



# FCCC NEWSLETTER

Play to Learn, Learn to Love

## DirectorNews

Dear Families,

FCCC is currently developing comprehensive nutrition policies for snacks and meals served at school. We have made subtle changes to snack offerings



over the past couple of months. More whole grains, fruits, veggies and low-fat dairy are offered. Your children eat most of their meals while in our care, and we want to make sure that every meal counts towards happy, healthy, strong, thriving, little people. Teachers have begun to either post or include snack

FCCC

March 2013

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**10 tips**  
Nutrition  
Education Series

## kid-friendly veggies and fruits



**10 tips for making healthy foods more fun for children**

Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

### 1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



### 6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

### 7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

### 8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, pineapples, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



### 2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



### 3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.



### 4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

### 5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

### 9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

### 10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

DG TipSheet No. 11  
June 2011  
USDA is an equal opportunity  
provider and employer.

## Care Bear News

March is here, spring is near. For the month of March, the Care Bears will be focusing on 'Me and My Body.' Various activities will include: where's your \_\_\_\_\_? And here is my \_\_\_\_\_. These activities help build language and engage the children in conversation throughout the day: eating, diapering, dressing, etc. These are great opportunities to name different body parts with the children. Our children are more mobile these days with crawling, walking, taking steps, and

rolling. We will begin to introduce push toys that will help our older children gain balance to walk. The care bears will be spending much more needed time outside. Please make sure your child is dressed appropriately.

Welcome to our newest Care Bear, Hazel Sawyer and her parents Sara and Jeff and big Sis Miriam (in the PJs), who will be joining us on March 25th.

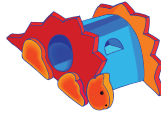
Calvin is turning the big 1 on 3/13.

Wish List:

AA batteries

Music CD's (child appropriate)

Camera: If you have a camera you are no longer using, we would greatly appreciate a donation.



## Bear Cub News

Spring is almost here and the Bear Cubs are looking forward to exploring the outdoors more often.

Our theme for the month of March is 'Let's Get Ready to Rumble.' Balls will be the focus of the theme, and the Bear Cubs will participate in various games and activities involving balls. We also will be working on some projects focusing on St. Patrick's Day and Easter.

Sports: Making basketball jerseys, create basketballs and soccer balls with

construction paper, glue, paint, markers and crayons. Play ball games such as throwing, kicking, rolling, passing the balls to each other and trying to catch the balls, and we also will sort and count different color small balls.



St. Patrick's Day: Create shamrocks with construction paper and green paint. Make shamrock collages with construction paper and glue. We will also color with wet green chalk on black construc-

tion paper and make green Jell-o.

Easter: Create eggs & spring baskets with construction paper, different color paint and glue. We also will dye eggs and have a egg hunt.

Reminder: Friends Child Care Center is closed on Friday March 29, 2013 for In-Service Day.

## Cuddle Cub News

Spring is almost here! To celebrate, the Cuddle Cubs' theme for March is 'I can Sing a Rainbow!'. We will continue to work on recognizing all the colors of the rainbow. We will paint with different colors and take walks to look for colors in our environment. We will have color days, where we will focus on individual colors with our activities,

clothes, even our snacks! Maybe we will even get to see a rainbow!

Birthday wishes go out to Maceo, who celebrates on March 10th and Donal, who celebrates on March 23rd.



Thank you to all of the parents who have so generously donated items to our class!

We've put the toys, snacks

and batteries to good use. Your generosity is appreciated!

Wish List: Dress up clothes for boys, AA batteries.

## Puddle Jumper News

Our theme for March is "March Madness". We will learn about the games of basketball, baseball, football and soccer. We will look at the sizes of the balls played with in these games and compare which balls are bigger and/or smaller. We will also discuss clothing and safety equipment used in playing these games. We will have a pretend game day! We'll watch a ball game and eat some food that is served at these ball games.

Art: Paint butcher paper baseball and basketball jerseys and glue numbers on them. Draw baseballs and basketballs. Create a sport jersey using a white t-



shirt, fabric paint and fabric markers.

ketball court.

Math: Count the number of players on a baseball, football and soccer field, a tennis court and bas-

Language: What type of balls do players use in different sports? How are they used? What are positions played in each sport? How do the players score? What equipment do the players use?

Cooking: Bake cupcakes and decorate them

like basketballs and make basketball-shaped cake. Make melon balls from watermelon, cantaloupe and honeydew melon. Make shamrock milkshakes and Irish potatoes. Make homemade water ice and Gatorade.

We will take a walk to Von Collin Park and run the baseball diamond.

Happy Birthday Chase! Put three candles on his cake March 4th.

Happy Birthday Miriam! Put three candles on her cake March 2nd.

## Preschool News

Spring is almost upon us, and we are looking forward to lots of sunshine, blue skies, and blooming flowers. We will take lots of walks around the city as we observe the signs of a new season approaching. The Triangles and Quads theme for the month is "March Madness and Animals". We will look at sports as we continue to focus on the letter of the week, numbers, colors, and shapes offering positive teaching experiences meeting

each child's individual needs. Art activities will include making sports jerseys and different balls (soccer, football, basketball, and baseball) etc. The children throughout the center will participate in playing a variety of sports as we discuss promoting exercising



and good sportsmanship. We will also talk about the difference between domestic, farm, and zoo animals, and how they may impact our everyday lives.

Reminders: Please check your child's change of clothing to make sure it's appropriate for the season. Thank you

## Hablamos Española

Spanish classes are going great. The children are showing a lot of interest in learning Spanish. I have been working on teaching them numbers, shapes and the alphabet in Spanish. This month's theme for Spanish is "Deportes" which means "Sports". Here is a list of words I will be incorporating in this month's Spanish classes.

Jugar/Play  
Deportes/Sports  
Baloncesto/Basketball  
Pelota/Ball  
Bate/Baseball bat  
Correr/Run  
Saltar/Jump  
Puntaje/Score  
futbol/football



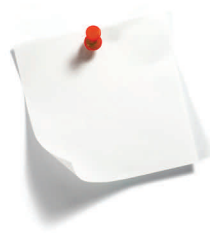
## Announcements & Reminders

Every Wednesday is **pizza day**.

Check children's mail slots every day.

Friends Child Care Center is on **Facebook**. Check us out for upcoming Fundraising Events.

<http://www.facebook.com/pages/Friends-Child-Care-Center/197767671575>



### Resource Library: CHECK IT OUT

Parents and teachers are welcome to borrow books from our resource library in the B space alcove. Please complete the borrower's form and drop it in the right side slot. Please return borrowed materials in a timely fashion, so that others have an op-

portunity to borrow as well. Visit [www.librarything.com](http://www.librarything.com), Username: fccc, Password: 1501cherry for a list of books in our library.

Remember to show **ID cards** upon entering the Friends Center Lobby or stop and sign in if you don't have your card. This is an important security measure for the safety of our children. Additional ID Cards are available in the FCCC Office.

## Director's News Continued (from page 1)

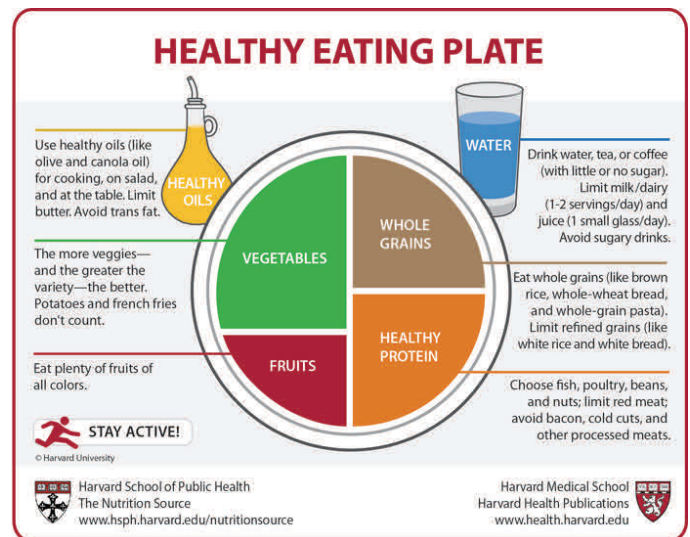
menus in daily communications so that you know what foods were offered throughout the day. Knowing what to pack for lunch can be challenging sometimes. Children can be picky eaters. We would love for you to share some of your child's favorite, healthy lunch choices with us. In particular, we are especially interested in food choices for children with allergies to nuts, eggs, wheat and gluten. Just email menus/recipes to [fcccdirector@friendschildcare.org](mailto:fcccdirector@friendschildcare.org). All contributions will be incorporated into a book form and shared with the parent body.

If you are looking for information on nutrition check out <http://www.nutrition.gov/life-stages/children/food-nutrition>. This website has a wealth of nutrition information for infants through adolescence. I've shared a page from this website.

I look forward to receiving your lunch ideas!

*Auechel Oheal Coats*

Director

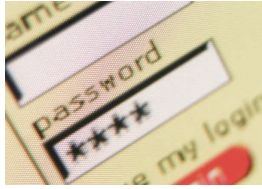


## Upcoming Events

March 8, 2013—Visit from a Dentist to the Preschoolers at 10:00am.

Elmo at the Liacouras Center on March 21, 2013 (CC, PJ, TR & QUs).

## FCCC Website Information



Be sure to visit our website at [www.friendschildcare.org](http://www.friendschildcare.org) to

download forms, check out calendar events, and visit the classroom portal to see what is happening in your child's classroom. Parent Login is 'letmein.'

We would love to hear feed-

back regarding our website and on how we can improve communication with our families.

Thank you for helping to make FCCC the best it can be.

## School Closings

FCCC's Spring In-service Day is scheduled for Friday, March 29, 2013.



## Allergy & Health Alerts

### Classroom Allergy Alerts:

*NUT FREE CLASSROOMS:*  
CUDDLE CUBS, TRIANGLES,  
AND QUADS .

Please be sure to wash your child's hands immediately upon arrival into your child's classroom.

### Illness Policy:

It is in the best interest of the children and staff that everyone participates in reducing the spread of illness and maintaining a healthy environment. FCCC bases its health and wellness policies in accordance with DPW Regulations and the American Academy of Pediatrics Caring

for Our Children Performing Standards. Please call to inform us whenever your child will be absent due to illness. Your child may not be brought in for child care unless she/he is able to participate fully in all activities including outdoor play. You will need a back-up plan you can use when your child is sick.

Please be alert for pre-illness symptoms such as lethargy, glassy eyes, diarrhea, fever, etc., and keep your child home if she/he seems to be coming down with something.



When a child has been diagnosed with an infectious (contagious) illness, FCCC issues an Infectious Disease alert via email to the affected class-

room. If multiple cases occur throughout the Center, a center-wide notification will go out via email. The identity of the child will not be given and personal information will be kept confidential.

## Fundraising at FCCC

Throughout the year, parents will be asked to support fundraising through volunteerism and participation. There are many ways in which you can be supportive.

Provide baked goods for bake sales.

Actively seek donations and company sponsorship for annual auction event.

Volunteer to be a fundraising cheerleader for your child's classroom.

Seek to meet minimum family participation levels for small fundraisers held throughout the year.



Fundraising ideas, please don't hesitate to let us know. Also, if you are interested in volunteering on the Fundraising Committee or Annual Auction Committee, please notify the office. We would love your help!

**T-shirts** are now available in the FCCC Office for \$10.00/each.

Fundraising Events:  
PNO; Bake Sales; etc.

If you have any suggestions on

## Funny Things Kids Say...

A mother of a 4 year old said in frustration, 'Why don't you listen? Why do I have to keep repeating myself?' The 4 year old replied, 'I just can't control myself.'

A toddler talking to her mother, 'I bumped my arm, I need a cast.'

## Parents Night Out (PNO)

FCCC holds a semi-monthly PNO (Parents Night Out) for Parents to have a night for romance, fun or just a little time to get things done.



fun with your significant other or a fun time with friends.

This is a fundraiser for FCCC. All proceeds go to support our Child Care Center and its programs.

**Upcoming PNOs:**

**April 19—Things that Hop!**

**June 14—Sand Castle Magic!**

We provide the baby sitting service in a familiar and comfortable environment with staff that the children know, and you get to have worry-free

Each bi-month has a theme and special activities planned for the children, along with a nutritional dinner.

## Volunteering at FCCC

FCCC has many opportunities for families to volunteer their time and/or services to help improve life here at Friends Child Care.

If you have any skills, time and/or energy to participate in a family work day, sew or

repair broken or torn items, share your skills during show and tell, read stories to the children, chaperone field trips, help with fundraisers, or work on the Social Planning Committee to organize planned family events, we



would love your help and ideas.

Please contact the FCCC Office and let us

know how you would like to help by emailing or calling the FCCC office.

## Bake Sales

FCCC runs semi-annual bake sale fundraisers throughout the year to help offset programming costs. We look to our families to volunteer to help with these events.

**Upcoming 2012-2013 Bakes Sale Schedule:** weeks of **April 15-19**

June 10-14

Families are asked to sign up to

bake goods to be sold in the Friends Center Lobby to building tenants and visitors.

Bakes sales run from 8:00am-3:00pm daily. Please provide a list of ingredients in order to maintain safe options for all those with food allergies.

Parents are also needed to

help table-sit during these bake sales.

We appreciate your support.



## Meet Our Staff

### Care Bears Teachers:

Markita, Kyra, Erica, Nathalie, Toni, Robin

### Bear Cub Teachers:

Michelle, Linda, Carla

### Cuddle Cub Teachers:

Shannon, Barbara, Lea, Vickie

### Puddle Jumper Teachers:

Cordella, Grace, Jeanette

### Preschool Teachers:

Teresa, Susan, Missy, Bjay, Jamal, Jacqueline

### Floater:

Laura Kirby



### Sub:

Gail Centola

### Administration:

Raechel, Susan, Eileen



# Friends

## CHILD CARE CENTER

*Play to learn, learn to love*

1501 Cherry Street  
Philadelphia, PA 19102  
(215) 241-7011 (Tel)  
(215) 864-6973 (Fax)  
[www.friendschildcare.org](http://www.friendschildcare.org)



## FRIENDS CHILD CARE CENTER

Office	(215) 241-7011	<a href="mailto:fccoffice@friendschildcare.org">fccoffice@friendschildcare.org</a>
Director	(215) 241-7108	<a href="mailto:fccdirector@friendschildcare.org">fccdirector@friendschildcare.org</a>
Finance	(215) 241-7011	<a href="mailto:fccfinance@friendschildcare.org">fccfinance@friendschildcare.org</a>
Care Bears	(215) 241-7013	<a href="mailto:carebears@friendschildcare.org">carebears@friendschildcare.org</a>
Bear Cubs	(215) 241-7012	<a href="mailto:bearcubs@friendschildcare.org">bearcubs@friendschildcare.org</a>
Cuddle Cubs	(215) 241-7027	<a href="mailto:cuddlecubs@friendschildcare.org">cuddlecubs@friendschildcare.org</a>
Puddle Jumpers	(215) 241-7007	<a href="mailto:puddlejumper@friendschildcare.org">puddlejumper@friendschildcare.org</a>
Triangles	(215) 241-7012	<a href="mailto:triangles@friendschildcare.org">triangles@friendschildcare.org</a>
Quads	(215) 241-7012	<a href="mailto:quads@friendschildcare.org">quads@friendschildcare.org</a>