



2019



Pre-School Newsletter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 to Harmony Nathan R-123 Emilia R-126 Louise R-126	1 Nathan is 4 years old 	2	3 Library Visit Room 126 	4 Creative Movement 	5 Library Visit Room 123 	6
7	8	9 Milan is 3 years old 	10 	11 Music 	12	13
	15 	16	17 Library Visit Room 126 	18 Creative Movement 	19 Daycare is Closed	20
21 	22 Daycare is Closed 	23	24 Every Wednesday Show and Tell 	25 Music 	26	27
28	29 Sabina is 3 years old 	30 Owen is 4 years old 				

REMINDERS:

Please label your child's clothing including outerwear and footwear.
 Have extra season appropriate full-change of clothing in your child's cubby at all times.

Here are some healthy tips for parents and children during spring:

- Sign up your kids for swimming lessons.
 - Take a walk during lunch hour.
 - Explore your backyard.
- Have fun in the neighborhood.
 - Go in adventure.

Recipe of the Month:



Fruit and Cheese Kabobs

Ingredients

- 1 cup vanilla yogurt
- 1/2 cup sour cream
- 2 tablespoons honey
- 1/2 teaspoon ground cinnamon
- 2 cups fresh strawberries, halved
- 1-1/2 cups green grapes
- 8 ounces cubed cheddar or Monterey Jack cheese, or a combination of cheeses

Directions

- For dip, mix first four ingredients. On 12 wooden skewers, alternately thread strawberries, grapes and cheese cubes. Refrigerate until serving.

Nutrition Facts

1 kabob with 2 tablespoons dip: 147 calories, 9g fat (5g saturated fat), 22mg cholesterol, 143mg sodium, 12g carbohydrate (11g sugars, 1g fiber), 6g protein.

Enjoy