

# Ellington Youth Services

## SEASONAL NEWSLETTER



### About

**ADDRESS:**

31 Arbor Way, P.O. Box 187  
Ellington CT, 06029

**OFFICE HOURS:**

Monday 8:00am-6:30pm  
Tuesday- Thursday  
8:00am-4:30pm  
Friday CLOSED

**PHONE:**

(860)-870-3130

**WEBSITE:**

[youth.ellington-ct.gov](http://youth.ellington-ct.gov)



### Staff

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**MARQUE MERCURE**

Prevention Coordinator  
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### #EYSCARES

Ellington Youth Services has been in existence for over 20 years. Our mission is to provide programs and services that help Ellington youth connect to their families, schools, peers and community.

We provide programs that strengthen and develop essential life skills needed to succeed in many challenges facing the youth of today.



### Join our mailing list!

By postal, email, or both!

We WILL NOT spam you. You will receive seasonal updates on what EYS is offering.

**TO JOIN**

Click [HERE](#) or scan the QR code



# Playgroup

## PLAYGROUP With Grown-Ups

Children between 6 months and 5 years of age will have an hour to learn and play with the comfort of their grown-ups being there to join the fun! EYS staff prepare weekly crafts, activities, stories, manipulatives, sensory & free play. Snack is provided.

Tuesday  
\*9:00-10:00am  
6 months-5 years

**WINTER SESSION:** 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/5, 3/12, 3/19  
\$90

**SPRING SESSION:** 4/16, 4/23, 4/30, 5/7, 5/14  
\$50

## PLAYGROUP Parent Optional

Parents/grown-ups are invited to stay OR encouraged to leave - we are here to support you! 90 minutes of learning, crafts, activities, stories, manipulatives, sensory & free play for children between 18 months and 5 years of age.

Wednesday  
\*9:00-10:30am  
18 months-5 years

**WINTER SESSION:** 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/6, 3/13, 3/20  
\$135

**SPRING SESSION:** 4/17, 4/24, 5/1, 5/8, 5/15  
\$75

## PLAYGROUP Drop-Off

Drop the little ones off for 90 minutes of learning, arts & crafts, stories, snack, and socialization with other 2 - 5 year old children. Learning centers and various activities are prepared each week to ensure that children are engaged and having fun!!

Thursday  
\*9:00-10:30am  
2-5 years

**WINTER SESSION:** 1/25, 2/1, 2/8, 2/15, 2/22, 2/29, 3/7, 3/14, 3/21  
\$135

**SPRING SESSION:** 4/18, 4/25, 5/2, 5/9, 5/16  
\$75

Ages & needs of playgroup participants are changing & EYS is offering this class to get to know what our community needs!

### LOCATION FOR ALL PLAYGROUP PROGRAMS:

Old Crystal Lake Schoolhouse (216 Sandy Beach Rd Ellington CT)

**\*PLEASE NOTE NEW TIME (30 MINS EARLIER)\***



**ALL PROGRAMS OPEN FOR REGISTRATION ON ACTIVENET**



## Programs



1/24, 1/31, 2/7, 2/14, 2/21, 2/28  
5:30-6:30PM  
GRADES 1-2  
\$60  
EYS (31 ARBOR WAY)

This program is for first and second graders to learn skills in handling and expressing feelings in fun, creative ways. This will also be an encouraging environment to learn about making and keeping friends.

SAFE  
@HOME

WINTER: 3/6  
SPRING: 5/8  
2:00-3:30 PM (EPS early dismissal)  
GRADES 4-6  
\$50  
EYS (31 ARBOR WAY)

This one day program is designed to prepare students to be safe when they are home alone. Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers. Students are also introduced to a system to help them assess and respond to injuries and illnesses.



WINTER: 2/20 (no school)  
9:00 AM-3:00 PM  
\*\*PLEASE BRING A LUNCH\*\*  
SPRING: 3/13 & 3/14 (attend both days)  
1:00-4:00PM  
GRADES 6-8  
\$75  
EYS (31 ARBOR WAY)

Safe Sitter is a class designed to prepare students be safe when they're home alone, watching younger siblings, or babysitting. This class is filled with fun games and role-playing exercises teaching safety skills, child care skills, first aid & rescue skills, and life & business skills.



## back & better...Safety Town!!!

We are so excited to be offering a new version of our beloved program 'Safety Town'! Current kindergarteners are invited to learn, interact, and have fun with community helpers. Each week, the children will learn about staying happy, healthy, and SAFE by meeting some special people in our TOWN (such as police, fire, public works, and more!).

TUESDAY  
4/16, 4/23, 4/30, 5/7, 5/14  
5:30-6:30PM  
KINDERGARTEN  
\$75  
ELLINGTON SENIOR CENTER

limited  
spots  
available!

**ALL PROGRAMS OPEN FOR REGISTRATION ON ACTIVENET**

# Winter Pop Ups

## K-2nd Grade

### Snowflake Crafts

We will be making snow globes, beaded snowflakes, & snowflake sun catchers.

**Monday 1/29**

5:30-6:30pm

\$15

### Winter Game Night

Charades, snowman bowling, bingo, and more!

**Tuesday 2/6**

5:30-6:30pm

\$10

### Tape Art

This class encourages students explore their creativity using tape & paint!

**Thursday 2/8**

5:30-6:30pm

\$15

### DIY Pillowcase Workshop

Plan, design, create, and customize your own pillowcase.

**Monday 2/12**

5:15-6:30pm

\$15

### Feathered Fun

Make your own birdseed ornaments & bird houses with our EHS student instructor!

**Monday 2/26**

5:30-6:30pm

\$15

### Mini Mindfulness Class

Each student will make multiple calming tools and learn how to use them with mini mindfulness activities!

**Wednesday 3/6**

5:30-6:30pm

\$15

## 3rd-6th Grade

### Swiftie Style Friendship Bracelets

Join us for a creative and music filled Friendship Bracelet Making Class!

**Monday 1/22**

5:30-6:30pm

\$15

### T-Shirt Totes

Join us for a fun DIY workshop where you'll upcycle a t-shirt into a reusable bag!

**Tuesday 2/27**

5:15-6:30pm

\$15

### Make your own Moodboard

This is an inspirational corkboard creation workshop! In this hands-on class, students will bring their goals & visions to life.

**Monday 3/4**

5:15-6:30pm

\$15

### DIY Adventure Signs

Students will have the opportunity to design and create their own personal adventure sign!

**Wednesday 3/20**

5:30-6:30pm

\$15

### Fuse Beads to Favorite Characters

Students create their favorite characters (Pokémon, Disney, Minecraft, etc.) using colorful fuse beads.

**Monday 3/25**

5:15-6:30pm

\$15

### Springtime Sweets

Decorate cookies to look festive for the spring season!

**Wednesday 3/27**

5:30-6:30pm

\$15

## Middle School

### Save the Dates!

**Tuesday  
2/13,**

**Thursday  
3/7,**

**Tuesday  
3/26**

### In the works...

Skincare workshop, visit from personal trainers, teambuilding exercises with community helpers, self-fulfillment projects, cooking classes with Ellington's culinary experts, group outings to adventure parks!

**For teen souls to thrive...**



**All programs located at EYS office (31 Arbor Way)**

**ALL PROGRAMS OPEN FOR REGISTRATION ON ACTIVENET**

# Spring Pop Ups

## K-2nd Grade

### Hippity Hop Scavenger Hunt

*Come and see if you can solve our bunny themed scavenger hunt? And a fun bunny craft, too!*

**Tuesday 3/12**

5:30-6:30pm  
\$15

### Cosmic Crafts

*Learn all about the moon with themed crafting and games!*

**Monday 3/18**

5:30-6:30pm  
\$15

### Little Gardeners

*Each child will plant their own flower or plant, and customize the pot!*

**Monday 4/22**

5:30-6:30pm  
\$15

### Flower Power Crafty Class

*Making flowers out of craft materials AND making crafts out of flowers!*

**Wednesday 5/1**

5:30-6:30pm  
\$15

### Fun with Names

*Create a monogram project and play name games!*

**Thursday 5/9**

5:15-6:30pm  
\$15

### Smartypants Trivia Night

*Challenge your trivia knowledge, and win a prize*

**Tuesday 5/28**

5:30-6:30pm  
\$10

## 3rd-6th Grade

### Macrame Wall Art

*This class is all about creativity! Students will create a macrame wall hanging rainbow.*

**Tuesday 4/2**

5:15-6:30pm  
\$15

### Swiftie Style Friendship Bracelets

*Join us for a creative and music filled Friendship Bracelet Making Class!*

**Thursday 4/25**

5:30-6:30pm  
\$15

### Bead Pets

*Our instructor from EHS will guide each student in creating an animal out of special beading patterns!*

**5/6**

5:30-6:30pm  
\$15

### Pool Noodle Rocket Launching

*Every student will design, create, and launch their own pool noodle rockets.*

**Monday 5/20**

5:30-6:30pm  
\$15

### Tie Dye

*Shirts, socks, scrunchies, and more! Supplies provided.*

**Tuesday 5/21**

5:30-6:30pm  
\$15

### DIY Hello Summer Sign

*Each student will stencil and paint a project to bring home with them.*

**Wednesday 5/29**

5:15-6:30pm  
\$15

## Middle School

### Save the Dates!

**Wednesday  
4/3,**

**Wednesday  
5/15,**

**Thursday  
5/30**

### In the works...

Skincare workshop, visit from personal trainers, teambuilding exercises with community helpers, self-fulfillment projects, cooking classes with Ellington's culinary experts, group outings to adventure parks!

**For teen souls to thrive...**



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**ALL PROGRAMS OPEN FOR REGISTRATION ON ACTIVENET**



# Community Outreach



**EYS Alliance** is an Ellington Youth Service student based group offering high school students the opportunity to develop critical leadership tools by making connections to the community through education, awareness, and service. EYS Alliance inspires the youth to find their voice & develop skills to successfully navigate life.

SCAN TO JOIN



[forms.gle/TyXLYhLHRUreulth7](https://forms.gle/TyXLYhLHRUreulth7)

## UPCOMING EVENTS:

### Winter Social

EYS Alliance & Senior Center members will play games, do crafts, & eat food!

**January 8**

5:30-6:30pm

Ellington Senior Center

### EMS Dodgeball Tournament

Our annual EMS dodgeball tournament is back! It will be a great night of music, prizes, and fun for middle schoolers. Sign up sheets can be with Mrs. Shaw.

**March 22**

7:00~10:00pm

Ellington High School

Contact [kbahler@ellington-ct.gov](mailto:kbahler@ellington-ct.gov) with any questions

## UPCOMING MEETINGS:

Mondays

6:30-7:30pm

Ellington Senior Center

- **February 12**
- **March 11**
- **April 8**
- **May 13**



Follow  
**@eysalliance**  
on instagram!



# CHANGE THE GAME

## We are starting a campaign designated to mental health in athletics.

The recent stories of famous athletes speaking up about their mental health have created a huge shift in the trend of mental health being accepted in sports—and we want to continue that shift...in Ellington!

What Change the Game has done: mental health training Ellington Athletic coaches, mental wellness check-in guide for coaches, parent presentation, and put up banners at the middle and high school athletic fields.

Potential ideas for Change the Game: teaching teammates how to lead a mindfulness activity, bringing Ellington alumni in to talk to teams, t-shirts with positive sayings, even holding a community-wide event to host a "famous" speaker. None of this can happen without a committee of people.

Email Jess to get involved [jmaitland@ellington-ct.gov](mailto:jmaitland@ellington-ct.gov)



## Community Outreach



*Ellington Unified in partnership with Ellington Youth Services believes that everyone can have a sense of belonging within our community by connecting families, schools, and others through activities, advocacy, and support. Our hope is to strengthen the Ellington community for youth with disabilities & their families.*



*The council for Developing Positive Youth Culture (DPYC), established in 1996, is an ad hoc committee with a mission to create and sustain a positive youth culture for Ellington's youth through collaboration among the community, schools, and town agencies.*



### Unified Holiday Party

**12/21**

5:30-6:30

Hall Memorial Library

Please reserve your spot at [ellingtonunified@gmail.com](mailto:ellingtonunified@gmail.com)



### Unified Basketball

*Have fun, practice basketball techniques and be a part of a team. Open to all ages and abilities!*

**1/6, 1/13, 1/20, 1/27, 2/3, 2/10**

12:30pm

Crystal Lake Gym

\$75

Register on [ACTIVENET](#)

Developing Positive Youth Culture (DPYC) Coalition was awarded the Prevention in Connecticut Communities grant through the Department of Mental Health and Addiction Services. Through this initiative, The Village for Families and Children and EYS are partnering to prevent underage alcohol use in Ellington by promoting positive connections and decreasing risk that contribute to substance use.

A recent successful initiative was partnering with our local resident state trooper to support additional patrols around prom and graduation weekends. During these patrols troopers were able to break up four parties to prevent underage drinking.

**To join DPYC and learn more, visit: [youth.ellington-ct.gov](http://youth.ellington-ct.gov) (click DPYC button on homepage)**



Follow us on **Instagram!**

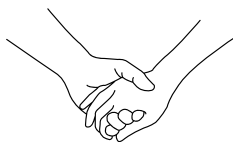


Follow us on [Instagram](#) & [Facebook!](#)

## Parent Workshops

Despite being youth services, we also offer programs and services to families and adults because of the influence they have on a child's environment. The environment we want a child to have is a safe one. When we use the word safe, we are referring to the experience, the space, the people, that allow a child to live through messy emotions and difficult situations.

**We are planning on offering these workshops this Spring! More details and information will be updated on our website.**



### Dating Matters

*Kids start talking about dating in 6th-8th grade. EYS can help parents bring up the intimidating topic of relationships in a way that assures our kids are starting off strong (with healthy habits).*



### Body Positivity

*This workshop will focus on how we can help our children practice self love, self care, and reclaim their health.*



### Stress to Courage

*Parents will learn about how stress is impacting their children, and techniques to help with their own and their children's quality of life.*

## A BREAK DOWN OF FREE PROGRAMS AND SERVICES

*If you have a need that is not included here please reach out to Ellington Youth Services and we can help! You are not alone.*

information for:  
parents & guardians

### case management

EYS staff developed a one-on-one case management approach for the Ellington community. Case Management provides individuals with support for issues that directly affect their ability to live a life of health, healing and hope. We are committed to offering effective, empathetic services that provide meaningful change.

- **Anger Management**
- **Anxiety**
- **Emotional Regulation**
- **Drug, Alcohol, Substance-Use Education**
- **Stress**
- **Body Image**
- **School Refusal**
- **Relationships**
- **Special Education/ Disability Advocacy**

plans can be:  
short-term

free

individualized

information for:  
school staff & admin

### in school programs

#### Kind Farm {kindergarten}

Lessons based on EYS animations that follow the lives of Mel the cow and Billie the goat as they use tools to help cope with everyday feelings. Kindergarten curriculum focuses on naming emotions and being kind to yourself and others.

SIX  
30-min classes

#### Kind Farm {grades 1-2}

First and Second grade curriculum focuses on self regulation tools, labeling emotions, creating a self care plan, and learning what it means to be a friend.

SIX  
30-min classes

#### Gizmo {grade 3}

Gizmo focuses on mental health and wellness support, how to recognize warning signs, and apply appropriate coping strategies. Gizmo also allows students to understand the importance of a trusted adult and communication to discuss their needs.

THREE  
30-min classes

#### Empower {grade 4}

Empower continues the conversation of understanding thoughts, feelings, and actions as it relates to our own emotions AND the emotions of those around us. Lessons will focus on having empathy, self-worth, confidence with practice of creating self-care plans.

THREE  
30-min classes

#### Mind Up {grades 5-6}

Lessons will help to promote and develop mindful attention to not only oneself but to others as well, and learn tolerance of differences. Through learning about the brain and how it functions students will gain insight into their own minds and behaviors as well as those of the people around them.

SIX  
40-min classes

WE ARE HERE TO HELP:  
[youthservices@ellington-ct.gov](mailto:youthservices@ellington-ct.gov)