



## West Haven Community House

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### Southern CT State University Students Help Bring Families Together



West Haven, CT—(November 13, 2017) Last week West Haven Community House (WHCH) held its 7<sup>th</sup> annual “Minute to Win It” family game night, a collaborative tradition with Southern CT State University (SCSU) students where families participate in the challenging games and activities based on the popular television show of the same name.

The annual event, which includes a delicious dinner, is free of charge to families of students enrolled in WHCH’s in-school, before and after- school childcare program. As part of a hands-on community class project, SCSU students organized and coordinated the evening under the direction of Deb Smith, a professor in SCSU’s Recreation and Leisure Studies Department.

The Community House helps working families by providing a safe and affordable place for their children to be during before and after school hours while parents are working. The program offers fun individual and group activities and meaningful learning

experiences for students in Kindergarten through sixth grade at West Haven public school sites including Carrigan, Forest, Mackrille, Molloy, Pagels, Savin Rock, Seth Haley, and Washington.

The family game night includes ten activities designed to test the participants’ hand-eye coordination and agility skills. Contestants, young and old, took part in a high-energy Zumba warm-up session led by Carol James, WHCH Children and Youth Services Director, before teams competed in the 60-second challenges with prizes given out to the winners of each game.

“This is my favorite time of year when all our students and their families, including siblings, parents, and grandparents, get together to enjoy dinner and have fun together playing games and enjoying each other’s company,” said Carol James. “The collaboration is a Win-Win for everyone including SCSU students as well as the families we serve in our before and after school childcare. The Southern students did a tremendous job and our kids and families really enjoyed themselves.”

