



Anika Youth Services

January - March 2022



Gingerbread Houses Competition

Halstead House

All the submissions for the Gingerbread house competition were creative, sweet and fun. It was a really tough decision for our jury, but it had to be made... and we are happy to announce HALSTEAD house taking the first place and winning pizza dinner for the whole house! Way to go everyone and excited to see even more creations next year!



Riverdale House



Langley House

Cultural Corner

Remembrance Day

We have learned about the origins of the Remembrance Day and ways to honor those who served in wartime. We made beautiful felt poppy flowers and talked about the symbolism behind it. Kids were also encouraged to attend a virtual Cloverdale ceremony with their staff.



Celebrating Festive Season

This quarter we had lots of fun events with kids. Including cookies decoration, Christmas ornaments making and outings to the Christmas Markets.



Celebrating Culture



AYS is creating a family-like environment for our kids. Each house was decorated for the festive season and truly delicious dinners were made by our amazing residential workers and resource coordinators!



Coming up...



Black History Month

AYS is honoring Black History month with a cultural challenge for our houses to take a part in. Watch one of the recommended movies/ read one of the recommended books or attend one of the virtual events to make your contribution.

Pink Shirt Day/ Anti-Bullying Day

February, 22nd we are holding a pink T-Shirt decorating event that goes hand-in-hand with the educational piece on bullying. February, 23rd AYS is turning pink: all wearing pink T-shirts, bracelets and pins in support of the cause.

International Women's Day

Commemorating the cultural, political, and socioeconomic achievements of women with AYS

AYP

Educational News

AYP is happy to see our students succeed in their educational goals. The attendance is improving every month and some students have successfully finished their courses.

Vocational News

AYP is proud to announce that some of our students were connected with Work BC to start building their resumes and even got accepted into practicums in retail and customer service areas.



Fun Activities

Fridays are our fun days. This quarter we had baking and cooking workshops, Halloween event and played games in virtual reality!



Coming up

- More cooking workshops
- Funny Farm visit
- Museum visit
- More events

Health and Safety

Drills to be Practices

January

Overdose, Utility Failure, Medical Emergency, Home Invasion

February

Fire, Natural Disaster, Overdose

March

Bomb Threat, Fire Drill, Overdose

Tips for driving in the rain

BC is known for the heavy rains, especially during the winter and early spring season. Here are some tips how to keep yourself safe, while driving.

- **Wait until weather improves if possible**
- **Double check if your headlights, taillights and wipers are working properly**
- **Turn on headlights**
- **Use windshield wipers**
- **Slow down**
- **Increase the distance between cars**
- **Avoid heavy breaking**
- **Watch out for puddles**
- **Let off the gas when hydroplaning**
- **Ventilate the car**
- Try to minimize travel time if you don't feel comfortable driving in rain
- Even though, we all a doing regular car check, it's never a bad idea to be safe a double check your car equipment before every trip
- Rain will limit visibility on the road, therefore it is a good idea to use headlights even during the day
- It is also important to remember to match the speed of your wipers with the intensity of the rain
- At least 5-10km/h below the speed limit should give you better control of the vehicle on the wet surface
- In case of hydroplaning, it will give you more space to maneuver
- Because of lack of traction heavy breaking may cause hydroplaning
- Some puddles may hide deep hole in the ground and stones that may effect your control of the car
- This will allow car to slow Down and obtain traction with the ground again
- This will prevent your windows from fogging

Staff's corner

Staffing Changes

Tania as Youth Worker

Lidia as a full time RSW

Priya as RSW

Ashleen as full time ASW

Taylor as full time AYS Awake Overnight

Courtney as full time Langley Support Worker

Kassidy as full time RSW

Amrit as Weekend Youth Worker

Kudos Winners

October: Tania



Lululemon

November: Kim



Spa Day

December: Roshika



Guildford

Recipe Time

Creamy Pesto Pasta Bake

Found and tested by lovely Miss Kylee

Ingredients

for 4 servings

PESTO

- 4 cups fresh basil(160 g)
- 2 cloves garlic
- ½ cup pine nuts(65 g)
- ¾ cup grated parmesan cheese(80 g), grated
- ¾ cup olive oil(180 mL)
- ¼ cup cold water(60 mL)
- ½ cup heavy cream(120 mL)
- 1 teaspoon salt
- ½ teaspoon pepper

PASTA BAKE

- 12 oz fusilli pasta(340 g), al dente
- 1 cup cherry tomato(200 g), halved
- 1 cup grated parmesan cheese(110 g)
- 8 oz mozzarella ball(225 g)

Preparation

1. To make the pesto, mix basil, garlic, pine nuts, parmesan, cold water, heavy cream, salt, and pepper in a food processor for about 30 seconds. Add in olive oil. Process until combined, set aside.
2. Cook fusilli to very al dente, or about 3-4 minutes before the package instructs for cook time, then drain pasta.
3. Halve cherry tomatoes.
4. In a skillet or casserole pan, mix fusilli, cherry tomatoes, and pesto.
5. Top with grated parmesan and mozzarella balls.
6. Bake at 400° Fahrenheit for 10-15 minutes, or until mozzarella has melted.
7. Garnish with additional parmesan and fresh basil. Serve immediately.
8. Enjoy

