



Village News

December, 2008 Edition

HAPPY HOLIDAYS !!

We hope everyone has a wonderful Holiday Season with family and friends.



Dates to Remember

The Village will be closed December 22nd thru the 26th for the holidays.

We will also close early (3PM) On December 31st, New Year's Eve, and we will be closed January 1st.

For those thinking toward summer vacations, The Village will close for summer break August 10th- 14th.

Don't Forget – Parents – Please bring blankies home on Fridays to wash & help keep germs away.



The Village will be having their next State Assessment sometime between December 1st & the 19th. We're hoping to obtain our Stars in January, following our 6 month initiation period.

Notes To Parents..

***We have opened the green room upstairs for yoga, dance and gross motor play when cold & rainy. P/U children after 4:00, if not outside, by walking around to second floor.

***Check with Voice Mail or Web Site for closings due to bad weather

***Children are now meeting in the farm room for AM drop off

***Sanitation requires parents and children to wash hands when entering the classroom to keep germs away. Don't bring diaper bags. Diapers & wipes have separate place in the classroom, away from all else. Leave extra clothes in child's cubby, & possibly a small bag for other things.

Kid's Nutrition Web Sites

<http://www.MyPyramid.gov>

This is a comprehensive guide to help parents with their children's nutrition. Kid friendly meals and snacks are included, along with ideas on how to talk with your preschooler about food.

Another site...

<http://nutrition.preschool.com> rock.



Recommended Reading

How To Teach Nutrition To Kids
by Connie Liakos Evers

This is a great book with lots of ideas about making healthy eating fun and interesting for kids. Many healthy snacks and recipes are included that can be made together as a family, along with many hands on activities and crafts for all ages. Growing edible sprouts and kids gardening ideas are among the many fun suggestions.

It's in our library!

Some Adaptations on Connie's Recipe Ideas In the Book

A Community Vegetable Soup

Fill a soup pot with vegetable or chicken broth; add spices and some beans or pasta alphabets. Ask each member of the family to choose and prepare a vegetable to add to the pot.

So Berry Good Smoothies

1 cup frozen berries

1 frozen banana, sliced

1 cup vanilla or plain yogurt

1 cup fat free milk

A little sugar or apple juice(?)

Combine in blender, serves 4

Smiling Burritos

Spread refried beans on tortilla

Shredded cheese for hair

Olive halves for eyes

Cherry tomato for nose

Black beans for smile

Microwave 1 minute

Add orange slice 1/2 for ears

Can serve with salsa

Cookie Cutter Fun

Ideas on making fun shaped sandwiches, breakfast art, cheese shapes, and pancake and bread faces.

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