

March 2015

## SAVE THE DATES

Fri., Mar. 5<sup>th</sup> & 19<sup>th</sup> Kona Ice

Mar. 16<sup>th</sup> – 23<sup>rd</sup>

Palm Beach County Schools Closed  
SPRING BREAK - NO VPK

**SIGN UP FOR OUR SPRING BREAK  
CAMP!** Ages 5-12 years old!

**Thurs., Apr. 2<sup>nd</sup>** Classroom Easter Parties please sign up with your child's teacher

**Fri., Apr. 3<sup>rd</sup>** CENTER CLOSED for God Friday

## CURRICULUM

Week 1 & 2: Seeds & Plants / Mr. V

Week 3: Light & Dark / Mr. L

Week 4: Water

### SPECIAL LEARNING:

#### Transportation

Week 1: Dr. Seuss' Birthday

Week 2: Airplanes

Week 3: St. Patrick / Boats

Week 4: Cars & Trucks

## DID YOU KNOW YOU CAN PAY TUITION ONLINE?

[www.tuitionexpress.com](http://www.tuitionexpress.com)

## DON'T KNOW WHAT TO REQUEST FOR A SPECIAL OCCASION GIFT?

How about a GIFT CERTIFICATE for use at our center! Great for tuition, camps, aftercare, evening care... Ask at the front desk for more information!



## Gardening with Your Child

Gardening can be fun for the whole family, and there are plenty of projects you can do with your kids that will instill a love for gardening. Let your kids help when you plant seeds. Children love watching the little plants grow into beautiful flowers and tasty vegetables.



If you have a small area or don't have the capacity to grow a large garden, consider container gardening. Gardening in containers can be just as rewarding as having a full-size garden. Many plants grow in pots just as well as they do in the ground.

There are a few things to consider when planning for a successful container garden. The first is the plants. If you are planting more than one plant in the same pot, which many do for an attractive and interesting container garden, be sure that all your plants meet the same requirements. Requirements to consider are amount of light, amount of water, and fertilizer scheduling. Also be sure that the size of the container matches the size of your plant. Some other things you might consider when planning your container garden are height, color, and texture. Variations of these elements will make your container gardens more attractive and very interesting to look at.

When watering your container gardens, the best time to do so is in the morning. Watering in the morning allows your leaves and soil to dry out, preventing diseases and viruses. You should water your plant accordingly. You should check to see if your plants need watering before adding more. Overwatering is the most common reason for container plants dying. If you push your finger into the soil, this should give you an idea of how moist or dry the soil is. Do not water a plant if the soil is already moist.

When it comes to fertilizing your container gardens, fertilize only as needed. Over-fertilization will result in a buildup of salts and will burn the roots of your plants. Fertilize your plants during the growing season, and only if needed during the dormant seasons. The most important thing is to be creative with your container gardens. Try a variety of plants in one container garden. Something else fun to try is to let your students paint designs on the containers.

Don't limit your container gardens to flowers--many vegetables can be grown in a container and actually do quite well. There really is no limit to what can be done in a container!

### BIRTHDAY CORNER A special HAPPY BIRTHDAY goes out to...

Layla B. – Mar. 1 <sup>st</sup>	Jonathan J. – Mar. 4 <sup>th</sup>	Jones C. – Mar. 9 <sup>th</sup>
Kathy S. – Mar. 9 <sup>th</sup>	Xavior C. – Mar. 10 <sup>th</sup>	Brandon H. – Mar. 11 <sup>th</sup>
Angelo C. – Mar. 20 <sup>th</sup>	Giselle A. – Mar. 22 <sup>nd</sup>	Jaymsen C. – Mar. 22 <sup>nd</sup>
Logann B. – Mar. 24 <sup>th</sup>	Rayana P. – Mar. 25 <sup>th</sup>	Kai H. – Mar. 28 <sup>th</sup> Desire P. – Mar. 28 <sup>th</sup>



## DID YOU KNOW WE OFFER AFTERCARE?

AGES 5-12 YEARS OLD!

Our aftercare is available 5 days a week. We DO provide pick-up service from most area schools.

### We offer:

- Teacher assisted homework
- Arts & crafts
- Enrichment activities & more
- Computer room
- Games
- Snacks provided

To register or get more information, ask at our front desk or call us at 561-629-8005.



## DID YOU KNOW YOU WE OFFER EVENING CARE?

Mon. thru Fri. 6pm to 11:30pm.

We offer drop-in, babysitting services, date night, night shift hour care. Dinner and snacks included! Ask at the front desk to see how we can provide your child great care that fits your schedule – at great rates!

NOW OFFERING

EVENING CARE!

**GREAT NEWS!**  
Bright Beginnings now offers  
EVENING CARE Monday thru Friday from  
6pm-11:30pm!

## HAVE YOU “LIKED” US ON FACEBOOK?

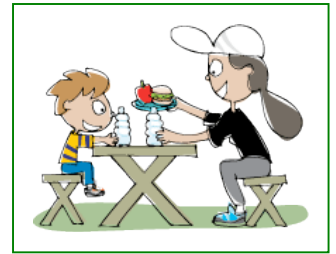
Take a minute to “LIKE” us on Facebook so you will get the latest news, event info, center information and more!

[Facebook.com/BrightBeginningsFlorida](https://www.facebook.com/BrightBeginningsFlorida)



# Developing Healthy Eating Habits

<http://www.choosemyplate.gov/preschoolers/healthy-habits/set-a-good-example.html>



### Your child picks up all of your attitudes and behaviors –

**including your eating habits!** Preschoolers love to copy what their parents do. They are likely to mimic your table manners, your likes and dislikes, your willingness to try new foods, and your physical activities.

### Tips for Setting a Good Example

- **Eat together.** Eat meals with your child whenever possible. Let your child see you enjoying fruits, vegetables, and whole grains at meals and snacks.
- **Take it with you.** Show your child how to make healthy choices when you are on the run. Put oranges, bananas, or other fruits in your bag for quick snacks. Let your child see that you like to munch on vegetables when you're on the go.
- **Share the adventure.** Be willing to try new foods, and try new foods together
- **Cook together.** Encourage your preschooler to help you prepare meals and snacks. Teach your child to tear lettuce or add veggie toppings to pizza. Cooking together can mean more "mommy (or daddy) and me" time on busy days.
- **Keep things positive.** Discourage older children and other family members from making yucky faces or negative comments about unfamiliar foods.
- **Set a good example for physical activity, too.** Make play time a family time. Walk, run, and play with your child rather than sitting on the sidelines.

# Picky Eating – How to Cope

Picky eating is temporary. If you don't make it a big deal, it will usually end before school age. You can do many positive things to deal with picky eating and help your child learn to try new foods.

- Let your kids be “produce pickers.” Let them help pick out fruits and veggies at the store.
- Kids like to try foods they help make. It's a great idea for helping your picky eater try fruits and vegetables. Children also learn about fruits and vegetables when they help make them. And all of that mixing, mashing and measuring makes them want to taste what they are making. See a list of kitchen activities that your child can do.
- Try to make meals a stress-free time. Talk about fun and happy things. If arguments often happen at mealtimes, your preschooler may learn unhealthy attitudes toward food.
- Offer choices. Rather than asking "Do you want broccoli for dinner?" ask "Which would you like for dinner: broccoli or cauliflower?"
- Offer a variety of foods and let your child choose how much of these foods to eat. Tips on helping your child recognize how much to eat.
- Offer the same foods for the whole family. Don't be a “short-order cook,” making a different meal for your preschooler. Your child will be okay even if they don't eat a meal now and then.
- Make food fun! Get creative in the kitchen with these cool ideas.

A child that helps in the kitchen:

- Tries and likes more foods
- Gains confidence, feels important, and proud
- Learns early math and science concepts
- Learns new vocabulary
- Develops small muscle skills
- Learns responsibility with cleanup

Florida FREE VPK Enrollment Now Open. Check with our front desk for availability!  
SIGN UP for our SPRING BREAK CAMP March 16<sup>th</sup>-20<sup>th</sup> & 23<sup>rd</sup>!