

# The Recreational Reader

Truro Recreation & Beach Department

**October 2014**

*Special points of interest:*

- Bullying Prevention
- Pamet After-School
- 2nd Annual Soccer Jam
- Seeking uniform sponsors

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## OCTOBER IS NATIONAL BULLYING PREVENTION MONTH

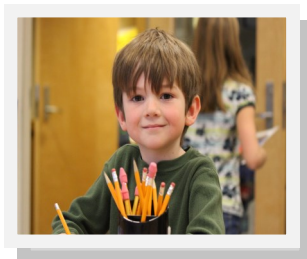
National Bullying Prevention Month is a campaign in the United States founded in 2006 by PACER's National Center for Bullying Prevention. The campaign is held during the month of October and unites communities nationwide to educate and raise awareness of bullying prevention. Traditionally held the first week in October, the event was expanded in 2010 to include activities, education, and awareness building for the entire month. National Bullying Prevention Month is recognized in communities across the United States, with hundreds of schools and organizations signing on as partners. Facebook, Disney, CNN and Yahoo! Kids have supported the month through media outreach and dissemination.



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## PAMET AFTER-SCHOOL

The Pamet After School program is a state licensed after-school program serving children ages 5-12, who reside in Truro or attend Truro Central School. Families of all abilities, races, gender, sexual orientations, religions and socio-economic status are welcome. P.A.S. is a safe, supervised environment for children to learn and grow. The program operates everyday that Truro Central School is in session, including half days. Participants are bused from Truro Central School at the end of the school day to the Truro Community Center.



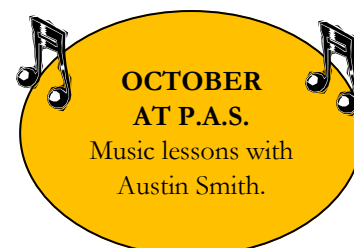
Register online at [www.activityreg.com](http://www.activityreg.com)  
For more info. Call (508) 487-1632 ext. 21  
Email: [recdirector@truro-ma.gov](mailto:recdirector@truro-ma.gov).

**Mon - Fri**  
**3pm - 5:30pm**  
**\*\$6/day**  
(pre-registration required)

**12pm - 5:30pm**  
**(half days)**  
**\*\*\$10/day**  
(pre-registration required)

**Truro Community Center**

\*\$8/day if registered the day of.  
\*\*\$12/day if registered the day of.



## Lower Cape Recreational League 2nd Annual Soccer Jam

The weather could not have been better for the 2nd Annual Soccer Jam held on Saturday, September 20th. The event is a kick off to the recreational soccer season for local youths in 5th and 6th grade. Boys and girls teams from Provincetown to Harwich compete in short games throughout the morning. The event also includes a concession stand, a face painter, and the Elks Soccer Shoot.



Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

Classes are conducted by certified instructors, Julie Rich and Erin Silva.

Contact instructors for fees and schedules.

Julie Rich - [www.purajulie.com](http://www.purajulie.com)

Erin Silva - [esilva1@comcast.net](mailto:esilva1@comcast.net)

Tues.	9-10am	Truro Comm. Ctr.	Julie Rich
Wed.	5:30-6:30pm	Truro Comm. Ctr	Erin Silva
Thu.	9-10am	Truro Comm. Ctr.	Julie Rich
Fri.	9-10am	Truro Comm. Ctr.	Erin Silva
Sat.	9-10am	Truro Comm. Ctr.	Julie Rich



*"Ditch the  
Workout, Join the  
Party."*



## Truro Recreation Seeking Volunteer Coaches For Youth Basketball



Truro Rec. is inviting all individuals with the patience and desire to work with children to volunteer to coach a youth basketball team this coming winter season. We are seeking coaches for grades K, 1, 2, Girls 3 | 4, Boys 3 | 4, Girls 5 | 6, Boys 5 | 6. If you're interested in creating a fun, beneficial environment for youth to learn basketball skills, please contact us. Only positive role models please. No prior coaching experience required, training provided.



### Details:

- Girls Grades 3-6: Games on Monday evenings Jan. - Mar.
- Boys Grades 3-6: Games on Wednesday evenings Jan. - Mar.
- Practices: 1-2 during the week (1-2 hours each) starting in December
- Complete Online Training to become a member of the National Youth Sports Coaches Association

## Truro Rec. Seeking Sponsors for Youth Basketball Uniforms



To donate call (508)487-1632 ext. 23  
or email [asstrecdir@truro-ma.gov](mailto:asstrecdir@truro-ma.gov)

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## Truro Hiking/Walking Club

Tuesdays 9:00am

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### October - 2014

Hikes will begin at 9:00 am

Join Bob Lowe, Club Coordinator, for a peaceful walk in some of the most beautiful areas that Cape Cod has to offer.

*Schedule subject to change. Check online for updates.*

[www.truro-ma.gov/recreation](http://www.truro-ma.gov/recreation)

#### Oct. 7 - Poor's Hill

Address: Fisher's Rd

Park: Designated parking area to the side of the road.

#### Oct. 14 - Head of the Meadow Hike

Address: Head of the Meadow Rd, North Truro

Park: Town Beach Parking lot

#### Oct. 21 - Pine Grove Cemetery Hike

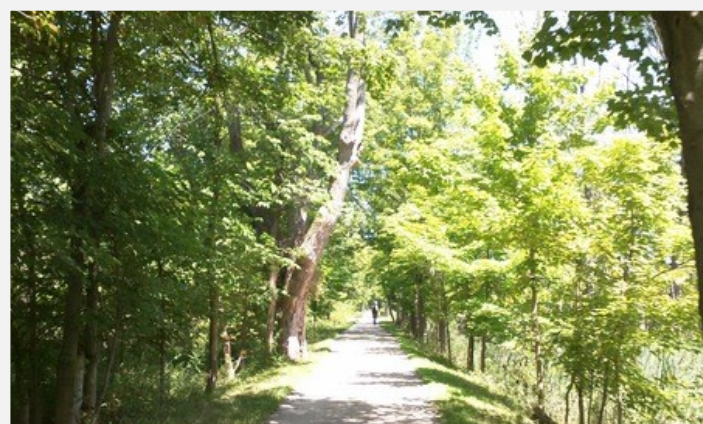
Address: Cemetery Rd, Truro

Park: small parking lot at cemetery, off of Old County Rd, Truro

#### Oct. 28 - Pilgrim Heights

Address: Pilgrim Heights Rd, Truro

Park: First parking lot





## RECREATION & BEACH DEPARTMENT

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Visit us on the web!  
[www.truro-ma.gov/recreation](http://www.truro-ma.gov/recreation)

*"Committed to Community"*



The Truro Recreation & Beach Department provides the residents and visitors of Truro with healthy, beneficial programs year round.

The Recreation Department is located in the Truro Community Center and consists of an administrative office, a recreation lounge, an all-purpose auditorium, and the Puma Park Playground.

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PACER developed the initial campaign National Bullying Prevention and Awareness Week in response to the need to raise awareness of bullying, as it was historically viewed "a childhood rite of passage" and believed that bullying "made kids tougher", when the reality is that bullying has devastating effects such as school avoidance, loss of self-esteem, increased anxiety, and depression. PACER reached out to the community through partnerships with education based organizations such as National PTA, American Federation of Teachers and National Education Association to provide schools, parents and students with resources to respond to bullying behavior and to begin the shift of societal acceptance of bullying to social change of addressing the issue through education and support. PACER disseminated nationwide press releases through the partners and media channels, encouraging a call to action to educate the community about their role in bullying prevention, which provided the groundwork for the campaign to be consistently recognized as an annual event.

To learn more visit wikipedia page "National Bullying Prevention Month".

## Upcoming Events

- Flying Santa
- TEEA Hay Ride
- Truck or Treat

## Sports Parent Pledge

Dear Parents:

We're excited to share with you an opportunity to take part in a new initiative offered by the National Alliance for Youth Sports. Their new Sports Parent Pledge will give lots of resources and advice to help make this season fun for your child, and the whole family!

It's completely free to participate. All you have to do is go to [www.nays.org/sportsparentpledge](http://www.nays.org/sportsparentpledge) to sign up. Each week, for six weeks, you'll get an email focusing on topics sports parents often face (like working with coaches, health and safety resources, etc.). Even though the pledge emails will only last for six weeks, they're full of information you can use for as long as your family is a part of our program, and beyond!

We encourage you to check out [www.nays.org/sportsparentpledge](http://www.nays.org/sportsparentpledge) today and become a part of the Sports Parent Pledge movement! Make sure to tell them that Truro Recreation sent you!

