

## RECREATION & PARKS DEPARTMENT

### Leisure Activities for the Family

The Recreation and Parks Department provides quality recreational programs to the community. We provide full time, four season recreation programming. Funding is a combination of municipal dollars, grants and community contributions, as well as user fees; we offer a broad range of programs with children and adults in mind. Costs of our programs are designed to be family friendly. Our schedule is designed around the schedules of busy working families.

Some interesting hallmarks of our program year included:

#### **THE CLiF Summer Reading Program**

The Children's Literary Foundation Summer Readers program will be back visiting the Berlin Recreation & Parks Playground program. This very popular program is returning to Berlin and visited Brookside and Community Playground. on July 30, 2008.

CLiF's summer program was created to help keep reading a part of children's activities over the summer months. The program provides lively storytelling presentations and free books to children in various summer programs across Vermont and New Hampshire, including the Berlin Recreation and Parks Department summer program.

Working closely with the Vermont Campaign to End Childhood Hunger, New Hampshire Department of Education, and the New Hampshire Bureau of Nutrition Programs and Services, CLiF identifies lunch programs and low-income summer camps to visit.

Research indicates that children's reading comprehension can diminish during the summer months when school is closed. Many children, including low-income children most often feel this impact. Nearly

two-thirds of low income parents do not have *any* books at home for their children.

The CLiF Summer Program offers two types of reading support:

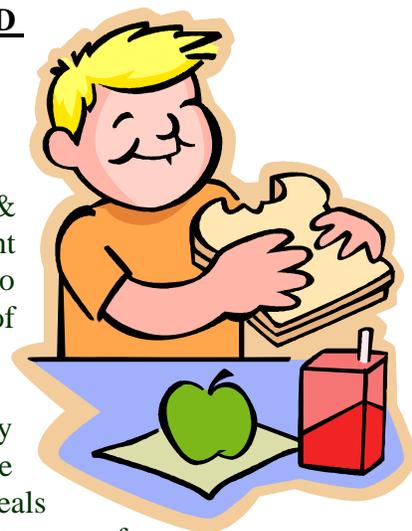
**Storytelling Presentation:** A CLiF representative travels to different summer program sites to give fun, interactive storytelling presentations to the children. The presenter tells stories, reads aloud from one or more books, and shares his/her love of words, books, reading, and writing.

**Books for Children to Keep:** Each child participating in the program is able to select a few new books to keep for their own from a wide selection of brand-new fiction and non-fiction children's books.

Last summer the CLiF Literacy Program visited with approximately 75 children attending and enjoying a funny and active storytelling hour. Following the presentation children were able to choose two free books to take home. Books for toddlers through young teens were available to all children who attended. Children chose special books that interested them from a wide selection of new, quality books.

#### **USDA SUMMER FOOD PROGRAM AND SALVATION ARMY BREAKFAST**

The Berlin Recreation & Parks Department contributed so that no children in the City of Berlin would go hungry when school was closed during the summer. Many children in Berlin receive free or reduced-price meals during the school year, but many of these children do not get enough to eat when school is out. The Summer Food Service Program (SFSP) ensures that children continue to grow during the summer.



Beginning the week of June 30, the USDA Free Summer Food Program returns to Berlin Summer Playgrounds. This program will provide noon time lunches and afternoon snacks to all area children free of charge. This program was open to all children in the community regardless of income level. Meals were served to all school age children and youth up to age of 18 years.

Lunch, served at 12:00 noon consisted of a nutritious sandwich or cold lunch item, dessert, and milk. Mid afternoon snacks were fruit or a light snack with beverage and were served at approximately 2:30. All meals highlighted wholesome and nutritious food. Meals were provided Monday through Friday at Brown School, Bartlett School, Community Field, and Brookside Park playgrounds. Meals were free to all children.

The Summer Food Service Program, sponsored by the U.S. Department of Agriculture, is the largest federal resource available for local programs that combine meal time with recreational and educational activities. The Summer Food Service Program for Children is a federally funded program operated nationally by the U.S. Department of Agriculture (USDA) and administered by a State Agency. Eligible sponsors such as non-profit organizations, schools and local governments serve nutritious meals and snacks free to children during the summer months. Summer programs are located at approved sites.

The USDA Summer Free Meal Program is a community program open to all school aged children, teens included, providing nutritious summer meals to children regardless of race, color, nationality, origin, sex, age, or disability. All children receive the same meal benefit and there is no discrimination in the operation of the food service. Children with food allergies should tell meal

attendants prior to receiving their meal.

The Summer Food Program was sponsored by the Berlin Recreation & Parks Department in partnership with Tri - County CAP Senior Center and the USDA.

Additionally this year the local Salvation Army, under the direction of Captain Deb, provided nutritious breakfasts every day on the playgrounds.

### **Berlin Summer Kid's Fitness Challenge**

Beginning on July 11, the Berlin Summer Playground Program sponsored the Kid's Fitness Challenge. This new program was offered to encourage children to participate in easy and fun fitness activities that will encourage lifelong wellness and health. By participating in the Fitness Challenge children were given two chances to win fun prizes. By participating, children's names were entered into a drawing to win a weekly prize that promoted active fitness activities. All children who participated in the Challenge activity had their name submitted for the end of the season Grand Prize drawing of a new bicycle

Fitness Challenge Events included:

**Dribble Derby Challenge** – basketball dribble marathon

**Jump for Joy Challenge** – jump rope activities and games

**Running Rally** – running obstacle course

**Fitness Food** – learn about good food habits and enjoy health snacks

**Scavenger Hunt** – find healthy tips in a health hunt

**Award Day** - final awards and Grand Prize Drawing (Community Field)

## DEPARTMENTAL PROGRAMS

The department responded to citizens' requests this year by starting a new Girl's Hockey Program. Parents of girls in the community came forward and asked the department to start a recreational hockey program for girls. Lead by parent coaches, the league fielded a complete team of girls and had a wonderful season of games. This is another successful opportunity for children to learn and grow through sports.

The Recreation & Parks Department continues to provide fun and healthful programs to the community.



The City of Berlin  
Recreation & Parks Department

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## Girl's Recreational Hockey



A NEW  
Program for  
Girls grades  
1 to 8

We are calling for all girls interested in playing in an "all girl" recreational hockey league.

### 2007-08 Programs

RiverFire 2007	Special Events
Tennis	Open Gym Program
Beginner Baseball	Indoor Jogging Program
k-4 Basketball Camp	Yard Sale
Farm League Baseball	Easter Egg Hunt
Student Craft Prog	Boys Hockey
Adult Craft Program	Girls Hockey
After School Crafts	Gazebo Rentals
Craft of the Month	Snowboard/Ski Program
Babe Ruth Baseball	Community Gardens
Little Tykes Play Program	Cosmic Bowling
Girl's Softball	Senior Exercise
K-1 Soccer	Gym Rentals
2nd-4rd Field Hockey	Senior Walking
2nd-3rd Soccer	

Approximately 5000 participants enjoyed department programs.

### PROPOSED PROGRAM

2 practices per week

18-20 game season, home and away games

This will be a fun league designed to give girls skill development, game time, and the fun of playing hockey.

To get involved call the Recreation Department at 752-2010 and pre-registration. No money necessary to pre-register, just give us your name and phone number. Details and cost will be determined based on number of girls that pre-register.