

# THE AFTER-SCHOOL UPDATE

Helena United Methodist Church

Volume 1, Issue 1  
September 7, 2016



**Theme:** Superheroes

**Motto:** We are to treat every person as a child of God—no one may treat others as if they do not matter.

**LOGOS:** Pre-K—Fourth

**T-ROC:** Fifth—Eighth

## LOGOS & T-ROC Dates for September

- September 7 @ 3:30 pm  
*Jesus, the good shepherd*
- September 14 @ 3:30 pm  
*Genesis—the beginning*
- September 21 @ 3:30 pm  
*Prayer*
- September 28 @ 3:30 pm  
*Faith*

## Welcome!

I am pleased to announce some new and exciting changes for our Fall semester of LOGOS & T-ROC! The theme we will carry for 2016-2017 will be Superheroes. The children will take a journey through the Superheroes of the Bible. Each Wednesday we will discuss a certain topic which can be found in the lower left hand corner of the newsletter. We will start our journey off with prayer and a shared snack. Then we will separate into four groups and everyone will get a turn making crafts, listening to a Bible Story, learning worship music, and having fun at our Superhero Training Academy (Recreation). We will end our time together as a group with closing worship. Please remember to come inside the church at 5:00 pm to pick up

your child(ren).

I invite everyone to wear Superhero T-Shirts or bright colors of Red, Blue, Green, and Yellow. We are here to learn and have fun!

Also, new this year we have some Good Rules for Good Times! 1. We take care of each other. 2. We take care of our things. 3. We keep our schedule. 4. We have great fun!

I know that sometimes the children may have a rough day. So, this year we are introducing for LOGOS a comforter. The role of the comforter is to spend time with children who need a quiet, less-stressful environment to help them gain control of themselves. The comforter provides a calming presence

and helps students reenter the classroom or group.

We will give the children good behavior punch cards this year. These cards will also be their name tags. If the children get caught being good, they get a punch on their card. At the end of the Spring semester, they will turn their card in for being good. If they have punches 1-5, they get to pick a sticker and a piece of candy. If they have punches 6-10, they get to pick a fancy Superhero pencil. If they have punches 11-15, they get to pick a Superhero bookmark. If they have punches 15-20, they get a visit to the treasure box.

I am looking forward to a super year! Grace & Peace,  
Sharla Welcher

## Superhero Hands on Mission—Food Drive

Our first hands on mission project for the Fall semester will be a Food Drive for the Food Pantry at the First Christian Church in Helena. We are teaching the children characteristics of being a Superhero (helping others) and one way we can do that is by engaging them for eight weeks

through sharing information about food insecurities during snack time. If you are food insecure, it means that you have limited or uncertain access to enough food.

Unfortunately, one in six Oklahomans don't know where their next meal is coming from. That is why from

September 7th—November 2nd we will be collecting non-perishable food items for the Food Pantry. During craft time on September 7th, the children will decorate a brown paper bag to collect food in for the Fall semester. Please do not feel obligated to fill the  
*(continued on back)*

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### Revised LOGOS & T-ROC Dates:

Wednesday September 7, 2016 with the last  
Wednesday on November 2, 2016.

(NOTE: Wednesday, October 12th we will **NOT**  
have LOGOS or T-ROC due to Parent/Teacher  
Conferences! Thank you!)

## Food Drive—Continued

entire bag(s), especially if you have more than one child attending LOGOS/T-ROC. If you can't give food, then pray for our mission project.

We will also ask others in the community and surrounding area to participate with our children. There will be drop off locations at the Elementary School, Helena UMC, and Farmers Exchange Bank (Helena). We will also have a drop off (blue tub) located outside of the church incase we miss you. When you come to pick your child(ren) up from LOGOS/T-ROC that is an excellent time to drop off the food they have collected.

September is Hunger Action Month, and we invite you to join us to take action in the fight against hunger.

Thank you for being a Super-hero!

#### List of food items:

Cereal  
Mac and Cheese  
Spaghetti Sauce  
Dried: Noodles, Beans, Peas  
Pancake Syrup  
Pancake Mix  
Ramen Noodles  
Hamburger Helper  
Oatmeal  
Peanut Butter

Jelly  
Crackers  
Ravioli  
Cake Mix  
Frosting  
Ketchup  
Mustard  
Canned Meat: Spam, Tuna, Chicken, Ham  
Canned Vegetables  
Canned Fruit  
Soup  
Instant Mashed Potatoes  
Rice  
Canned and Powered Milk  
Country Grocery Gift Cards (for perishable food items)

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“If you can't feed a hundred people, then feed just one.”

~ Mother Teresa

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17% or 656,000

Oklahomans are food insecure.

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72% of households have to choose between food and utilities

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