adjust to the “new normal” of our world, I challenge you to go diamond mining. Even announce it loudly when you find one! Make it a game before bed time to find three diamonds from the day. The perspective shift will help build resiliency in your children, and even rub off on you too.



Have you got a story of finding a “diamond” in the midst of a difficult situation? We'd love to hear from you!

Send your stories to: Kristy@kidsontack.org

