



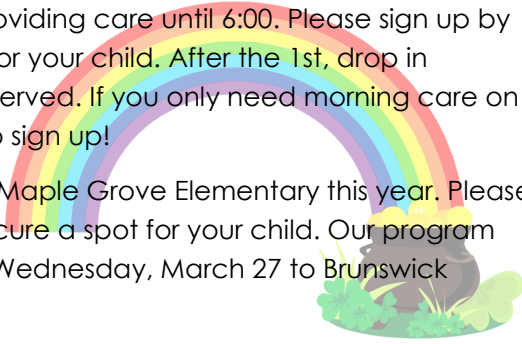
# MARCH NEWSLETTER



## Happy March!

We are just speeding through the months aren't we? This month, Mitchell has a the Science and Social Studies Fair on March 8th. All grades can participate and it is a great way to introduce younger children to these subjects, especially since all of the work has been completed by their peers! On the 8th, our program may be relocated to accommodate the needs of the fair. I will email you with our location and where to pick up your child. Mitchell has an Early Release Day and we are providing care until 6:00. Please sign up by March 1st to secure a spot for your child. After the 1st, drop in availability is first come-first served. If you only need morning care on the 15th, you will still need to sign up!

**SPRING BREAK** is located at Maple Grove Elementary this year. Please sign up by March 11th to secure a spot for your child. Our program will be taking a field trip on Wednesday, March 27 to Brunswick Bowling in Lakewood.



## Important and Upcoming Dates:

**March 1:** Tuition Due

**March 8th:** Science Fair

**March 15** EARLY RELEASE DAY

**March 25-29:** Spring Break at Maple Grove

**April 17:** Parent Meeting for Accreditation Updates!



## Contact Information:

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Hours: 6:45-8:05/2:55-6:00

## Summer Information:

'A Novel Summer' is this year's theme! We will be exploring some of the most exciting book series that have captivated the minds of readers everywhere. Our goal is to have these books come to life right in front of your children as they do activities based around them, go on related field trips, and be in an environment that is fun and exciting.

Our summer program is from May 28th through August 9th! Sign up on our website!

Jefferson County is still creating a construction schedule, so we are waiting to announce the summer location. I will send an email as soon as we have this information and can open registration!



## Social and Emotional Health in School Age Children:

As important adults in a child's life, modeling emotional health is an important step in showing children that it is okay to express how they feel. An article produced by Psychology Today states that as adults, we can model what it means to be emotionally healthy on our "bad" days by taking simple steps. If we are honest about how we are feeling, children can absorb how you cope. By simply telling a child, "I'm having a bad day and need to take some deep breaths." This not only normalizes a "bad day," but it also gives the child a strategy of what works for someone they admire and they can replicate it. In general, emotions are complicated for children of this age, so the more we can help identify what they are and what they feel like as a team, the better response your child can have for them when it happens to them. Here is the link to the article if you are interested in reading more: <https://www.psychologytoday.com/us/blog/creative-development/201901/how-raise-emotionally-healthy-child>



We serve kids 3 food groups daily. Make sure to check out the planned snacks that our program has! Did you know that our program does our best to adhere to the NAA HEPA Standards 2.0 by: including a fruit or vegetable with each snack, not serving pre-fried foods or foods with artificial trans

fats, serve dairy products that are plain / 1% low fat / fat free and do not have added flavors, sugars, or artificial ingredients, and offer easily accessible drinking water! These standards help our program plan snacks that are healthy for your children and gives them the opportunity to make a healthy choice for themselves! Since each option is served on its own, children can decide what parts of the snack they want to eat.

## YOU'RE INVITED!

Please join us on **April 17th from 5:00-6:00 pm** to give your input on how our program can succeed in our Accreditation process. We will explain what the process is, what it will look like, and how you can be a part of it! This is a great opportunity for parents to have a significant part of your child's after school time.

While this meeting is informational, **we need your help!** We want your thoughts and suggestions on the program and how we can achieve our goals. We know that we have so many valuable assets in you as parents in our community and we want to be able to receive your input. This meeting will be fun, fast, and most importantly, **will benefit your child!**

We are looking forward to getting together and hearing from you!

## This Month's Curriculum!

This month, your child will learn about some fun ways to do math by creating some 3D art, and creating a city using area and perimeter!

As the weather warms up, they will learn about the water cycle, make a wind powered car, and dip into the basics of mapping weather! During Spring Break, we will be doing activities centered around March Madness! It's going to be a fun month!

Miles and Zack made this pyramid out of legos. Each layer used legos of various sizes, so this took a good amount of time to create each layer. When they were done making the pyramid, they used it to play with other toys inside it and around it!

