

AYP MONTHLY

The Official Newsletter of Abbottsfield Youth Project

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**ABBOTTSFIELD
YOUTH PROJECT**

~ Plant the seeds and watch them grow ~

A message from our Executive Director:

Hello our wonderful AYP families,

Wow what a year it has been. AYP staff and I are beyond grateful for all of the continued support and for everyone joining us virtually this year. You all have brightened and brought such light to our lives and to our organization, through the laughs, games, cooking, music, and everything in between! Thank you for sticking by us and continuing to make AYP so very special. I can't wait to see what the future holds and to see all your faces in person soon! You all made such an uncertain year, one that we will never forget here at AYP. We are sad that the program year has come to an end but are so excited to see what is to come for summer and the fall. We can't wait to see you all again very soon ☺

Taylor, Executive Director

Since 1986, AYP has been providing free life-skills programs for children ages 6-12 who live in North East Edmonton communities. Whether it be our flagship Community Outreach & Living Skills after-school program, Community Explorers or ART with AYP, our wide variety of programs foster the healthy development of each participant's sense of self-esteem and self-worth. With each of our programs, our focus is to teach with a learn-through-play philosophy and encourage the development of effective living skills, the pursuit of healthy lifestyle choices, and the connection of families to the community.

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What's happening at AYP?



Hello everyone!

We are going to have Newsletters up and running again! Yay! This is a place where you will see some things we have done in the previous month and the events we have planned for the next month. If dates change or events get added to our calendar, we will of course let you know through an email.

Thanks again, to everyone that has stuck with us this last year. We appreciate you so so much! It has definitely been a crazy one, to say the least. We started with in-person COLS and Auxiliary programs and then had to change direction to online programs. Our online programs and Online Spring Break Camp have been a huge success. Thank you to everyone who has participated and continued to show up each week to do something new and fun. We are currently planning and preparing for an in-person summer camp this year because we can't wait to see all of you again, in-person!



High School Program



We are so excited to share with you that we are planning to begin a new High School program this summer!

The purpose of this program is to support youth in grades 9-12 and allow them to learn new skills, build their resumes, connect with their communities and peers, provide leadership opportunities, and explore new career opportunities.

We are planning to reach this purpose by teaching leadership and team building, providing certified training, and finding ways to give back to the community!

Possible activity plans for this program include: woodworking, creating community care packages, resume/career building, as well as the opportunity to be a mentor to younger children in our programs in the fall!

We are currently looking for 7 participants for this program this year, so if you would like to register your child please email aypkids@gmail.com and we will send you the registration form!



May Recap



Little Chef Box

We were generously donated some Little Chef Box Recipe Kits to give to our families from Foam Fighters in Edmonton. Our families had so much fun creating the recipes together!



Spring Deliveries

We had the pleasure of delivering some delicious food to some of our families.



End of Online Programs

This week is the last week of our online programs. We are so sad they're ending because we had so much fun with everyone. Thank you to each and every person who came to an online program! Without you, the programs would have never happened!



Upcoming June Dates



Friday, June 4 @ 5:30 - 7 PM

AYP Family Trivia Night

As a "thank you" for this past year, join us on Zoom for some good ole' family trivia fun. Make sure you put your thinking caps on! (*for AYP families who have participated in our programs this year*)

Tuesday, June 8th & Wednesday June 9th @ 4:30 - 6:30 PM

Growing Leader Training Sessions

These training sessions are **MANDATORY** for Growing Leaders to attend. They will learn how to conduct themselves during summer camps and so much more!

Thursday, June 17 @ 6 - 7 PM

AYP's Annual General Meeting (AGM)

Our AGM looks a little different this year but its sure to be just as good. Following the AGM portion of the meeting, we'll be sharing a wonderful video showcasing our online programs and our participants this year! You can find the zoom link for the AGM on our website (ayp.website) or on our Facebook page.



For more info about any upcoming dates, please email us at aypkids@gmail.com

Upcoming June Dates



Friday, June 18

- Regular Summer Camp and Make Way For Play Summer Camp registration forms are due! We are not accepting any forms after this date.
- AND High School Program registration forms are due! Again, we are not accepting any forms after this date.



Monday, June 28

Summer camp begins!!! We're so excited for our camps this year. We are running our Regular Summer Camp along with our Make Way for Play camp. We can't wait to see everyone and have so much fun together this summer!

For more info about any upcoming dates, please email us at aypkids@gmail.com

Get to Know AYP!



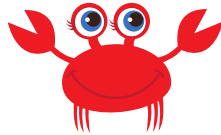
You've been seeing some of our faces online each week for 5 months, so it's time you learned a little about us!

Question of the Month: If you could only eat one meal for the rest of your life, what would it be and why?

Taylor

Executive Director

I would eat a steak and crab dinner from The Keg just because it's delicious haha



Jenan

Program Manager

I would eat tacos because you don't have to have the same taco each time!



Kelsey

Child Development Coordinator

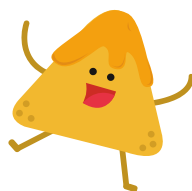
I would eat tacos because there's so many combinations of ingredients; you can have a different taco everytime!



Allison

Child Development Coordinator

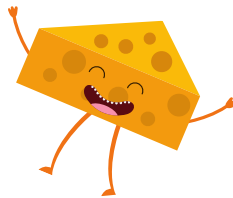
I would eat nachos; I'm a big nachos fan!



Naomi

Operations Manager

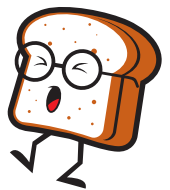
It would be Grilled Cheese & Tomato Soup. I would choose this meal because it is my favourite comfort food and reminds me of being a kid.



Brittany

Child Development Coordinator

I would pick pasta and bread because you can make it so many ways and I would never get sick of it!



Marae

Child Development Coordinator

I would eat pizza because there are so many different types of pizza; I would never get tired of it!



Eat Healthier This Summer!



Pineapple Salsa Grilled Chicken

Ingredients

- Juice of 4 limes, divided
- 1/4 c plus 1 tbsp freshly chopped cilantro
- 1/4 c extra-virgin olive oil, plus more for grill/pan
- 2 tsp honey
- Kosher salt/regular salt
- 1 lb boneless skinless chicken breasts
- 2 c chopped pineapple
- 1 avocado, diced
- 1/4 red onion, diced
- Freshly ground black pepper

Prep Time

10 minutes

Total Time

2 hours 25 minutes

Directions

- 01** Make marinade: In a large bowl, whisk together juice of 3 limes, 1/4 cup cilantro, oil, and honey and season with salt.
- 02** Add chicken to a large resealable plastic bag and pour in marinade. Let marinate in the refrigerator at least 2 hours, or up to overnight.
- 03** When ready to grill (or pan fry), heat grill or pan to high. Oil grates and grill chicken until charred and cooked through, 8 minutes per side.
- 04** Meanwhile, in a medium bowl, stir together pineapple, avocado, red onion, remaining lime juice, and remaining tablespoon cilantro. Season with salt and pepper.
- 05** Spoon salsa over chicken before serving.

Eat Healthier This Summer!



Cucumber Pasta Salad

Ingredients

- 1 box of spiral pasta (about 1 pound or 16 ounces)
- 1 English cucumber, de-seeded and cut into thin slices
- 1/2 sweet onion, thinly sliced
- 1/2 c of mayo, plus a bit more if pasta is too dry
- 4 tbsp of fresh dill, chopped
- 1/4 tsp of salt
- 1/4 tsp of black pepper
- 1/4 tsp of garlic powder
- 2 tsp of plain vinegar
- 2 tbsp of dijon mustard
- optional: pinch of sugar

Prep Time

10 minutes

Total Time

15 minutes

Directions

01

Cook the pasta according to package instructions until it reaches your desired doneness. Once done, set aside to cool.

02

In a small bowl, whisk together the mayo, dill, salt, pepper, garlic powder, vinegar, mustard, and sugar (if using). Mix until thoroughly combined. Cut cucumbers and onions into thin slices.

03

Run the pasta under a bit of cold water to cool it down. Alternatively, you can mix the pasta salad as is and let it cool off in the fridge before eating.

04

In a large bowl, mix together the pasta, dressing, onion, and cucumber. Stir until fully combined and the pasta and veggies are well coated in the dressing.

Release Your Inner Artist!



Paper Plate Sewing Sun Craft Part 1

Directions

(Pictures on next page)

Materials

- small yellow paper plate or small white paper plate coloured yellow
- yellow yarn
- plastic yarn needle (optional; can be done without)
- orange and yellow pony beads
- yellow construction paper
- scissors
- hole punch
- tape
- glue

01

Begin by drawing (or tracing) a circle on the back of your paper plate. Poke a hole into the circle with your scissors and then cut out the circle.

02

Use a hole punch to punch holes around the entire perimeter of the circle about 1/2-inch to 1-inch apart.

03

Cut off a long section of yarn and thread it through your plastic yarn needle. Tie a knot at the end of the yarn needle to secure it in place. Tape the end of the yarn onto the back of the paper plate.

04

Begin sewing around the holes in the paper plate. Come up through a hole in the back of the paper plate to start, then go back down through a hole at the front of the paper plate. Continue this process, sewing through each of the holes in the paper plate. Before you make the next stitch, you can add beads to your yarn to add some dimension.

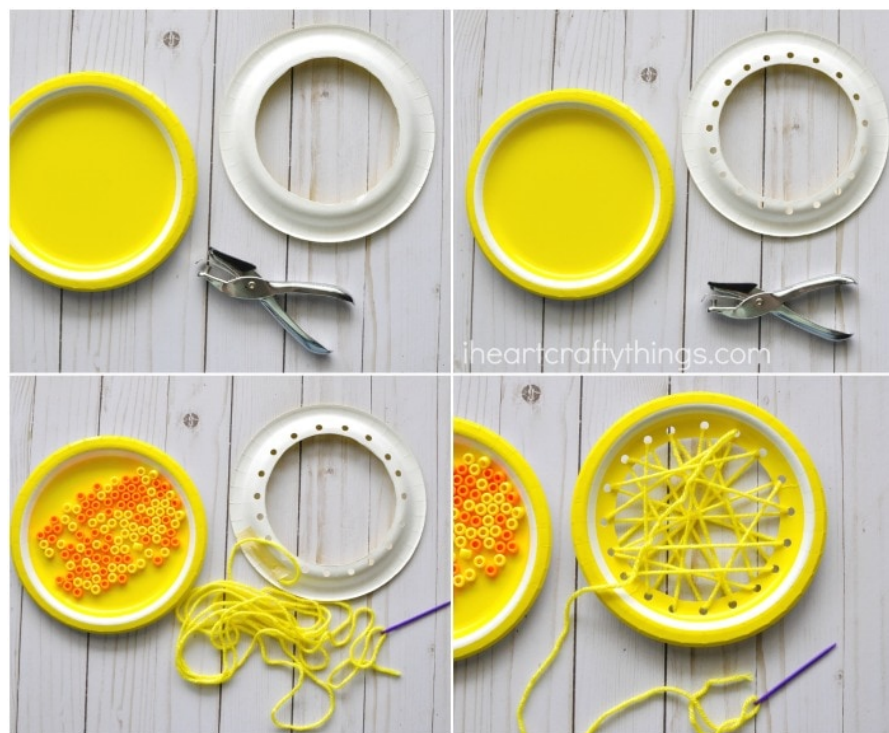


Release Your Inner Artist!



Paper Plate Sewing Sun Craft Part 2

Directions continued...



05 Cut yellow triangles out of your construction paper for sun rays. Glue them onto the back of the paper plate along the outside rim of the plate.

06 Cut yellow triangles out of your construction paper for sun rays. Glue them onto the back of the paper plate along the outside rim of the plate.



<https://iheartcraftythings.com/summer-sewing-craft.html>

Resources for You and Your Family!



Adults

- COVID-19 Health Link: Call 811
- Edmonton Food Bank: Call 780-425-4190 or go to <https://www.edmontonsfoodbank.com/need-help/>
- ALIGN Association of Community Services - Emergency Financial Resources: 1-877-644-9992
- Canadian Mental Health Association - Distress Line: Call 780-482-6576
- Talk4healing - A helpline by Indigenous women for Indigenous women: 1-855-554-HEAL (4325) or go to www.talk4healing.com

Children

- Kids Help Phone: 1-800-668-6868 Text: 686868
- Always There App: Live chat with trained counselors for children.

To see a full list of resources go to our website ayp.website and click on our "COVID-19 Resources" Page.