



Breezy Knoll Child Care Center
 311 Stillwater Road
 Smithfield, RI 02917
 (401) 232-7177
 March 2017 Newsletter



Important Dates:

Monday-Friday 3/6-10 March Madness!
 Tuesday 3/7 Spring Pictures
 Wednesday 3/8 Spring Picture Make-Ups
 Sunday 3/12 Daylight Saving Time Begins
 Friday 3/17 Happy St. Patrick's Day!
 Sunday 3/19 St. Joseph's Day

Progress Reports (Preschool & Pre-K)

Please sign and return your child's progress report. If you would like to schedule a meeting with your child's teacher(s), just let us know, and we can schedule one at your convenience.

Immunization Update

If your child has had any new immunizations please bring in the records from the doctor.
 Thank you!

Spring Pictures

Gene Hutnak Photography will return to Breezy Knoll on Tuesday, March 7th at 9:00AM to photograph the children, using a springtime background. Make-up pictures will be taken on Wednesday, March 8th at 9:00AM. Pictures taken at this time will arrive in time for Easter. No money is required in advance. You will be able to see the images before you place an order. Please note: No class pictures will be taken.

March Madness Week!



Pennies For Patients

BRING THE CHANGE is a fun and interactive spirit week that benefits The Leukemia & Lymphoma Society. BRING THE CHANGE is a progressive coin drive with each day focusing on a different spirit-wear item and coin. **Monday, March 6th**, children can wear pajamas and bring in pennies. **Tuesday, March 7th**, children can dress in their brightest colors for neon nickels day. **Wednesday, March 8th**, is dazzling dimes day when children wear their shiniest bling. Crazy quarters day is **Thursday, March 9th**, with children wearing crazy hats and socks. **Friday, March 10th**, is wear your favorite jersey or school colors (red & white) and bringing in all coins and dollars. Our goal is \$500.00. Schools that donate over \$500.00 will receive a gift card to purchase books for their school.

- ◆ **If your child is getting their picture taken, you may send in a change of clothes for March Madness so they can still participate.**

Please be sure to pull into our driveway leaving enough room for another vehicle to park next to you, or drive by you. Thank you!

Confirmation Summer and Fall

If you need to change your child's schedule for summer or fall, kindly let Julia know as soon as possible. Now is the time to reserve the days you need in all programs. Thank you!

OPTIONAL LUNCH MILK MONEY

If you would like Breezy Knoll to serve milk to your child at lunchtime, please enclose 25 cents for each day of the month your child will receive milk. Please place money in an envelope and drop in tuition mailbox.

Child's Name _____ Amount enclosed _____

Milk/juice money enclosed for month (please circle):

Jan Feb Mar Apr May June July Aug Sept Oct Nov Dec

Making Healthy Food Choices

How can you ensure that your child is well nourished? Here are some guiding principles to keep in mind when planning and preparing meals for the family, based on recommendations from the U.S. Department of Agriculture and the U.S. Department of Health and Human Services.

Variety

Your child should consume a variety of foods from the five major food. Each food group supplies im-portant nutrients, including vitamins and minerals.

These five groups and typical minimum servings are:

Vegetables: 3-5 servings per day. A serving may consist of 1 cup of raw leafy vegetables, 3/4 cup of vegetable juice, or 1/2 cup of other vegetables, chopped raw or cooked.

Fruits: 2-4 servings per day. A serving may consist of 1/2 cup of sliced fruit, 3/4 cup of fruit juice, or a medium-size whole fruit, like an apple, banana, or pear.

Bread, cereal, or pasta: 6-11 servings per day. Each serving should equal 1 slice of bread, 1/2 cup of rice or pasta, or 1 ounce of cereal.

Protein foods: 2-3 servings of 2-3 ounces of cooked lean meat, poultry, or fish per day. A serving in this group may also consist of 1/2 cup of cooked dry beans, one egg, or 2 tablespoons of peanut butter for each ounce of lean meat.

Dairy products: 2-3 servings per day of 1 cup of low-fat milk or yogurt, or 1 1/2 ounces of natural cheese.

From HealthyChildren.Org

Photo Gallery

