

Youth Activities

Bulletin #1

Your Department Youth Activities Chairman is here for you!

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Let's start by adding a few fun and also positive things to get the youth involved in our work. Ideas such as a Patriot Theme to your games, assisting in the designing of a Buddy Poppy Display, or just finding ways to help those veterans who cannot get out all involve our children. They are a big part of our community and the future of organization.

As schools and workplaces transition to online operations, many families with children have found themselves at home juggling schoolwork, parental duties and little bodies that never seem to stop moving.

Museums, arcades, parks and other family friendly locations are also closed. But, with a little planning and creativity the whole family can thrive during an extended period of social distancing and self-quarantine.

Create a routine for work and play.

The American Academy of Pediatrics recommends maintaining a schedule to provide structure to the day. Routines help keep life organized and limit chaos, especially in times of transition.

"The whole family can benefit from a predictable routine. Routine tells the brain what's coming and helps children and adults mentally and physically prepare for the next event. It provides a sense of predictability that can reduce stress and anxiety,"

A routine should include time for educational and physical activities as well as general time frames for meals, cleanup, personal hygiene and rest.

So -- Keep Informed -- Stay Home  and Safe -- Wear your mask 



This year we are really going to get excited for **Red, White and Blue**. How you ask! We will be hosting an individual National Anthem signing contest for our youth ages 6-16! This is a really exciting promotion, as not only will our youth learn all the words of our National Anthem, but they will be networking and having fun while they compete! Much more to come as we roll this out and secure the entry forms and details – look for it at SO!

As you know, many of our young people are very active in **supporting our veterans**. I am sure you can name several who help in some of these ways: yard work, assist at Food Banks, make care packages for the troops and hospitalized veterans – and the story goes on! We need to ensure we are recognizing these children and encouraging them to keep up the good work!

The Youth Activities Program offers many wonderful opportunities which also includes their families and quite often involves our entire community. We will promote Patriotism Through Literacy, Illustrating America, put care packages together for our troops, etc.

So, I challenge you to be creative with each and every program we embark on involving our youth. They are the future leaders of not only our organization but our communities and our nation! More than ever, we must teach and promote patriotism to all those we make contact with!

Please refer to your packets for all of the details of our program that will be delivered to you at the School of Instruction.