



# PCHC Spotlight

June 2009

## JUNE NEWS

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### Looking Back, Heading Forward

As the school year comes to an end, I want to take this opportunity to thank our parents for their support and patronage, to congratulate our graduating preschoolers and wish them good luck for the future, and to thank our teachers for the excellent work they have done over the past year! It has been an exciting and fast-paced year and we are looking forward to an even more exciting and fun-filled summer! We hope you can join us on the many field trips we have planned or can participate in a class activity over the summer. We look forward to seeing you at the graduation ceremony on June 5, at 4 pm.

Best,

**Ms. Florence**

[ffreeman@homeworkcenters.com](mailto:ffreeman@homeworkcenters.com)

### Referral Program

**PCHC now offers a \$50 credit to current families who refer new families to the Center. Contact Ms. Pat for detailed information about the program**

### Pasadena Child Care & Homework Center is Expanding Soon!

We are excited to announce that we will be enlarging the capacity of our center by occupying the vacant space to the right of PCHC. The space will be renovated and hopefully ready by sometime in July. We will be creating an additional school-age classroom and an additional two year old classroom. Most of the work will be done on the new side and every effort will be made to keep construction on the existing side over the weekends. We will keep you posted as we have more information.

### Reminders

It is very important for you to dress your child appropriately for the playground. Sneakers or some other closed shoe are safe foot apparel. It is dangerous for the children to play outside with flip flops or open-toed sandals. Please have your children arrive with the proper shoes and appropriate play clothes. We cannot change shoes and clothing for each child throughout the day. If you are taking your child somewhere after work, you may bring an extra set of clothes and change them when you arrive. Thanks for your cooperation.

PCHC accepts credit card payments for tuition. You may pay by Visa, MasterCard, or Discover. Credit card payments are processed on Mondays each week.

**Ms. Pat (Director)**

[pseiple@homeworkcenters.com](mailto:pseiple@homeworkcenters.com)

## June Birthdays

### Congratulations!!

1- Ty-Thomas  
15 - Caleb  
25 - Darian



15 - Tyler  
24 - Christine  
26 - Adelle

## Classroom Updates

### Incredible Infants

We would like to welcome our new infant, Lily. Tatiana is almost walking and will soon leave us and go to the toddlers. We will be working on sitting and crawling as well as reading and singing. Please be sure to dress your infant for outside and put sun block on before arriving. If you wish to have it applied again in the afternoon, please fill out the medication form and give it to the staff member in the room.

Ms. Pamela

### Tiny Toddlers

We are planning lots of fun summer activities for the month of June. We will be having "Fun in the Sun" and learning more about our outside world with stories, songs and lots of play. The children enjoy the sandbox and we will also be having water play during the summer months. Watch for details.

Ms. Paula and Ms. Shannon

### Terrific Twos

The month of June is filled with great fun for our twos. We will get ready for summer with collages, sunglasses, visors, and much more. The children will participate in water play, music class and a trip to the library for a puppet show. We will also learn about animals and have a mobile zoo visit the center at the end of the month. Chaperones are welcome for our trip to the library.

Ms Sarah and Miss Tia

**Cosmic Kids**

Summer time is here and the Cosmic Kids are ready for fun! We will continue to have a weekly theme that consists of learning, exploring and having fun. Our themes are "Getting Ready for Summer", "Animal Planet" and "Red, White and Blue". In June, we will be going to Kinder Farm Park and having a Mobile Zoo visit PCHC. We will also have water play each week. Don't forget to keep your child's extra clothing supply up to date.

The children have really been enjoying our special cooking project on Fridays and we will continue to do this during the summer. We would like to say thanks to our classroom parents for all you do to make our classroom wonderful. The children especially enjoyed the Cinco de Mayo party. Over the summer, we will still be continuing to work on our letters, spelling first our last names and learning our addresses.

Thank-you, Ms. Kim and Ms. Shannon

**Fabulous Fours**

The Fabulous Fours are going to be finishing up their school year with a graduation ceremony on June 5<sup>th</sup>. They will start the summer camp program with the following themes for June: "Getting Ready for Summer" "Animal Planet" and "Red, White and Blue".

Thank you for bringing in soil and plants for our garden. The children will be anxiously waiting to see what fruits and vegetables grow during the summer months. We are all looking forward to the many fun and educational activities that we will be participating in this summer.

It has been great pleasure learning with your children this year. They will be greatly missed. Have a wonderful summer!

Thank you,  
Ms. Randi and Ms. Alicia

**Sensational School- agers**

Phew! We've made it to the end of the school year! It has been a phenomenal year and many of our children have done well academically and socially. May 22<sup>nd</sup> was the last homework day for many of the students at the center. Now, children may bring in their favorite toys and video games to use after school.

On Friday, June 5<sup>th</sup>, we will be holding our Awards Ceremony at 4:00 PM. Please come to the ceremony and enjoy refreshments with your child.

We will also be having a "School's Out for Summer" Party on Friday, June 12<sup>th</sup> from 12:00-3:00 PM. There will be a sign-up sheet posted outside the classroom. Please sign up to bring something.

Our summer program is going to be fun and exciting! We have lots of activities planned including a workbook hour each day except on Fridays to prevent summer learning loss.

Thank you, Ms. Mac, Ms. Erin, & Ms. Mandy

## PARENT EDUCATION TIDBITS

### Healthy Eating for Children

Whether you have a toddler or a teen, here are five of the best strategies to improve nutrition and encourage smart eating habits:

1. Have regular family meals.
2. Serve a variety of healthy foods and snacks.
3. Be a role model by eating healthy yourself.
4. Avoid battles over food.
5. Involve kids in the process.

But it's not easy when everyone is juggling busy schedules and convenience food, such as fast food, is so readily available.

#### Family Meals

What counts as a family meal? Any time you and your family eat together — whether it's takeout food or a home-cooked meal with all the trimmings. Strive for nutritious food and a time when everyone can be there. This may mean eating dinner a little later to accommodate a child who's at sports practice. It can also mean setting aside time on the weekends, such as Sunday brunch, when it may be more convenient to gather as a group. Family meals offer the chance to introduce kids to new foods and to act as a role model for healthy eating.

#### Serve a Variety of Healthy Foods and Snacks

Kids, especially younger ones, will eat mostly what's available at home. That's why it's important to control the supply lines — the foods that you serve for meals and have on hand for snacks. Follow these basic guidelines:

- **Work fruits and vegetables** into the daily routine.
- Make it easy for kids to **choose healthy snacks** by keeping fruits and vegetables on hand and ready to eat.
- **Serve lean meats and other good sources of protein**, such as fish, eggs, beans, and nuts.
- **Choose whole-grain breads and cereals** so kids get more fiber.
- Limit fat intake by **avoiding deep-fried foods**
- **Limit fast food and low-nutrient snacks**, such as chips and candy. But don't completely ban favorite snacks from your home. Instead, make them "once-in-a-while" foods, so kids don't feel deprived.
- **Limit sugary drinks**, such as soda and fruit-flavored drinks. Serve water and low-fat milk instead.

## Be a Role Model

- The best way for you to encourage healthy eating is to eat well yourself. Kids will follow the lead of the adults they see every day. By eating fruits and vegetables and not overindulging in the less nutritious stuff, you'll be sending the right message.
- Another way to be a good role model is to serve appropriate portions and not overeat.

## Don't Battle Over Food

It's easy for food to become a source of conflict. Well-intentioned parents might find themselves bargaining or bribing kids so they eat the healthy food in front of them. A better strategy is to give kids some control, but to also limit the kind of foods available at home.

Kids should decide if they're hungry, what they will eat from the foods served, and when they're full. Parents control which foods are available to the child, both at mealtime and between meals. Here are some guidelines to follow:

- **Establish a predictable schedule of meals and snacks.** It's OK to choose not to eat when both parents and kids know when to expect the next meal or snack.
- **Don't force kids to clean their plates.** Doing so teaches kids to override feelings of fullness.
- **Don't bribe or reward kids with food.** Avoid using dessert as the prize for eating the meal.
- **Don't use food as a way of showing love.** When you want to show love, give kids a hug, some of your time, or praise.

## Get Kids Involved

Most kids will enjoy deciding what to make for dinner. Talk to them about making choices and planning a balanced meal. Some might even want to help shop for ingredients and prepare the meal. At the store, teach kids to check out food labels to begin understanding what to look for.

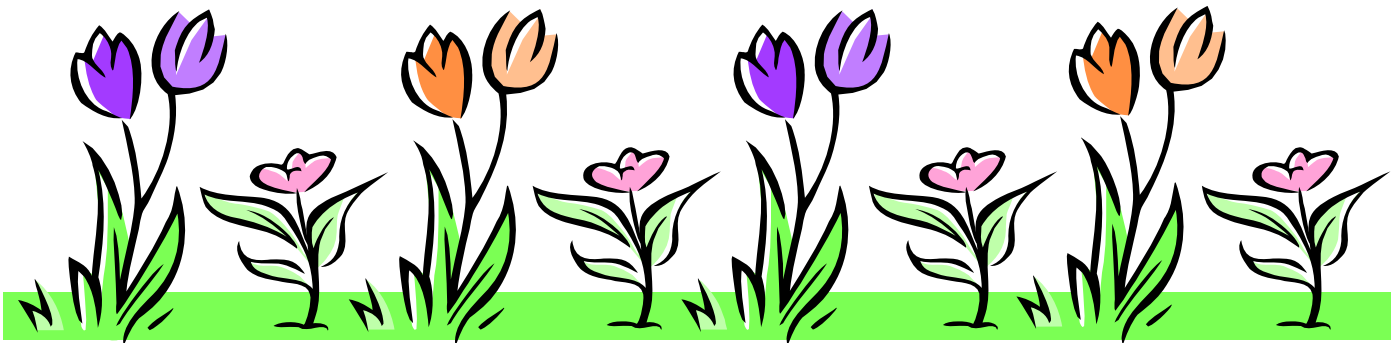
In the kitchen, select age-appropriate tasks so kids can play a part without getting injured or feeling overwhelmed. And at the end of the meal, don't forget to praise the chef.

*Reference: Kidshealth.org*

## Upcoming Events

June 2009

June 5	Achievement Award Ceremony at 4:00 PM
June 10	Last Day of School for AACPS
June 15	Summer Program Begins
June 18	Burger King Field trip – school age only (permission slips due June 12)
June 22	Donuts for Dads
June 22	Trip to Kinder Farm Park (threes, fours, and school age) – field trip permission slips due June 17
June 22	Library Field trip (twos) – permission slips due June 17/chaperones welcome
June 30	Mobile Zoo – in-house field trip
July 3	PCHC Closed for Independence Day



### Administration

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