



# Active Beyond the Bell

Wilfred Adapoe – Recreation Leader  
604.340.5207

October



We hope that the start of the school year has treated you well!  
Get ready for another fun-filled, healthy, and active month ☺

## Fundamental Movement Skill Of the Month:

Throwing, Catching and, Fielding Games! This Month's Game: **Chuck the Chicken!**

Participants learn about and practice sending an object into an open area while attempting to score runs.  
Participants learn about and practice fielding an object and preventing the opponent from scoring runs.

### Activity Details:

**Equipment:** One rubber chicken or similar silly object.  
**Description:**

- One group starts at bat, while the other group starts in the field.
- The batter uses an overhead throw to toss the chicken as far as he or she can.
- Batting group runs together in a single file around the bases. The group scores a run for each participant who passes home plate.
- Meanwhile, the fielding group retrieves the rubber chicken. The first participant to reach the chicken holds it up in the air while the other group members form a line behind.
- Once the entire group is in a line, they pass the chicken down the line using over-under passing. Continue until the participant at the end of the line receives the chicken.
- The last participant to receive the chicken runs to the front of the line and then yells "Stop!" The batter then goes to the back of the line and the next participant becomes the batter.

★ 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

**October 5 (F):** Early Dismissal 1/\$30

**October 8 (M):** Thanksgiving

**October 19 (F):** Pro-D Day 1/\$30

**October 24 (W):** Early Dismissal 1/\$16.75

**October 25 (Th):** Early Dismissal 1/\$16.75

**October 29 (M):** 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.





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## 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 **vitamins and minerals**.

We will be discussing how vitamins and minerals are essential nutrients because they perform hundreds of roles in the body. We will talk about how they help heal wounds, bolster your immune system, repair cell damage, and convert food into energy.

Eggs contain vitamin B-12, a nutrient that helps maintain the health of your nervous system. If you make quiche using whole eggs, you also reap the benefits of minerals found within the egg yolk, such as calcium, iron and zinc. Adding vegetables to your quiche further boosts your food's nutrient content. We will discuss how the combinations of different vegetables we use can increase our intake of a range of vitamins and minerals.

## Super Snack of the Month: Heathy Choice Quiche Muffins!

**Prep Time:** 10-15 minutes.

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

### Equipment:

- Muffin Pan
- Muffin Liners
- Mixing Bowl
- Whisk or Fork
- Cutting Board
- Knife
- Oven Mitts

### Ingredients:

- Eggs
- Tomato
- Bell Pepper
- Spinach

### Preparation:

1. Preheat oven to **350°F**.
2. Whisk eggs in a bowl.
3. Chop up the vegetables, add to egg mixture, and stir.
4. Line the pan with muffin liners. Pour equal amounts of the egg mixture into the cups.
5. **Bake 20-25 minutes**. Test the center of the muffins to make sure they're cooked through.
6. Let quiche muffins cool for 2 minutes. Remove from pan & Enjoy!

