



Member FDIC

Centsible Kids Newsletter | Spring 2016

Milford Moves for our Veterans Run & Walk

Get ready for The Milford Bank's 2nd Annual 5K - Milford Moves for our Veterans! Join us on Sunday, June 12th for FUN and FITNESS for the whole family!

The race is open to walkers and runners of all ages and fitness levels. Parents, please sign up online at milfordmoves.com or in-person on race day. We offer a discount registration for Military / Veterans and children 12 and under. All participants will receive a race shirt (while supplies last), finisher photo, and post-race food.

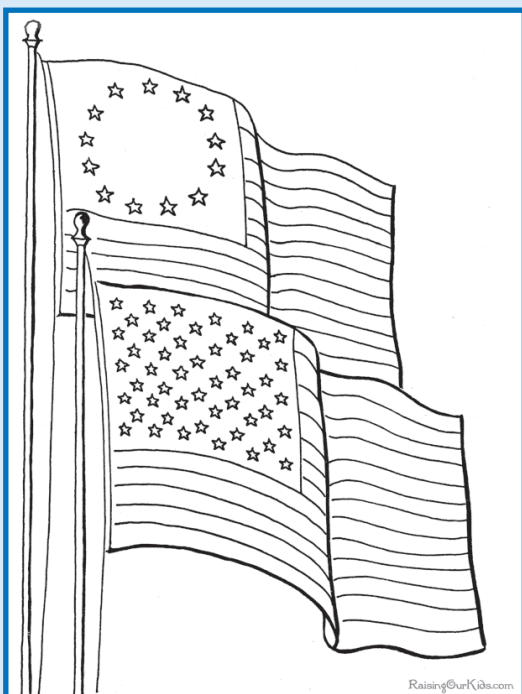
Where: Gulf Beach, Milford CT

When: Sunday, June 12, 2016

Race Day Registration: 6:30-7:30 am

Race Starts: 8:00 am sharp

What is a 5K? 5K means 5 kilometers, which is about 3.1 miles (3.10686 to be exact).



What is Flag Day?

In the United States, Flag Day is celebrated every year on June 14. It honors the "birthday" of the American flag. The U.S. flag was adopted as our country's flag on June 14, 1777. This year, the flag will be 239 years old!

Facts about the U.S. Flag

Since 1777, the flag has changed 27 times. The last change was on July 4, 1960 to add a 50th star for the state Hawaii.

The 13 stripes on the flag represent the 13 original American colonies. The colors of the stripes, red and white, stand for courage and purity.

The picture shows our original flag and the flag we use now. Color it in with red and blue!

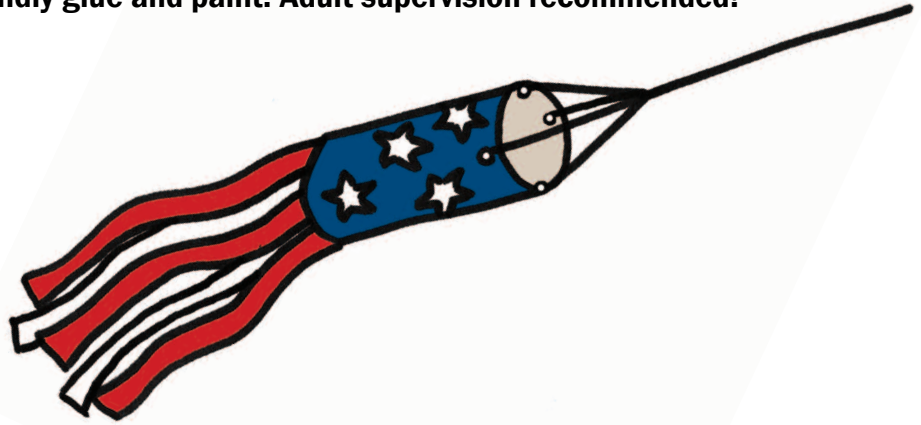
sources: kidskconnect.com, image credit: raisingourkids.com

American Flag Wind Sock Craft

Make a wind sock to celebrate Flag Day (and Fourth of July!) with this craft project. This craft is best for kids in 2nd grade and older, but younger children can participate with an adult's help. Be sure to use non-toxic and kid-friendly glue and paint. Adult supervision recommended!

Supplies Needed:

Toilet Paper Roll
 Safety Scissors
 Construction Paper (blue)
 Glue Stick or Tape
 White Paint
 Paint Brush
 Streamers (red & white)
 Hole Punch
 String



Tip: No paint? Cut stars out of construction paper and glue or tape them on. Or use star stickers!

1. Use the paint and paint brush to make stars on the blue paper. Let the paint dry.
2. Cut the blue construction paper to fit the toilet paper roll. Then, glue or tape the paper onto the roll.
3. Cut 4-5 strips of paper streamers (2 feet long) and tape or glue them to the bottom of the roll.
4. Cut 2 short pieces of string (12 inches long) and one long string (2 feet long).
5. Punch 4 holes in the top of the roll. Then, tie each short string through 2 opposite holes (criss cross).
6. Use the long string to tie the short strings together in a knot.
7. Hang the wind sock from a tree, porch, or window!

How do I measure...?

How long is this paper?



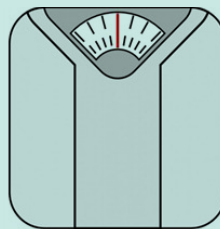
Ruler

How tall are you?



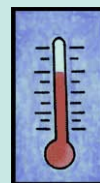
Tape Measure

How much do you weigh?



Scale

How warm is it outside?



Thermometer



Free Beach Ball

Redeem this coupon at any Office of
 The Milford Bank for one (1) Free Beach Ball!

Limit one per customer. Supplies are limited. Expires 7/30/16

