

Christ for Kids Childcare Family Newsletter

January 2019

Healthy Advice

With today's increasing technology and television programs geared towards children, it can be difficult to get little ones away from the screen. Children between the ages of 2-5 years should be getting 2 hours or less of screen time day. Research is showing that children in this age group watch an average of 32 hours of television per week and spend an average of 7.5 hours per day on electronic media. Children should be spending at least 90 minutes a day playing outside. There are many benefits of children playing outside including less risk of being overweight as an adult, a stronger immune system, better sleep patterns, a decreased risk of myopia (near-sightedness), and the synthesis of vitamin D. Studies are showing that almost 70% of American children are not getting enough vitamin D, which can lead to other health issues. There are endless opportunities for keeping children engaged when playing outside. You can let nature take its course and allow children to explore the world around them. You can encourage physical activity by creating opportunities for your child to use their whole body to play or even specific body parts. Playing tag or having a race encourages children to run and use their whole body. Playing catch or kicking a soccer ball around allows children to use specific body parts and muscles. You can even make playing outdoors into a learning experience. Point out different colors and shapes, spell out objects that you see outside, count how many steps or hops it takes to get from one side of the yard to the other, or even start a garden together. No matter what you choose, your children will appreciate spending more time outdoors!

Registration for 2019-2020 School Year!

Registration has begun for next school year! If your child is 3 or older by September 1, 2019, then you will need to fill out a registration form and turn it back in to us. On the registration form you will need to indicate what class you are wanting for next year. Remember that we have Kindergarten here as well! Please come to our information night on January 25 at 6:30pm to learn more about each class.

Here are the class offerings we have for next school year (there is always just childcare as well):

- ◇ Preschool (3 by September 1, 2019)

Monday/Wednesday 8:15-11:15

Tuesday/Thursday 8:15-11:15

- ◇ Pre-Kindergarten 5 day (4 by September 1, 2019)

Monday-Friday AM 8:15-11:15

Monday-Friday PM 12:15-3:15

- ◇ Pre-Kindergarten 3 day (4 by September 1, 2019)

Upcoming Events

- ◆ Thursday, January 17th—**K-8 Open house on-ly!** Preschool will have an open house February 21 from 6:30-7:30.
- ◆ Preschool and Kindergarten Information Night—6:30-7:00, there will be free daycare offered this night from 6:30-9:00pm. Come and hear about the preschool classes and then go out to dinner kid free! This is all free of charge.
- ◆ 4's and TK kids singing at St. Michael Lutheran Church at 11:00 on January 27, 2019. Please come!
- ◆ Lutheran Schools Week-January 28-February 1
- ◆ Friday February 15, PS report cards come home.
- ◆ Wednesday February 20, PS conferences in the evening-Please see teacher for schedule.
- ◆ Thursday February 21 Open House for Preschool 6:30-7:30.
- ◆ Thursday February 21, PS conferences all day-Please see teacher for schedule.
- ◆ Friday February 22-NO SCHOOL, childcare is open!

Christ for Kids Childcare Family Newsletter

January 2019

Infants

We had Claire and Asher graduate into the waddler room and we are getting ready for 2 more to start visiting, Maeve and Marea. The first year goes by so fast!!! We will miss the ones who have graduated but excited we still get to see them in the waddler room and we are enjoying getting to know our new friends, Caleb (CJ), Harper, and Elizabeth.

Please remember to label each bottle with your child's name and the date. Thank you!

Waddlers

This month the theme is snow and snowmen. We have an igloo center, hot cocoa center, a snow shoveling center, and snowball center (just pom poms in a basket Haha!)

We are working on patterns, letters A-D, numbers 1-5, and counting on our fingers. Our bible theme is Jesus calms the storm.

Our friends Evie and Connor are transiting into the toddler room!

Please remember to bring extra winter clothes and extra snacks for cubby.

Toddlers

We loved the Christmas Season! Our favorite part was baking and decorating cookies together!

We have enjoyed playing with snow inside on the days that it is too cold to go outside. We do love to go outside and get out there as much as we can, so please make sure you are bringing winter gear for your children!

Our theme this month is snow. We have also been practicing going to chapel each Friday with the 3-5 year olds.

3-5's Childcare

Our new theme is ROADS. We are excited to learn how to make roads and how they look. The letters we will be working on are I, X, and Q. For Bible we are learning how God can do Miracles, healing the 10 Lepers, Jesus feeds 5,000 people and also Jesus' baptism.

Another exciting thing is we are learning how to use scissors.

Please remember to send in snow gear every day so the kids can get outside and enjoy the snow.

No-Bake Energy Bites

Ingredients

- 1 cup rolled oats
- 1/2 cup crunchy peanut butter
- 1/2 cup chocolate chips
- 1/3 cup honey
- 1/2 ground flax seed
- 1 teaspoon vanilla extract

Directions

1. Combine all ingredients together in a large bowl.
2. Form into golf-ball size balls using your hands.
3. Arrange onto a baking sheet and freeze for 1 hour.

Tips

- ◆ Try a different nut butter such as almond butter or an allergen-free option such as WOW Butter
- ◆ Instead of chocolate chips, use dried fruit such as cranberries or blueberries

