

BMW NEWS



THE OFFICIAL NEWSLETTER OF BLOOMING MINDS WEEKENDS

WELCOME FROM MS. RONDA

Welcome to our new and returning BMW Campers! We are thrilled about the adventures that await this summer. Our theme for the year is "We Are Future Ready." Throughout the program, our campers will explore various strategies designed to equip them for their future endeavors.

These strategies will encompass essential skills such as communication and networking, making healthy lifestyle choices through exercise and nutrition, and fostering economic sustainability through financial literacy and gardening classes. Additionally, we will emphasize the importance of social and emotional intelligence.

Our campers will engage in hands-on experiences, including college visits and a range of exploration sessions. We are excited to reconnect with our students and look forward to sharing our field trip experiences in the upcoming newsletter.



Get ready, BMW campers! We've got a fun packed adventure coming your way:

- **June 27: Columbia/Lexington Trip:**
 - **Canoeing (students will need a change of clothes and should wear old shoes they don't mind getting wet and dirty/muddy.)**
 - **Midlands Technical College Tour**
 - **University of South Carolina Tour**
- 7:30 AM - 5:00 PM**

TENNIS

Coach Whitfield is a tennis master, transforming students into skilled players through a mix of hard work and technique. These young athletes now handle a tennis racquet as if they were born with it, showing skill in both forehand and backhand shots. They've even learned to control the ball's movement with just a flick of the wrist or a slight racquet tilt! Although some students were initially hesitant about tennis, mastering the basics changed their minds. Always remember to encourage your kids to take on challenges, as overcoming them builds unshakable confidence!



BASKETBALL

Meet the dynamic duo of our basketball program: David and Shontell Coleman, the ultimate husband-and-wife dream team! They have enough basketball wisdom to fill an arena, and their goal is to someday own a gym dedicated to developing basketball prodigies. The students are actively participating in drills that involve everyone. Even those who aren't keen on shooting hoops are running around the court, getting their cardio in. The Colemans are back for a second year with us, and we're thrilled to have their magic touch in our physical fitness program!

EURYTHMICS

LaKesa McGraw from Inside of You, LLC, captivates with her Eurhythmics class, where movement helps students understand music and rhythm. She builds self-esteem, encouraging even the shyest children to shine. Young campers practiced rhythm through “Head, Shoulders, Knees, and Toes,” while middle schoolers used positive affirmations to express themselves. High school students focused on rapping as a form of poetic self-introduction and learned to support each other as “Hype Men,” enjoying the uplifting experience of celebrating their peers’ accomplishments.



GARDENING

What's the magic trick that can keep your family fed for years? Enter gardening, the ancient art of green thumbs! Our featured sessions are all about turning students into garden wizards, teaching them about ecosystems, soil, and how to nurture their very own plant creation. Thanks to Middleton's Farm and Garden, students are diving into lessons packed with plant wisdom, composting secrets, and insect trivia that separates the garden heroes from the villains. At our BMW (Blooming Minds Weekends) camp, we've got a sprinkle of everything to keep curiosity blooming!

COOKING

Chef Judy had a great idea when she realized kids didn't like food that didn't look appealing. Even before tasting, they'd make a face. Energy bites? No way! But add some chocolate or caramel chips, and suddenly they loved it!

She explained how these snacks are full of fiber. On her second visit, she amazed the campers with colorful snacks. She cut veggies skillfully and added peas, carrots, tomatoes, and cucumbers to pasta, along with some regular spices like salt, pepper, Italian seasoning, and basil. Ranch and Zesty Italian dressings were popular choices with some campers opting to mix the two together. A few kids even tried a bit of hot sauce for extra flavor!



TECHNOLOGY/BLOGGING

Ms. Janice, our amazing tech expert, is guiding students to dive deep into the digital world, mastering apps to express their most creative thoughts and feelings. This class is all about communication, where speaking, listening, writing, and even subtle gestures become your allies. Good communication helps in making friends and boosts learning.

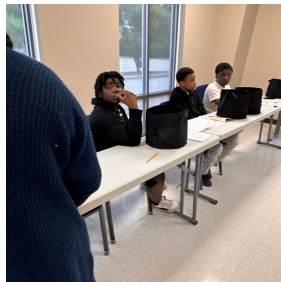
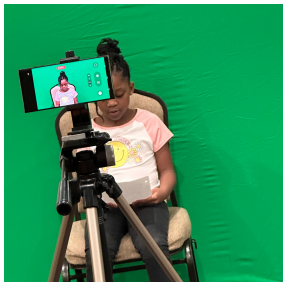
In this exciting class, students hone their public speaking skills—a rare treasure these days! They're learning to:

- Speak clearly
- Use vivid language
- Ask questions confidently
- Share opinions openly
- Avoid awkward pauses
- Be engaging like a game show host

These young talents are getting ready to impress us with a finished product. We can't wait to see their creativity in action!

ETTIQUETE

Some people might think good manners are outdated, but our campers have given them a fun update! Thanks to Ms. Shaquenta Byars from Legacy Healthcare and Consulting, our young etiquette explorers learned all about social graces. Over three enjoyable days, they didn't just get ready for restaurants—they became social experts, smoothly handling interactions while enjoying a meal they cooked themselves. Imagine a fine dining experience without the fancy clothes! To top it all off, these polished students ended their adventure by creating heartfelt thank-you cards for their teachers and vendors. Bravo!



PASTA IN A CUP RECIPE

Ingredients

- 1/2 cup Rainbow Pasta (Rotini Pasta)
- 2 Tbsp. Diced Vegetables - Your Choice
 - For example: carrots, peas, olives, tomatoes, cucumbers, and broccoli
- Seasonings - Your Choice
 - For example: salt, pepper, Italian seasonings, basil, season salt, lemon pepper, garlic powder, onion powder
- 1 Tbsp. Dressing - Your Choice
 - For example: Ranch, Italian, Vinagrette

INSTRUCTIONS

Individual Rainbow Pasta In a Cup

Mix all ingredients together
Serve immediately

This can be a quick afterschool snack that students can prepare themselves. For a variation, use any pasta of your choosing.

Submitted by Chef J

Celeb Studio and Gourmet Graze Catering

www.celebstudioandgourmetgraze.com

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LASAGNA RECIPE



Ingredients

- 1 Cooked Lasagna strip cut into 3 pieces
- ½ cup Marinara sauce
- 2 Tbsp Cooked ground beef or turkey
- 2 Tbsp Ricotta Cheese
- 2 Tbsp Mozzarella Cheese
- 1 Tbsp Shredded Parmesan Cheese
- Pinch of Dried Basil, Italian Seasoning, black pepper, salt, sugar, garlic powder, onion powder
- 1 Small Loaf Pan

INSTRUCTIONS

Individual Lasagna
Makes 1 Single Serving

1. Mix sauce, meat, and seasonings in a bowl.
2. Layer cooked noodles with sauce mix and ricotta cheese (at least two layers).
3. Finish with Mozzarella Cheese and shredded Parmesan Cheese on top.
4. Bake at 350 for 30 minutes.

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ENERGY BITES RECIPE

Ingredients

- ½ Wow Butter (no nut/plant base) or other nut butters including peanut or almond.
- 3 T Honey
- 1/2 tsp coconut oil (optional)
- 1 C Honey Great Grains or Oats
- Optional - 1 TB of chocolate/ white chocolate chips, cranberries or coconut

INSTRUCTIONS

No Bake Energy Bites
Makes 10-12

1. In a bowl, stir together honey, Wow or your choice of nut butter, add-ins and ¼ C of the cereal.
2. Lightly crush the remaining 1/2 C cereal. I find the easiest way to do this is to place cereal in a bag and crush it with your hands. Place crushed cereal on a shallow plate.
3. Form the Wow or your choice of nut butter mixture into balls and roll through the crushed cereal to coat well.
4. Place coated balls on a dish or baking sheet lined with a non-stick mat or parchment.
5. Refrigerate 2 hours to firm up.
6. Keep refrigerated until ready to enjoy.

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