



# STEVENS ELEMENTARY RRCC SACC FEBRUARY NEWSLETTER

## RRCC/SACC

We will be having a Valentine's Day Party!!!!

There will be a sign-up sheet at the family center. You are welcome to bring the family, play some games and eat dinner.

**Picking Up-** When picking up or dropping off your child please use the café/auditorium doors.

Remember to **BRING YOUR ID** so we can ensure all the children go home with the correct person. We will continue to ID anyone we are not positive is on the list you provided at registration as well.

**Communication-** If you ever have a question or concern, please feel free to reach out to us through email, phone or in person. Open and respectful communication allows us to better care for your child(ren).

**Payments-** Remember that tuition is due on the 1<sup>st</sup> day of every month. Please make payments on our website, [rrcc.edu/school-age-childcare](http://rrcc.edu/school-age-childcare) and click on the cashnet link.

## IMPORTANT DATES

### February

- Full Day 2/14 @ Semper
- No School 2/17 – RRCC SACC CLOSED for President's Day

### March

- Spring Break 3/23-3/27 @ Semper

Deadlines to sign up for full days and early releases are two weeks prior to the early release and full day. Please use the link below to register for these days.

<https://www.rrcc.edu/school-age-childcare/registration-forms>

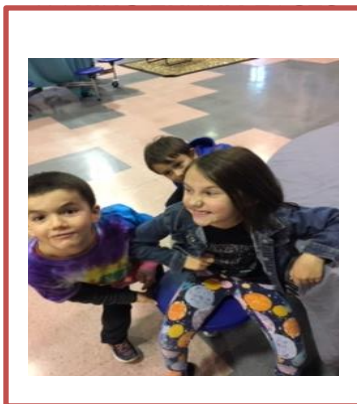
## WELLNESS FACT

To get all the nutrients that you need to stay healthy and well:

- Eat a variety of foods from each of the five food groups every day
- Eat plenty of plant foods, such as fruit, vegetables, bread, cereals, rice, pasta and noodles
- Eat some animal foods, like eggs, lean meats, chicken, fish and reduced fat dairy foods
- Only eat small amounts (or none at all!) of fatty, high-sugar 'sometimes' foods, such as lollies, chocolate, soft drinks, cakes, sweet biscuits, sausage rolls - they have lots of calories but very little fiber or nutrients.
- Drink plenty of water.



Hours of Operation  
6:30 AM – 8:00AM  
2:30PM – 6:00 PM



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