



Communities  
In Schools

Moore County

## SOAR Summer Program

Friday, June 18, 2010

The opening week of the CIS SOAR Summer Program was full of firsts. Many students had their first gardening experience in the FirstSchool Garden where CIS Master Gardener Kathy Byron helped them harvest produce including carrots, beets and garlic. They also prepared the beds for new plants. Students will use the harvested veggies to create healthy recipes next week.

The students learned some mixed martial arts from CIS Volunteer Katrina Jones. They covered different techniques for unarmed self defense as well as general fitness routines like boxing.

Some students also got their first taste of golf during the First Tee program with Coach Bill Baker. Students learned the nine core values including courtesy, respect and honesty. They also learned some basic golf rules and pointers and played a "round" of golf. They kept their eyes shaded with visors they decorated before the program.

During a fishing trip at Aberdeen Lake many of the students were able to catch small fish, and Jared caught a nice sized Bass. Along with charades, bingo, coloring, water balloons, basketball, reading time, kickball and bean bag toss, the students had a full first week.



Erica and Tabitha take a water break during First Tee.

### Information for Parents No SOAR July 5<sup>th</sup>-8<sup>th</sup>

**\*Please remind children that electronics should only be used at the appropriate times (during free time and after camp).**

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*The mission of Communities In Schools of Moore County is to empower students to stay in school, learn and prepare for life.*