



# Active Beyond the Bell

Wilfred Adapoe – Recreation Leader  
604.340.5207

November

Hello November!  
Get ready for another fun-filled, healthy, and active month ☺

## Fundamental Movement Skill Of the Month:

Striking with Hands Using Target Games Net/Wall Games! This Month's Game: **BALLOON TENNIS & DANISH  
LONGBALL**

Participants learn about and practice controlling a ball in an upward motion, which is involved in skills like the overhead volley in volleyball, and controlling a ball in a downward (hand bounce) direction, which is associated with hand dribbling in basketball or handball.

### Activity Details:

**Equipment:** Hula Hoop, striking object (beach-ball, balloon, softball etc.), cones.

**Description:**

- There are two teams, with one team batting and the other in the field.
- A batter steps up to the front line of the batting box and gets a single pitch to either hit or let fly by using any striking object they choose (hands, bat, racket). Either way, the batter tries to run to first base before players on the other team either tag him out or get the ball back to the pitcher on the pitching area. Once a batter makes it into the base area, he can decide whether he has time to run back to the batting box to score a run, or wait on base for a better opportunity. Any number of batters can wait at the base for the opportunity to make a run. To score, the runners must cross a line even with the front of the batting box, not touch the base itself. Should the pitcher receive the ball back inside his pitching area before the runners cross the line. each of them is out.

★ The phone number at the top of this page can be used to contact the Active Beyond the Bell Recreation Leader (Wilfred), during program hours for comments and concerns.

★ The phone numbers at the bottom of this page can be used for program registration or inquiries.

### Upcoming Dates

**Nov 5 (M):** Half-Day 1/\$30

**Nov 9 (F):** Pro-D Day 1/\$30

**Nov 12 (M):** Remembrance Day.

**Nov 20 (T):** Early Dismissal 1/\$16.75

### Reminder

*Half Days or Early Dismissal Camps require registration in our School's Out Day Camp. Visit [RecExpress.ca](http://RecExpress.ca) to register.*





# Active Beyond the Bell

Wilfred Adapoe – Recreation Leader  
604.340.5207

November

## Super Snacks

On the last Friday of every month, we will be learning how to make a healthy and nutritious snack. We have provided the recipe so you can make the snack again in the future.

This month's topic is **servicing sizes**.

We will be discussing the importance of getting adequate amounts of each food group into our diets. In Canada's Food Guide, serving size refers to a recommended amount of food for "One Food Guide Serving." A Food Guide Serving may not be the same as the amount of food you put on your plate. For example, one Food Guide Serving equals 1/2 cup (125 mL) of vegetables. On a Nutrition Facts table, the serving size refers to a specific amount of food that all of the label information is based on. We will help children understand how much food is recommended every day from each of the four food groups.

## Super Snack of the Month: Crunchy & Creamy Vegetable Roll-ups!

**Prep Time:** 10 minutes.

**Cook Time:** 20-25 minutes.

### Equipment:

- Cutting Knife
- Cutting Board

### Ingredients:

- Whole Wheat Wraps
- Cream Cheese
- Cucumber
- Carrot
- Bell Pepper
- Spinach

### Preparation:

1. Chop up the vegetables.
2. Spread cream cheese onto tortilla. Ensure you spread some onto the edges of the wrap to use as adhesive when rolling.
3. Lay down spinach, followed by the rest of the vegetables.
4. Fold wrap into a roll, and cut in half.
5. Enjoy 😊

