



Focus on  food and  nutrition

Aubree Fuentes, Owner
Lesley Cabrera, Assistant Dir.

March 2015

Please help up welcome our new staff!



Mrs. Mallorie

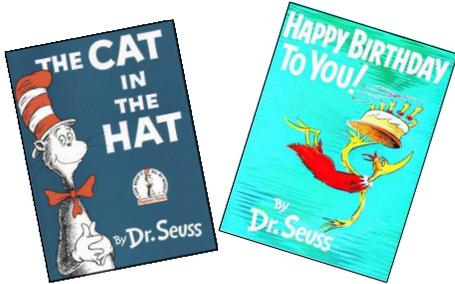
Mrs. Yajaira

We would like to give a warm welcome to the new teachers that have joined our team to love, nurture, care, and to provide your child with the best early education possible.

Our curriculum theme focus this month is Food and Nutrition we would like you to help discuss healthy food choices at home! Instead of having fruit snacks in the morning have oatmeal and a side of fruit. Teach your child about the importance of eating foods with less sugars and more nutrients!

Happy 111th Birthday Dr. Seuss!!

We are celebrating Dr. Seuss birthday with some of his famous stories and our favorite characters.



Dates to Remember

March 2nd
Dr. Seuss Birthday

March 3rd
National Dentist Day

March 11th
Johnny Appleseed Day

March 12th
Gardening Day

March 17th
St. Patrick's Day

March 20th
International Earth Day

March 25th
Waffle Day

St. Patrick's day is an Irish tradition where millions celebrate the teachings of Christianity by Saint Patrick. Many people wear green on the 17th to show their Irish heritage and culture as well as attend Church to give thanks to their religion. In recent history there have been parades. In 1766 New York City created the first St. Patrick's Parade. Now there are hundreds of parades all over the world celebrating the works of Christianity!

School Age 2015 Fall Enrollment

Our van space is very limited at each school, so we will be sending out a letter this month with details of how to reserve your space. All current students of CLLC get priority before we open enrollment to new families.



Looking Ahead

Our 5th Annual St. Jude's Trike-A-Thon will be Friday April 10th, 2015



Infants

Rooms 1, 2, and 3

Room 1 Theme : Fruits and Vegetables

Room 2 and 3 Theme: Our 5 Senses

Color: Green

Shape: Clover

Baby Sign: Hot

Song: Baby Bumble Bee, we planted a seed.

Room 1 Goal: distinguish healthy food and explore the textures.

Room 2 Goal: Children will explore with their five senses

Room 1: Yummy, yummy in my tummy. Let's start this Spring season with exploring healthy and delicious fruits and vegetables. March marks the beginning of spring time fun! We will plant vegetable seeds and watch them grow. Tasting delicious food is one of favorite things to do, but we will not only taste these we will also feel the different textures for a sensory activity. To start off our spring time we will go out on nature walks to find and pick flowers, touch and feel plants maybe we will even get the chance to find a four leaf clover!

Ms. Krystal

Room 2 and 3: This month we will be focusing on windows, walls, doors and hallways. We will learn all about these things through books, looking out our windows and more. As we explore, we will learn fun songs such as "Go In and Out the Window" and "I See the Moon". We have many fun sensory and art projects planned for this month using our color red and our shape heart.

Thank you,

Ms. Alyssa and Ms. Michelle

Preschool

Rooms 4 and 6

Cares Curriculum

Cares Theme: Food and Nutrition

Science Focus: Farm Animals

Letters: Kk, Qq, Vv

Numbers: 1-20

Color: Yellow, Green, Blue

Goal: Children will determine what foods are healthy and what foods are "junk". They will learn to associate animals with a sound and create sets with numbers 1-5.

March is here and it is a delicious time to learn about food and nutrition. We will have fun decorating our own placemats that will show and remind us about making healthy food choices. Using fruits and vegetables to make art will be another exciting way to explore all types of textures and colors. Our science and nature focus is farm animals this month so we will share some laughs as we practice making the different sounds that farm animals make because playing pretend is one of our favorite things to do! We will also create farm animal masks so that we can pretend to be our favorite animals. "Old MacDonald Had a Farm" will be the tune of our classrooms while we march outside for some outdoor exploration. Don't forget about Saint Patrick's Day and be on the look out for some gifts made by your little leprechauns!

Thank You

Ms. Martha and Ms. Ariel

Preschool

Room 7

Cares Curriculum

Cares Theme: Food and Nutrition

Science Focus: Farm Animals

Letters: Kk, Qq, Vv

Numbers: Counting 1-30. Understanding Time.

Color: Green and Yellow

Goal: Recognizing rhyming pairs, Identifying initial consonant sounds.

Bon appetite my friends! This month is all about good food and great nutrition and we are ready to dive right in.

Together we will cook and talk about healthy and unhealthy food choices. We will even get to taste some delicious choices that we might not ever think to eat. One of our concepts this month is understanding time we will achieve this during our cooking time, where we will use timers and count down how many more minutes we have till our desired time. Our science focus this month is all about the farm we have fun songs like Old Mac Donald and Five Little Ducks. Pretending to be different animals will be fun and also learning about what animals provide us food will be a great topic for our circle time. We can not wait for you to join us!

Thank You

Ms. Kristin

Pre-K
Rooms 8 and 9
Cares Curriculum

Cares Theme: Food and Nutrition

Science Focus: Farm Animals

Letters: Kk, Qq, W

Numbers: Adding and subtracting 1-5

Color: Yellow and Green

Goal: Children will understand portion size and control, healthy and unhealthy food groups.

This month is all about healthy food choices, in order for us to reach our goal we will need to learn to measure, portion control sizes, and distinguish between a healthy and unhealthy food groups. March is a great time to work on the farm, so you will be hearing a lot of "Old MacDonald" "BINGO" and "Five Little Ducks". We have many fun activities planned through out this month including decorating a four leaf clover, cotton ball sheep, and pigs in the mud. Through out this march we will start writing our last names, talk about our character value and what it means to be a helper, practicing how to cut with scissors, and recognize coins. We cant wait to kick off spring all together!

Thank you ,

Ms. Kristi and Ms. Alyssa

Advanced Pre-k, Private Kinder
Room 5
Cares Curriculum

Cares Theme: Food and Nutrition

Science Focus: Farm Animals

Letters: Kk, Qq, W

Numbers: Adding and subtracting 1-5 five

Color: Yellow and Green

Goal: Children will understand portion size and control, healthy and unhealthy food groups.

Spring is blooming all around us and our friends here in room five are ready to head to the farm. At the farm we learn all about the animals, there use, jobs on the farm, and even what their babies are called. We will even get to discuss food and nutrition, healthy and unhealthy food choices. We can not wait to make horses out of yarn, pigs in the mud with real mud, four leaf clover paintings with leaves that we find on nature walks, and even feathered ducks in a pond. The tune you will hear us march to will be five little ducks and sometimes bingo! To help us with adding and subtracting we will use eggs that hens give us and grapes from the trees. This is one fun filled month with lots to learn about. Our friends will be really excited to help pick out healthy food choices to taste and see how much sugar is in lemonade compared to soda. Help us talk about food choices we should make to keep our bodies healthy.

Thank you,

Ms. Nadine

School Age
Rooms 5 and 10

Theme: Ancient Egypt

Character Value: Helpfulness

Goal: recognize new and ancient Egypt.

We are springing into a new month and a new destination Ancient Egypt! Our Class we learn the types of transportation, forms of communication such as Egyptian hieroglyphics. As we talk about the parts of Egypt we will discuss pharaohs and queens and what their jobs were during their reign. Our friends here will get to make some fun artifacts of their own and we will have a mummy activity and game during discussion time. A big part of Egypt that we all know so well are their pyramids. We will get to try to recreate a pyramid together while talking about the ways Egyptians created them in their time. We have many facts and crafts to keep us busy this March. Keep checking your email for your tadpole Classroom updates, we will be sending out information about all the crafts we are creating as well as facts about Egypt.

Thank You,

Ms. Lorie and Mr. Jonathan



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Happy Birthday!!!

Abigail A.

Jessica A.

Korrin F.

Vera K.

Benjamin L.

Nolan M.

Ryan N.

Ava P.

Harper R.

Ella S.

Mrs. Martha



"Think left and think right and think low and think high. Oh, the things you can think up if only you try!" - Dr. Seuss

Character Value focus this month: Helpfulness

Assistant Director's Corner— Lesley

Spring is coming soon and we are excited that we are officially paperless! With the new Tadpoles program you may receive emailed dailies, pictures, videos, and important information from our center. You will now get to see more details of your child's work with our CARES curriculum. If you have any questions about Tadpoles please feel free to stop and ask your child's teacher.

Looking ahead we have our spring events planned and hope you participate with us. Our March scholastic book fair and our annual trike-a-thon events are fun, annual events. Reading is a fundamental value for young children. We encourage you to develop a reading routing if you do not already have one.

Our annual trike-a-thon proceeds go to support St. Jude's children's hospital where we hope to be able to bless a child in need with some help from us!

This march we also are moving into our new monthly theme food and nutrition. Healthy food choices are taught from home, while having breakfast or dinner let your child scoop out their own portion and discuss the importance of a nutritionally balanced meal. Make simple changes, ex. For spaghetti try using whole grain pasta, dinner may be messy but that is okay it's a great way to teach your child to eat healthy. Introduce new fruits and vegetables each day to encourage new experiences.

Notes From the Kitchen

Shamrock Shake

3 cups of your favorite vanilla ice cream

1½ cups whole milk

½ teaspoon mint extract

Green food coloring (enough to get the shade of green you want)

Combine all ingredients in a blender until smooth and blended. Divide between two glasses, top with whipped cream and enjoy!

