

February

Adventure Club

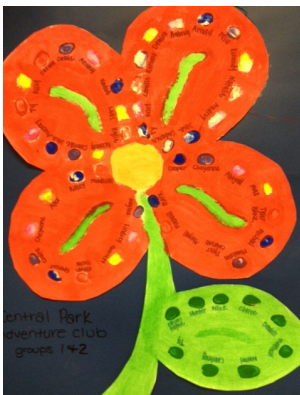
Newsletter

Issue 6



January was a very busy month for Adventure Club. We learned better ways to communicate and incorporated them in projects such as making tie dye shirts and a Claymation movie.

February is looking to be even more exciting as we focus on cooperation. We have sites that will be learning how to better work together in activities that include homemade glitter, group story writing, friendship quilts, science projects and making Valentine cards for area nursing homes.



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Ingredients

- **TARTS**
- Prepared piecrust
- Jar of strawberry jam
- 1 egg whisked with 1 teaspoon water
- **FROSTING AND DECORATIONS**
- 2 ½ cups powdered sugar, sifted
- 1 tablespoon water
- 1 tablespoon softened butter
- 2 tablespoons light corn syrup
- Red food coloring
- Nonpareils or colored sugar

Heart Tarts



Instructions

1. Heat the oven to 400 degrees and cover a cookie sheet with parchment paper.
2. On a floured surface, roll out the piecrust to a 1/8-inch thickness. Use a large heart-shaped cookie cutter (ours measures 4 inches wide) to make pairs of hearts, gathering the scraps and rerolling the dough as necessary.
3. For each tart, spread 2 teaspoons of strawberry jam on a heart, leaving a ½-inch margin on all sides. Brush the egg mixture around the edge before placing a second heart on top. Use the tines of a fork to seal the edges, then brush the tops with the egg mixture.
4. Bake the hearts on the prepared cookie sheet until their edges are just beginning to brown, about 15 minutes. Let them rest on the sheet a few minutes, then move them to a rack and let them cool completely.
5. Whisk the first four frosting ingredients in a medium bowl, adding more water a teaspoon at a time if needed to make a smooth, creamy frosting. Add a few drops of food coloring and mix until well blended. Spoon the frosting into a ziplock bag, snip off a corner, and squeeze it onto the tarts. Top them with nonpareils or colored sugar.



What You Need

- Bowl of candy hearts
- Chopsticks

Steal My Heart

Instructions:

1. To set up, place a bowl of candy hearts on a flat surface within easy reach of the players and hand each person a pair of chopsticks.
2. Set a timer for about 2 to 5 minutes, depending on the ages of your players.
3. At "Go," contestants start removing hearts from the bowl using only their chopsticks, placing the candies in front of them. When time is up, the player with the most hearts wins.

Growth Spurt

What problems may be seen during the school-age years?

- **Emotional problems:** Your child may get anxious because of school concerns. Anxiety problems may be caused by school phobia (fear), or trouble keeping up in school.
- **Lack of sleep:** Your child may avoid going to bed, or have trouble falling or staying asleep. Sleep problems may be caused by breathing problems, too much anxiety, or poor sleep scheduling and practices. Lack of sleep decreases your child's energy. This may lead to learning, attention, and behavior problems.
- **Learning difficulties:** Problems affecting the brain development may lead to decreased ability to think, learn, and remember. Feelings of loneliness and rejection may also decrease your child's desire to learn.
- **Poor nutrition or not enough physical activity:** During the school-age years, your child may prefer fast food or junk food, or lack physical activity. This can result to being underweight, overweight, or at risk of growing overweight. These conditions may lead to medical problems, such as diabetes, hypertension (high blood pressure), and hyperlipidemia (high blood cholesterol).
- **Social problems:** Poor behavior may cause problems with social skills. This is often seen in children with certain medical conditions, such as attention deficit hyperactive disorder (ADHD) or a disorder where your child is defiant or disobedient. Being rejected by other children may also lead to emotional problems.