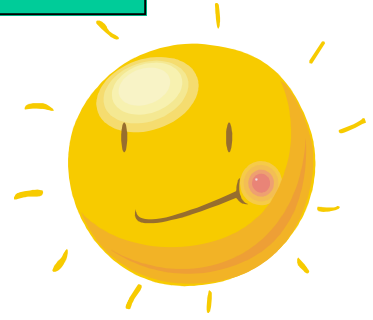


# September 2010 Newsletter

## Long Beach Day Nursery



### Dates To Remember:

September 3, 2010: Closed For Staff In-Service

September 6, 2010: Closed For Labor Day

### Health Tips:

Do you have a child who loves food one day and dislike it the next, or the meal they refused at home is eaten happily away from home? This can frustrate and baffle most parents, but it's a common eating pattern for a healthy and active child. Very few children pass through these years without creating some worry and concern about eating. Children need a variety of foods daily for good health. To keep children eating healthy, snacks are recommended between meals. Snacks play an important part in the energy intake of young children, so keep these as healthy, nutritious and as interesting as possible. Keep in mind that children are able to balance food intake with activity if they are not forced to eat. Children also enjoy to eat with others. Eating as a family is usually more enjoyable for a child, and as adults it is health to model good eating habits. Children should be served the same foods as the family, with a variety of textures and flavors for balanced nutrition.

### Safety Tips : Strangers

Strangers can be confusing for children, especially when a stranger talks to a parent of a child. When it comes to strangers, we can never be too careful. There are certain rules to follow that will help keep our children safe. Basically, the only time a child should talk to a stranger is when he or she is in trouble and needs help. Children should only seek out a stranger's help when they are lost or hurt, or are trying to get away from someone who is hurting them. We need to make sure our children understand the importance of this. Never label your child's clothing, bag, or anything else visible for a stranger to see. Strangers could use the information to help gain the child's trust. Lastly, make sure your child realizes that strangers look like everyone else – they don't look like a wild monster or strange creature – meaning your child will not be able to judge a nice stranger from a stranger bent on harming them.

### Parent Advisory Committee (P.A.C.) / Parent Meetings

The Parent Advisory Committee will be conducting meetings for the 2010-2011 school year starting this month. The Parent Advisory Committee is a representative group of parents that are invited to serve on a volunteer basis. The purpose of the P.A.C. is to support the center's philosophy and goals by evaluating the program; making recommendations and participating in solutions or innovations that help the center reach its goals. If you are interested in serving on this committee, please inform your Center Director.

### Friendly Reminders

- \*Check Your Parent Files Daily for New Information and Updates
- \*Please Label all of your children's belongings, and check the lost and found box located outside of Preschool 2.
- \*Any identification/emergency information (new phone number, address, extra family member/friend added to your child's pick up list, etc.) must be updated at the front desk on our original in your child's file.
- \*Please make sure that you sign your full signature (First and last name), when signing your child in and out daily. Also, the sign in and out sheets are for the parents only, please do not let your child write or color on them.
- \*Please do not leave siblings or other children unattended in the front lobby or in the halls while picking up children from the facility.