

# MOUNTAIN KIDS



Ali -  
Office  
Manager



## CLINIC UPDATES

Hi MKP families - we hope you have been enjoying the increasing daylight and warm days. Summer is just around the corner! With each new season comes growth and changes; we'd love to share some updates with you.

Our well child waiting room has gotten a much needed refresh, while keeping the beloved slide and of course our MKP mantra sign. The sick side will be updated soon as well, so please excuse our mess as we update our space.

Ali, one of our amazing front office staff members, has moved into an office manager roll. She helps keep the clinic running smoothly with her attention to detail and passion for excellent patient care communication.

Please read the reminder below for an update on sports physicals!

### REMINDER

Summer is going to be here before we know it! With that comes summer camps and sports that often require a physical. Montana has updated its requirements for sports physicals.

**Sports physicals after May 1<sup>st</sup> 2026 are good for the next two school years.**

**Sports physicals before May 1<sup>st</sup> 2026 will be valid for the remaining school year and the following school year only.**

**All incoming 9th-grade student athletes must have a physical exam, regardless of when their last one was.**

Please call our clinic to check when your child's last sports physical was if you are unsure.

As always, insurance covers one well check each year!

Do you have an awesome picture of your mountain kid exploring the outdoors?

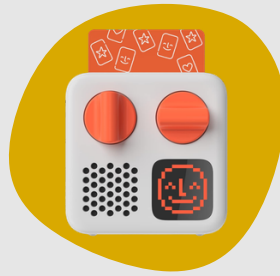
We are looking to feature some of our own MKP in our new waiting room decor. If you have a high-quality picture that you'd like to be considered, please email it to [info@mountainkidspediatrics.com](mailto:info@mountainkidspediatrics.com)



## MOUNTAIN KIDS SUMMER CHALLENGE

Our Mountain Kids Summer Challenge is quickly approaching. We are starting to work behind the scenes collecting community donations and designing materials. We would love your help in finding more community partners or donors to increase the number of prizes we are able to offer to our MKP kids. **If you know of a local business or own one yourself that would like to donate or sponsor a prize, we would love connect!**

Packets will be available for pick up sometime around May, with the challenge typically beginning the Monday after public schools are out for summer break.



*Previous Summer Challenge Prizes*

## COMMUNITY CONNECTION

EmPower Place is a free play center located at Missoula Food Bank & Community Center, in partnership with spectrUM Discovery Area and Missoula Public Library. Families can come to play, learn, and grab snacks or a free lunch. EmPower Place is not a childcare facility, but children ages five and up can play in EmPower Place while their caregiver shops.

Families who come to EmPower Place can play with toys, explore the ball wall, do some art or science, play board games, read stories, or battle someone in Pokémon. While there families can check out or return library books, take a look at our little free clothing closet, have a WIC appointment, or attend some scheduled programming with partner organizations like the Clay Studio or Watershed Education Network or the Missoula Robotics Club. In addition to activities in EmPower Place, we also offer programming at times in the upstairs conference room. Watch for events like Pokémon deck building, community movie nights, teddy bear sleepover, holiday parties, cooking classes, and a renaissance fair. In the summer we offer a "Summer Club" for ages 8-13 with more in-depth activities for older kids. And don't miss big events like the Back to School Bash where families can pick up needed school supplies! EmPower Place is a resource for families in addition to being a fun place to play, and all are welcome.

When children come to EmPower Place, they are greeted by friends who care about them- staff, volunteers and, of course, animal friends like King Perry the beaver. Imagination, curiosity, and kindness take center stage, and EmPower Place nourishes bodies and minds, not only through the activities and food offered, but through the community that is built.

