Growing Green CDC 6435-Green Bay Road 262-942-4769 Owners Todd and Lynn Troha Director Annette Richter Office Manager Kris Kahl Administrative Assistant Mary Disney Cook Amanda Eggers Room 1 Shawna Pennock-I ead Katy McCain-Closer Room 2 Ewa Krzemínska-lead teacher Amy Johnson-Closer Room 3 Amy Rohlman-Lead Katie DeNardo-Lead l iz Hansen-closer Room 4 Sherrill Sprague-Lead Justine Bloxdorf-closer Room 5 Deb Roberts-Lead Christine Lynt Joan Wren-closer Room 6 Miranda Hill-4K Janet Kortright-Lead (GG) Marilynn Schnuckel-Opener Kayla Sellman-Closer Room 7/School-Age Lauren Bloom-Lead Brittany Rizzo-Assistant Dede Jurgens-Opener Floaters Kellie | utz Gina Molinaro Lauren Salisbury Renisha Light Brooke orio

## Growing Green Child Development Center Parent Newsletter for July 2015

Voted the Best Childcare Center in Kenosha for 2012/2014 Voted Best preschool for 2014



# Note from the Director/Annette Richter

Dear Parents:

Another school year has ended and the summer fun has begun! It is always such a treat to have the school-agers here for the entire day. I try to have lunch on Wednesdays with a group of four or five school-agers which is always a lot of fun.

Summer means field trips! I encourage all parents to send their child with a water bottle (children from rooms 6 and 7) on field trip days. It gets pretty warm and we want all the children to stay hydrated. The first field trip for Room 7 was to Skate Town in Racine. The children were so excited when they returned. For some of the children, it was the very first time they skated. They were so proud of themselves! Sunscreen needs to be provided by parents and we will apply it to your child every time they go outside. We do not use any aerosol sunscreens because of environmental concerns.

Vacation policy: many families will be traveling this summer. If you have been at Growing Green for one year, you will be able to receive two weeks at ½ tuition costs. Enjoy the warm weather!

Annette

# The Power of Play

Learning through play is supported by children. It is their natural response to the environment around them. When children are manipulating objects, acting out roles, or experimenting with different materials, they are engaged in learning through play. Play allows them to actively construct, challenge, and expand their own understandings through making connections to prior experiences, thereby opening the door to new learning. Intentional play-based learning enables children to investigate, ask questions, solve problems, and

engage in critical thinking. Play is responsive to each child's unique learning style and capitalizes on his or her innate curiosity and creativity. Playbased learning supports growth in the language and

culture of children and their families. (Excerpt from the Council of Ministries/Canada, 2010)

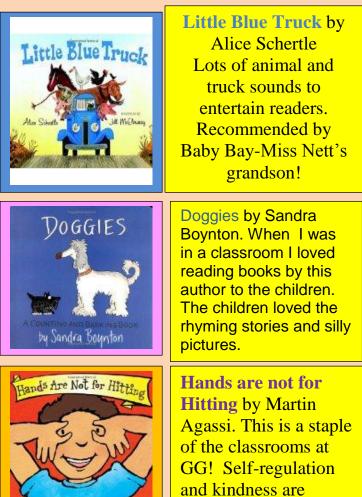
### Tuition Express Withdrawals 2015

#### 2015

June 22 <sup>nd</sup> December 21st July 6 <sup>th</sup> July 20 <sup>th</sup> Tuition <sup>®</sup>	February 2 <sup>nd</sup> February 16 <sup>th</sup> March 2 <sup>nd</sup> March 16 <sup>th</sup> March 30 <sup>th</sup> April 13 <sup>th</sup> April 27 <sup>th</sup> May 11 <sup>th</sup> May 25 <sup>th</sup> June 8 <sup>th</sup>	August 3 <sup>rd</sup> August 17 <sup>th</sup> August 31 <sup>st</sup> September 14 <sup>th</sup> September 28 <sup>th</sup> October 12 <sup>th</sup> October 26 <sup>th</sup> November 9 <sup>th</sup> November 23 <sup>rd</sup> December 7 <sup>th</sup>
Express	July 6 <sup>th</sup>	

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# A look at books!



Wisconsin Model Early Learning Standards What are the guiding principles that Informed the development of standards

emphasized!

- 1. All children are capable and competent.
- 2. Early relationships matter.
- 3. A child's early learning and development is multidimensional.
- 4. Expectations for children must be guided by knowledge of child growth and development.
- 5. Children are individuals who develop at various rates.
- 6. Children are members of cultural groups that share developmental patterns.
- Children exhibit a range of skills and competencies within any domain of development.
- 8. Children learn through play and the active exploration of their environment.
- 9. Parents are children's primary and most important caregivers and educators.



### Growing Green Healthy Snacks

### Grape Kabobs with Honey Sun-butter Dip



#### **Ingredients:**

24 seedless red grapes/36 seedless green grapes/12 skewers/2 tbls honey sunbutter dip/

<u>Sunbutter dip:</u> <sup>1</sup>/<sub>4</sub> cup sunbutter/1/4 cup honey/1/8 tsp. cinnamon/1 tbl warm water

#### **Directions:**

Skewer grapers on the skewers alternating the colors of the grapes. Make the honey sunbutter dip by whisking all the ingredients together until smooth. Serve a 1 ounce portion with each kabob.

### **July Thematic Units**

Week of July 6th: Amphibians/Reptiles Week of July 13th: Under the Sea Week of July 20th: Aliens/Outer space Week of July 27th: Fruits and Vegetables





### Establishing healthy eating habits

#### Encouraging your child to eat vegetables and fruit

- <sup>1</sup>/<sub>4</sub> cup of dried cranberries is great with a salad for added taste and vitamins and counts as a serving of fruit.
- 2. Try leaving the peel on an apple for more fiber.
- 3. Broccoli is the superhero of vegetables with vitamin A, calcium, folic acid and vitamin C.
- 4. Have the kids help wash the fruits and vegetables.
  - Cut up some fruit with a low fat dip.

5.

- Facts from Nourish Interactive
- 6. Cabbage is a rich source of Vitamin A, C, E and B! So serve it up with your kids' favorite meal.
- 7. Share a story about your favorite green veggie or fruit.
- 8. Decorate your plate with the colors of the rainbow.
- 9. Teach kids about the lucky green vegetable.
- 10. Pick a new fruit to try this week.
- 11. Enriched grain and dark green, leafy vegetables are high in iron.
- 12. Kids are more likely to eat fruit that is already cut up. Have a plate ready on the table for snack time.
- 13. Try to arrange the fruit bowl so you have many different colors showingmake it a game.
- 14. Fresh squeezed orange juice is loaded with vitamin C and no extra sugar.
- 15. While canned fruits are a great source of vitamins and minerals, they are lower in fiber because they are missing their skin.
- 16. Broccoli is a powerhouse green veggie!
- 17. Show your kids the many varieties of melons and try a different one each week.
- 18. Kids love to eat food on a stick. Have them help you prep a fruit kebob.
- 19. A pomegranate is high in vitamin C and potassium.
- 20. Add some color to your salad with seasonal fruits.
- 21. Wash fruit the night before so they'll be ready for a healthy afternoon snacks.
- 22. Try making the kids a honeydew smoothie with non-fat yogurt and crushed ice.
- 23. Bring a healthy side dish of grilled asparagus or broccoli with salsa to the 4th of July Barbecue gathering.
- 24. Look for fruit packed in its own juices or light syrup.
- 25. Let your kids make faces with the fruit before eating!
- 26. Get a cherry pit remover and let the kids have fun with the cherries.
- 27. Teach them how fruits and vegetables gives us clues on how ripe they are.
- 28. Put rinsed and cut fruits and vegetables on a shelf in your refrigerator where your child can see them.
- 29. Add slices of lemon or squeeze a little bit of fresh orange juice to add some flavor

## **The Children of Growing Green**

