

# Medea Creek Teen Club September 2017

## **LEADERSHIP, LIFE SKILLS, PROGRAMS**

This month of September we are happily introducing the World Cuisine program where we go to the kitchen at the community center and the teenagers learn how to cook! Teenagers who are interested in participating are going to be meeting once a week and help create the Teen Club first cookbook that we are going to publish at the end of the school year. The teenagers are going to focus on creating recipes for appetizers, main courses, desserts, & drinks from a variety of different cultures around the world. They will be in charge of doing research, formulating a shopping list with a budget, creating a format & design for the cookbook, taking pictures and providing a brief history of where the dish originated from.

Additionally, we are starting the program Strong Girls it will be held every other week. We will be focusing on girls to pursue their passion, identify values that are most important to her, let her understand that she has a voice that deserves to be heard, get girls working together, help her process the messages in the media, acknowledge her struggles but keep a sense of perspective, discuss the importance of knowledge and safety awareness and creating caring creative friendships among the girls.

Youth Eat Real will be starting this month of September as well. We will be exploring the nutritional value and science behind plant based foods and herbs, while teaching teenagers how the body and mind are related to one another and how food choices can harness the mind body relationship in positive ways. With participation teenagers will get to enjoy a healthy & delightful snack after lesson.

## **CHARACTER & ENVIROMENT DEVELOPMENT**

For the month of September we will be focusing on the importance of recycling and ways that the Teen Club Members can make a positive impact for our Mother Earth. Recycling is immensely important as waste has a negative impact on the natural environment. We will be exploring two documentaries that discuss ways to make a difference and how plastic has already impacted our earth. Medea Creek Teen Club is starting a recycling contest between two teams in the Teen Club. At the end of the month we are going to turn in all our plastic waste and use the money to provide a special party for the teens for their participation and caring attitudes.

## **UPCOMING EVENTS!**

\*September 4<sup>th</sup> Labor Day Teen Club is closed.

\* September 15<sup>th</sup> Teen Night Out event (Movie & Mall, 6:00p.m -10:00p.m)

\*September 21<sup>st</sup> School is closed & Teen club is open from 6:45-6:00 p.m.

## **YOUTH OF THE MONTH**

Tadd Wilson

Tadd Wilson has been a wonderful teammate to the Medea Creek Teen Club. He has demonstrated great communication skills to the staff and other teenagers around him. When needing a volunteer to help he is showing initiative by raising his hand and always demonstrating polite manners.



## **SEPTEMBER 21<sup>ST</sup> FULL DAY AT MEDEA CREEK TEEN CLUB**

6:45-9:00- Teen choice

9:30-11:30 Oak Canyon splash park, Duck Pond.

12:00-1:00 Lunch time (Pizza, fruit kabobs, drinks)

12:30-2:00 Movie

2:15-4:15 Wacky Resourceful Science Experiments

4:15-6:00 Teen Choice