February, 2017

Principal’s News:
Dear Parents,

I hope this newsletter finds you well and healthy! February is a great month to explore with your child. February explorations day could include:

- Valentine’s Day
- American Heart Month
- Black History Month
- President’s Day
- Random Acts of Kindness day

There are a lot of fun and exciting activities for you and your child to explore and experience. Here is one link that shows the activities happening in Loveland: [http://www.ci.loveland.co.us/about/events-calendar/-curm-2/-cury-2017](http://www.ci.loveland.co.us/about/events-calendar/-curm-2/-cury-2017)

**Early Childhood Applications.** We are currently accepting applications for our Early Childhood Programs for the 2017-2018 school year. If you have a child will be 3 or 4 years old as of October 1, 2017, they may be eligible for FREE preschool. If you know someone who has a child(ren) ready for preschool, send them our way! For further information visit our [Thompson Integrated Early Childhood](https://www.thompson.k12.co.us/departments/early-childhood) web page or call 613-5052 or 613-5761.

**Policy Council.** Our next Policy Council meeting will be held on Monday, February 13, 2017 at 5:00 p.m. The meeting will take place at the Monroe Early Childhood Center.

**Parent Teacher Conferences.** Parent/Teacher Conferences are coming up! Look for information from your child’s teacher to schedule your conference in March. We look forward to seeing you and sharing with you your child’s progress.

Have a terrific month!

Lamb Caro, EC Administrator

“There are no seven wonders of the world in the eyes of a child. There are seven million.”

-Walt Streightiff
February is the month of LOVE! You show your child you love them with your hugs, kisses and smiles. Another way to show your child how much you love them is to acknowledge all of the great things they do every day. You can do this not only by saying “Good job!”, but also by noticing their hard work, their persistence, and their creativity. Research shows that when children receive positive attention more often than negative attention (5 positive to every 1 negative), they will show us more of the behavior we wish to see. This works for adults too! Have a very HAPPY February!

Here are some phrases you can use:

- “You must feel proud of yourself for…”
- “You have worked so hard on …”
- “I like how you shared your toys with…”
- “Thank you so much for __________. It was very helpful.”
- “You put away your toys! Thank you.”

Mary Bowman – Mental Health/Autism Coordinator

970-613-6179

Have you heard of 5210?

5 servings of fruits and vegetables each day.

2 or less hours of recreational screen time each day.

1 or more hour of activity each day.

0 sugary drinks each day.

Tips:

- Everyone should have 1 hour or more of physical activity every day.
- Drink 0 sugar-sweetened drinks. Replace soda pop, sports drinks and even 100% fruit juice with milk or water. Try water and low-fat milk instead of soda and drinks with high sugar content.

There is much more information on 5210 online at: http://pvhs.org/body.cfm?id=2211&fr=true

Early Childhood Health Coordinator: Christiana Shorten

(970)613-0749
Family Engagement

Family Game Night
Coming to a Center Near You!

Over the next couple of weeks, our CFSPs will host Family Game Nights at several of our Early Childhood Centers. Look for a flyer which will be sent home soon. In the meantime, we encourage families to enjoy a Family Game Night at home. Here are a few of the benefits of playing games with children:

- Bonding – playing games with children is a great way to bond with them
- Social Skills – encourages sportsmanship, how to take turns, teamwork, etc.
- Motor skills – develops eye-hand coordination and small motor skills
- Problem-solving – such as strategizing and thinking critically
- Learning Concepts – promotes counting, following directions, increasing vocabulary, practicing language skills, and many other skills
- Family Traditions – planning a weekly or monthly game night at home could be the start of a wonderful family tradition

Strawberry Graham Dip
KidsHealth.com

Prep time: 10 minutes
Makes: 2 servings

- ½ cup low-fat vanilla yogurt
- ¼ cup fat-free, nondairy whipped topping
- ½ cup strawberries, chopped
- 8 graham crackers (2 sheets broken into 4 crackers each)

Put the yogurt, whipped topping, and strawberries in a blender. Blend until smooth. Dip graham crackers in the strawberry mix.

Nutritional Facts:
- Calories 100
- Sodium 95mg
- Calories from Fat 15
- Total Carbohydrate 16g
- Total Fat 1.5g
- Dietary Fiber 1g
- Saturated Fat 0.5g
- Sugars 9g
- Protein 3g

Reviewed by: Rupal Christine Gupta, MD
Date reviewed: November 2015

Note: All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.
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February brings with it cold weather and lots of time inside. Days when little ones cannot go outside can be disappointing and frustrating for everyone. Why not take advantage of the inside time to work on skills by making Valentines for friends and loved ones. Have your child practice cutting out hearts, writing their name and creating a cherished memory with you. Take the opportunity to visit the post office and talk to them about how our mail system works. Loveland has a special mailbox for Valentines that will receive a unique stamp from the City of Love.

You might also practice drawing and cutting hearts of different shapes and sizes to decorate your home. Talk about how they are the same and different. Sort them by color and size. Practice counting them, making sure to say one number for each item counted. Reinforce the concept of quantifying...the last number said is the number of items you have.

Take advantage of these cold winter days to make some memories with your little ones!

“Celebrate the small things that happen, like seeing someone help another person or noticing a flower blooming or an interesting stone....When we take the time to celebrate the little moments of everyday life, we are nourishing our children...and ourselves.”

Mr. Fred Rogers

Amy Gerhard
Education Coordinator