



IMPACT NEWS

OCTOBER 2023 | YMCA OF GREATER SPRINGFIELD

#StrongerTogether



DONNA SITTARD, DEVELOPMENT DIRECTOR

"Take chances, make mistakes. That's how you grow. Pain nourishes your courage.

You have to fail in order to practice being brave." — **Mary Tyler Moore**

SCHOOL BUS SAFETY WEEK

During the third full week in October (Oct 15-21, 2023) we recognize School Bus Safety Week. The week-long observance offers a reminder to all parents, teachers, students, motorists, and school bus operators about the importance of following the law and implementing school bus safety tips.

The YMCA of Greater Springfield operates buses and vans to transport our community youth to and from some of our Y programs including before and after school and summer camp. Thank you to our transportation staff for getting the kids to and from where they need to be.

We encourage you to have a conversation with your child about the role they can take in making their bus ride safer: follow the instructions of the bus driver and bus monitor especially in case of an emergency, remain seated until it is your turn to exit the bus, do not throw anything or put your body outside the window, keep the aisle clear, no shouting on the bus, and respect your bus by keeping it clean.



We would like to share with you some Bus Safety from the National Highway Traffic Safety Administration.

BEFORE THE BUS ARRIVES

Your child should arrive at the bus stop at least five minutes before the bus arrives.....visit the bus stop and show your child where to wait for the bus — at least three giant steps (six feet) away from the curb. Remind your child that the bus stop is not a place to run or play.

GETTING ON AND OFF SAFELY

When the school bus arrives, your child should wait until the bus comes to a complete stop, the door opens, and the driver says it's okay to get on or off. Your child should use the handrails to avoid falling.

ALWAYS USE CAUTION AROUND THE BUS

Your child should never walk behind a school bus. If your child must cross the street in front of the bus, tell them to walk on a sidewalk or along the side of the street to a place at least five giant steps (10 feet) in front of the bus before crossing. Your child should also make eye contact with the bus driver before crossing to make sure the driver can see that they're crossing to avoid the danger zone. If your child drops something near the school bus, like a phone or book, the safest thing is for your child to tell the bus driver right away. Your child should not try to pick up the item, because the driver might not be able to see them.

UNDERSTANDING SCHOOL BUS LIGHTS

Learn the school bus laws in your state and always follow them, as well as the flashing lights that school bus drivers use to alert you.

- Yellow flashing lights indicate the bus is preparing to stop to load or unload children. You should slow down and prepare to stop your vehicle.
- Red flashing lights and extended stop arms indicate the bus has stopped and children are getting on or off. You must stop your car and wait until the red lights stop flashing, the extended stop-arm is withdrawn, and the bus begins moving, before you can start driving again.

THANK YOU FOR SUPPORTING THE HUNGER AWARENESS MONTH FOOD DRIVE

The YMCA of Greater Springfield would like to thank its members and the community for supporting this year's Hunger Awareness Month Food Drive. By coming together we are able to give back to our community. Thank you for making an impact for so many. Food collected was distributed to the Community Survival Center, Indian Orchard and Open Pantry, Springfield food pantries.



VETERAN'S DAY – NOVEMBER 11TH

Since the Civil War, the Y has provided services to the military, and the Armed Services. YMCA continues to support veterans and military members and their families. Thank you for your service.

The YMCA of Greater Springfield, with the Scantic Valley Branch and the Downtown Springfield Branch, offers memberships with 20% off to veterans and 50% off to active military.

For further membership information you can visit our website at www.springfieldy.org, call Scantic Valley at 413-596-2749 – Downtown Springfield 413-739-6951, or visit the membership desk at either branch.



BECOME PART OF THE YMCA FAMILY

Don't just visit the Y, stay for a while! When you're a member of the YMCA, you're a member of a positive force in your community. There's no limit to the positive impact that you can make on your own life and the lives of others, from enjoying your health, engaging with friends and giving back to those in need—what you do with your membership is entirely up to you.

At the Y, we exist to strengthen the community. Together with people like you, we nurture the potential of kids, help people understand and improve their health, and provide opportunities to give back and support neighbors. So join our cause and create meaningful change not just for you, but also for your community.



Visit WWW.SPRINGFIELDY.ORG to find out more information.

SEE WHAT ELSE THE Y IS DOING IN THE COMMUNITY WITH SWIM LESSONS

Scan QR code to read the full article on MassLive.com.



Lavallee said the dive team has already made progress in learning fundamentals like floating, how to move their arms and legs, the different pressures down below, learning to breathe with tanks and how to use a snorkel, she said.



Michelle L. Norman, a coordinator of inner-city dive team, and Kim LaVallee, executive director of YMCA of Greater Springfield, talk to the students at the swimming practice at High School of Commerce Tuesday evening, Sept. 26, 2023. (Hoang Leon' Nguyen / The Republican)

CHANGE YOUR LIFE. SHARE YOUR LIFE.

Imagine going to work knowing that what you do each day positively affects the lives of the people in our community. Working at the Y, you'll discover more than a job. You'll enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you.

Visit WWW.SPRINGFIELDY.ORG to find out more information.



**LEARN MORE ON
OUR WEBSITE:**

www.springfieldy.org
or scan the QR code.



SIGN UP!

Don't forget to friend us on FACEBOOK to find out more about what is happening at the YMCA of Greater Springfield. We have a few pages, so you can friend us on one or all.

YMCA of Greater Springfield

www.facebook.com/YMCAofGreaterSpringfield



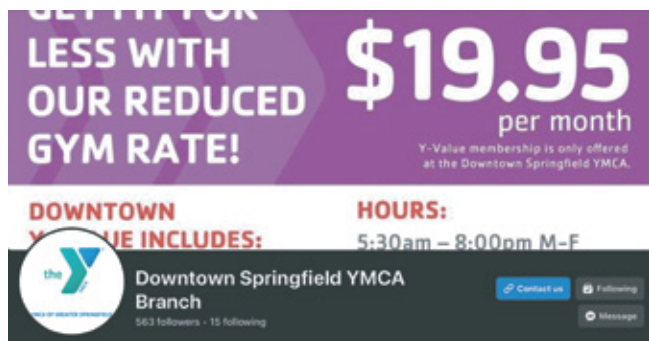
Scantic Valley YMCA

www.facebook.com/ScanticValleyYMCA



Downtown Springfield YMCA

www.facebook.com/DowntownSpringfieldYMCA



LIVESTRONG® at the YMCA

www.facebook.com/livestrongspringfieldymca



Summer Programs & Camps

www.facebook.com/ymcaspringfieldsummercamp



YMCA of Greater Springfield Learning Centers

www.facebook.com/YMCALearningCenters



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