



## Country Village Preschool & Kindergarten

# NEWSLETTER

FOOTHILL RANCH

MARCH 2010

### Dear Families,

We had such a full February, it seemed to fly by. Many families came to our kindergarten Information Night and the Chancy & Bruce Parent meetings. Thank you all for sending in the ingredients for our friendship Share snack and thank you to all of you that came to our sing-a-longs, it means so much to the children to see you here.

### UPCOMING EVENTS

- March 1 & 2** Happy Birthday Dr. Suess  
**March 3 & 4** Spring Pictures  
**April 5-9** Spring Break Closed to Half Day Children  
**April 9** School Closed for Professional Growth Day  
**April 12-16** Week of the Young Child

### Happy Birthday Dr. Suess

On Monday, March 1 and Tuesday, March 2 we will celebrate Dr. Suess' Birthday by reading Green Eggs and Ham to the children on the patio. For snack the children will be served green eggs and ham on the yards.

### Spring Pictures

Spring Pictures are **March 3 and 4, 2010**. Please bring the envelope with payment on the day of the pictures. This Spring, American School Portrait is offering Sepia Tone Vintage and Regular Color Portraits for the children. Please fill out your picture forms to indicate which photo you prefer.

### Registration

Country Village Preschool is now registering for the **Fall 2010-2011 school year and our 2010 Summer Program**. We have opened enrollment to the families on our waiting list. If you would like a spot for your child and have not registered, please return the registration forms as soon as possible. Packets will be sent out this month to waitlist parents and then will be open to the public.

### Summer School Program

Our exciting summer program begins on **July 6, 2010**. We still have openings. Please spread the

word to your friends and neighbors. We have many fun activities planned for the children such as a barnyard animal days, jump house, dinosaur dig and the fabulous Lizard Wizard. Of course we'll also have "mud days" and "water days" and the "bubble blowout" to keep everyone cool on the hot summer days.

### National Dental Month

Dr. Ballou and his Oral Hygienist Janna from Ballou Dental Arts came to our school on Tue. February 23<sup>rd</sup> and Wed. February 24<sup>th</sup> to educate the children about how important good dental hygiene is. They answered wonderful questions from the children and gave each student a toothbrush kit.

### Kindergarten

Parents who are interested in enrolling their children in our Kindergarten program for the Fall 2010 school year can come to the office for more information. Spaces are limited! You can pick up a Kindergarten application in the office. Also, Parents please make sure your child's Chancy and Bruce assessment has been completed or scheduled before picking up an application.

### Spring Fundraiser

This Spring Country Village Preschool will be selling Helen Grace Candy Bars starting **Monday, March 1**. Packets and money will be due back **Friday, March 12**. The proceeds will go to materials used for our science room.

### Reminders

We will be closed to all half-day children during the week of April 5-9. To all children will be closed Friday, April 9 so staff can attend the CAEYC Convention.

### Speaking of Birthdays

We would like to remind all our parents to send birthday invitations through the mail and if you choose to bring in a healthy snack to the classroom, please no cookies, cakes, etc. If you need snack suggestions here are some ideas:

**Applesauce (Unsweetened), Fruit Cups, and Canned Fruit**

– These have a long shelf life and are low-cost, easy, and healthy if canned in juice or light syrup. Examples of unsweetened applesauce include Mott’s Natural Style and Mott’s Healthy Harvest line. Dole and Del Monte offer a variety of single-serve fruit bowls.

**Dried Fruit** - Try raisins, apricots, apples, cranberries, pineapple, papaya, and others with little or no added sugars.

**Frozen Fruit** – Try freezing grapes or buy frozen blueberries, strawberries, peaches, mangoes, and melon.

**Fruit Leathers** – Some brands of fruit snacks are more like candy than fruit, and should be avoided due to their high content of added sugars and lack of fruit. Brands to *avoid* include Fruit Rollups, Farley’s Fruit Snacks, Sunkist Fruit Gems, Starburst Fruit Chews, Mamba Fruit Chews, Jolly Rancher Fruit Chews, Original Fruit Skittles, and Amazin’ Fruit Gummy Bears. Try Natural Value Fruit Leathers and Stretch Island Fruit Leathers, which come in a variety of flavors and don’t have added sugars.

**Fruit Salad** – Get kids to help make a fruit salad. Use a variety of colored fruits to add to the appeal.

**Popsicles** – Most so-called “fruit” popsicles have added sugars and should be reserved for an occasional treat. Look for popsicles made from 100% fruit juice with no added caloric sweeteners, such as Breyers or Dole “No Sugar Added” Fruit bars.



Strawberry and Cream Cheese Sandwiches

**Ingredients**

- 1 tablespoon reduced-fat cream cheese, (Neufchâtel)
- 1/4 teaspoon honey
- 1/8 teaspoon freshly grated orange zest
- 2 slices very thin whole-wheat sandwich bread
- 2 medium strawberries, sliced

**What You Need**

- ¼ cup mixed dried fruit, chopped
- 1 tbsp. apple juice
- 1 tbsp. water
- 1 cup vanilla yogurt

**What to Do**

1. Put first 3 ingredients into dish. Microwave, covered, on high (100%) for 1 minute. Stir. Microwave, uncovered, on high (100%) for another 30 to 60 seconds until fruit is soft and liquid is evaporated. Stir.
2. Spoon yogurt into bowls. Spoon half of fruit mixture in center of each bowl.

**\*\* Remember to always check with teacher or office for food allergies before planning for a special snack.\*\***