

Good News Children's Center Newsletter

February 1, 2012

Volume 5, Issue 2

Notes from the Office: Welcome to winter. It finally happened, aren't we so lucky. Be sure to have the warm winter gear here for your kids. The 2011 statements for childcare expenses have all been sent out. I hope you put yours in a very safe place.

Center Happenings: Our preschool classrooms are currently receiving training for the new curriculum that we will be implementing, "Creative Curriculum". Be watching for information from your child classroom about upcoming special Valentine's Day activities.

Staff Updates: No staffing changes to report.

From the Board of Directors: The board is looking for volunteers who would like to be part of our "Parent Association Group". This group would help the board plan family activities and some fun activities for the kids. We are also looking for people to join our board of directors. If interested please talk to Barb or Sue. The board is currently reviewing the 2012 budget information and looking for ways to make improvements to the center through grants. If anyone has expertise in that area or has suggestions for grants, feel free to contact the office and we will pass information to the board.

Wish List Items: Kleenex, Paper towels, Heavy paper plates, Paper for the children to color/draw on (it can be recycled, but needs to be clean on one side) Scotch tape and Masking Tape, Clear contact paper & **paper appropriate for use on the changing tables for diaper changes**, brightly colored business sized envelopes for mailing out information packets to prospective clients, Fabric paint for Rooms 5 & 6, small jars of washable finger paint for the Infant Room, washable markers



I Am Moving, I am Learning

Here are some fun ideas that you can do with your kids. Active children are happy children.



February 2012 Get Moving Today Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 Practice your jumping and hopping today. How far can you go? How many can you do in a row?	6 Go ice skating inside. Put two paper plates on the floor and use them to skate around the room. Try taking big steps or small steps; try going in a straight line or a curvy line.	7 Silly walking around your home – walk all around your home acting out different emotions – can you walk happy, sad, shy, angry?	8 Play add-on – take turns doing one simple movement, such as bending your head forward and backwards. As you do a new movement, repeat the movements that have already been done.	9 Have fun rolling a ball back and forth to each other. Start out really close and then move further away.	10 Work on your catching today. Toss a scarf or ball to yourself – watch it move through the air and make a home for it with your hands. Can you clap your hands before you catch it? Can you touch your tummy before you catch it?	11 Practice your galloping today. Try to use your hands to do other things while your legs are galloping – such as waving, clapping, or snapping.
12 Put some music on and dance – try to keep moving for an entire song.	13 Play the Mirror Game – Face a partner and copy what they do with their bodies as if you were looking into a mirror	14 Make your heart healthy today! Lie down and feel your heart then get up and run in place and feel your heart. What happened? 	15 Go on an imaginary walking trip. Pretend to walk through the sand, over a bridge, into the mud, or under a tree.	16 Get outside and work on your jumping skills. Find a rope and lay it on the ground – practice jumping back and forth over it as you sing your favorite song.	17 Play a game of Shape It! Have your parent/caregiver show you anything in the house and your job is to put your body into that shape.	18 Sweep the kitchen floor, working on your reaching and pulling and pushing motions.
19 Make a tunnel using chairs and a blanket. Have fun crawling through it and running around it.	20 Body Ball Roll – using a ball such as a beach ball work on rolling the ball around the body. Stand up, sit down, kneel or lay down. Go around the whole body are different body parts.	21 Do opposites. Jump high then low. Swing your arms fast then slow. Walk forward then backwards. Twist your body using a lot of space then a little space.	22 Time to explore space. Using a scarf explore the space around you. Move the scarf up and down, around, in different pathways, shapes and sizes.	23 Find two different songs – one fast and one slow. Do a fast dance and then do a relaxing slow stretch.	24 Run to each space in your home. When you are there wiggle, jump or twist 10 times before going to the next space.	25 Go on a color walk outside – try to find as many different colors as you can. When you find a color do 10 jumps before going to a new color.
26 Place a sheet of newspaper on your tummy – try to run without it falling off.	27 Wad up balls of newspaper and see how far you can throw them. Remember to step with the opposite foot as you throw.	28 Using the newspaper balls from yesterday – hold them between your knees and take them to the other end of the room	29 Read through each day again and repeat your favorite February activity. Enjoy!		Duplicated with permission from Head Start Body Start (HSBS). For more information about quality K-12 physical education visit www.naspe.org . For more information about lifelong and inclusive physical activity visit www.aapar.org	

www.headstartbodystart.org

◀ January	~ February 2012 ~					March ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Groundhog Day	3 Music	4
5	6	7	8 Dental Students visit	9	10	11
12	13 Board meeting 5:00 pm	14 Valentines Day	15	16	17 Music	18
19	20 President's Day	21	22	23	24	25
26	27	28	29 Leap Day	Notes:		

◀ January		~GNCC February 2012 Menu ~					March ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 Oatmeal, cranberry juice, milk Tuna noodle hot dish, peas & carrots, apricots, bread stick, milk Apple slices w/peanut butter, soda cracker, water	2 English muffin, juice, milk Turkey & cheese on whole wheat, corn or carrots, pineapple, milk Teddy Grahams, yogurt & water	3 Kix cereal, apple juice, milk Pasta & hamburger, green beans, fruit cocktail, milk Carnival crunch, milk	4	
5	6 Cereal, grape juice, milk Beef stew, whole wheat bread, pears, milk Goldfish & milk	7 Bran muffin, orange slices, milk Spanish rice, tortilla, pineapple, milk Brownie & milk	8 Coffeecake, applesauce, milk Fish sticks, sweet potato fries baked, peaches, milk Crackers & cheese, milk	9 Omelet, English muffin, cranberry juice, milk Chili, cornbread, banana, milk Sugar cookie, milk	10 Bagel, orange juice, milk Rib patty on bun, green beans, apple slices, milk Yogurt, Teddy Grahams, water	11	
12	13 Cornflakes, grape juice, milk Tomato soup, ham salad on English muffin, orange slices, milk String cheese, Ritz cracker, water	14 Coffee cake, cranberry juice, milk BBQ on bun, baked beans, apples or applesauce, milk Valentine's Day treat, 100% juice punch	15 Omelet, English muffin, orange juice, milk Tuna noodle hot dish, peas, peaches, milk Chex mix, milk	16 Cinnamon roll, orange slices, milk Soft shell taco w/ fixings, lima beans, fruit cocktail, milk Yogurt & Scooby snacks, water	17 Pancake, apple sauce, milk Chicken nuggets, baked sweet potato fries, banana, milk Ranch goldfish & milk	18	
19	20 Cheerios, orange juice, milk Fish sticks, green beans, whole wheat bun, pineapple, milk Peanut butter cookie, milk	21 English muffin, grape juice, milk Tatar tot hot dish, mixed vegetables, peaches, milk Apple slices, Ritz cracker & water	22 Waffle stick, applesauce, milk Chicken patty, seasoned rice, broccoli, mandarin oranges, milk Nacho's & cheese, water	23 Scrambled eggs, coffeecake, cranberry juice, milk Mini-corn dogs, baked sweet potato fries, milk String cheese, whole wheat cracker & milk	24 Bagel, orange slices, milk Hot ham & cheese, hash brown stick banana, milk Teddy grahams, milk	25	
26	27 Kix, orange juice, milk Beef grill bites, carrots, fruit cocktail, milk Apple delight(whole wheat) milk	28 Bagel, grape juice, milk Spaghetti & meat sauce, garlic toast, pears, milk Chex mix & milk	29 Coffee cake, mandarin oranges & grapefruit sections, milk Cheese pizza, green beans, peaches, milk Snicker doodle cookie & milk	Notes: All menu's subject to change. Please read board for most accurate information each morning.			