



# Kidzone Korner

February 2011

Kidzone Preschool &  
Childcare Center  
2755 East Napier Avenue  
Benton Harbor, MI 49022  
269.927.6293  
www.kidzoneonline.com

## From the Directors Desk...

● February has arrived! With the groundhog come thoughts of spring. We still have plenty of winter weather left, however. Please be sure to send outdoor clothing daily, as we try to get out as much as possible. Not only do we need to work off some of our cabin fever, but the fresh air helps ward off some of the winter germs that circulate indoors. Please label all clothing items! We have several pairs of identical gloves and snow pants in the classroom ● I would like to remind parents to pack healthy food items for their children. We are seeing a lot of sugary snack items in the lunch boxes. While these may be the foods that your child requests,

these are not preferable in the classroom. Children need proteins, whole grains, and fresh fruits and vegetables to maintain a consistent level of energy. Foods full of sugar create peaks and valleys in your child's energy, which leads to behavior changes in the classroom. These types of foods are also not helpful in maintaining a strong immune system. Fresh fruits, vegetables, cheese, yogurt, and hard boiled eggs are just a few suggestions for healthy snacks. On average it takes a child ten times of being exposed to a new food item before they will accept it. Let's keep trying! Also, please limit sippy cups to one in the lunch box. We provide small

cups for them to drink out of, and would like to encourage the development of this skill. If your child needs extra milk or juice we will supplement whatever you have sent with our juice, milk, or water. ● We will be having our Valentine's party on Monday, February 14th. We would love to have someone special join your child for this event. We will exchange valentines and play some special games. ● I would like to thank those of you that have responded to our online survey. Your feedback is important to us, and we strive to improve our services based on your needs.

Karla Pepple, Director

### FEBRUARY BIRTHDAYS



Seth- 17

Jamia -22

Olivia-23

### FEBRUARY THEMES

*The Circus*

*Hearts & Candy*

*Am. Heroes*

*Measure up*

*Letters: C, H, V*

*Color: Pink*

### FEBRUARY EVENTS

*Valentine's Party*

*Monday, Feb. 14*

*10:00 am*

**Kidzone is Celebrating 10 years of service! Parents make sure you fill out your name for FREE \$10 Gift cards!!**

## Kidzone Photo Gallery



*Toddlers finger painting!*



*Preschoolers making Snowflakes out of foil!*