

News from Clever Kids Learning Center

From the Director

"The Week of the Young Child™ is an annual celebration hosted by the National Association for the Education of Young Children (NAEYC) celebrating early learning, young children, their teachers, and families. This year's event is April 16 –20, 2018! We're so excited for a week long celebration of our youngest learners!" (Retrieved from the NAEYC website).

WOYC is my favorite time of year to recognize our staff members! Longevity of staff is one of our outstanding features. Listed are the years we all began at Clever Kids:

- 1993 – Deb and Nikki
- 1994 – Iwona
- 1996 – Michelle and Meg
- 1997 – Georgia
- 1999 – Edna
- 2006 – Nicole
- 2007 – Sharon and Ava
- 2009 – Kathy
- 2010 – Kim
- 2012 – Elizabeth
- 2013 – Yukiko, Evelyn and Yvonne
- 2014 – Judith and Gaylynn
- 2015 – C.J. and Kelsey
- 2016 – Denise and Giovanna
- 2017 – Shreejana
- 2018 - Carly

Dates of Closure for 2018

- May 28th – Memorial Day
- July 4th – Independence Day
- Sept. 3rd – Labor Day
- Oct. 8th – Columbus Day
- Nov. 11th – Veteran's Day
- Nov. 22nd and 23rd – Thanksgiving
- Dec. 25th – Federal Observance of Christmas

Classroom Events

Every classroom will do something different for WOYC April 16 – 20 so check with your child's teachers to see if there is a sign-up sheet!

- April 16 – 20 Infant Spirit Week
- April 19th – Preschool West Parent Party from 3:00 – 4:30
- April 20th – Toddler 2 – Planting Hanging Baskets with Parents from 3:00 – 4:00
- April 20th – Preschool 1 – Parent Party with from 3:00 – 4:00
- April 20th – Toddler 1 – Bring your parent to school day from 3:00 – 4:30

Thanks So Much!

We just want to thank all those families who donated paper and magazines for our children to color and cut on. We really appreciate your generosity!

Clever Kids Learning Center managed by Bright Horizons

Building 64 Denver Federal Center, Denver, CO, 80225

303-236-9400 | www.brighthorizons.com

Monday – Friday, 6:30 A.M. – 5:30 P.M.

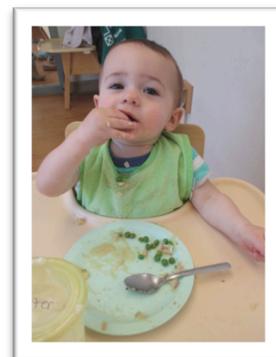


CLASSROOM HIGHLIGHTS

Edna's Kitchen

Ms. Edna's cooking reaches every child in the center, even if they have a special diet due to an allergy or just a personal preference. When children eat here at Clever Kids they are learning a variety of skills. In the infant rooms the children learn to become receptive to a variety of flavors and textures when they are ready for solid food. They learn it by trying diverse and safe foods that Ms. Edna provides. The children in the toddler classrooms build on that skill but are also learning how to strengthen and refine muscles by practicing small muscle skills like holding a spoon, scooping things on it, and putting it in their mouth. In the preschool classrooms, the children continue to build on all the skills they acquired in the previous classrooms but are now starting to have in depth conversations about the food they are consuming. Children learn to understand and identify healthy foods and where they come from. They learn this skill through conversations with adults, reading books about it and even growing vegetables from seeds.

On another note, can you believe that Edna has been cooking for Clever Kids for nearly 19 years?! Well she has, and year after year we hear parents telling us stories about how much their children love her cooking. They rave about the taco salad, tomato soup, cinnamon biscuits, and so much more. Oftentimes, parents will ask Ms. Edna for a recipe to try to duplicate at home. This time, we have included a center favorite, Zucchini Bread with Pineapple! Go ahead and try it at home but don't be disappointed if your child says, "Ms. Edna's is better!" That is also something we have heard from parents.



Recipe for: Zucchini Bread with Pineapple

From: Ms. Edna's Kitchen

Yields: Approximately 24 Slices

Ingredients:

- 3 eggs
- 1 cup oil
- 2 teaspoons vanilla
- 2 cups zucchini – unpeeled and grated
- 1 cup crushed pineapple – drained, heavy syrup (20 oz can)
- 3 cups flour
- 2 teaspoons baking soda
- 3 teaspoons cinnamon

Directions:

Preheat oven to 350 degrees. Mix together egg, oil, sugar, and vanilla. Add zucchini and pineapple. Combine dry ingredients and add to batter. Mix well. Pour mixture into 2 well-greased loaf pans (8x4x2.5). Bake 1 hour at 350 degrees.

A Big THANK YOU
to all of those
families who
donated bibs to our
youngest eaters!
We really
appreciate it!

READY FOR SCHOOL NEWS

Is Your Child a Picky Eater?

Do you consider your child to be a “picky” eater? Do mealtimes become struggles with you coaxing your child to “try one bite”? Most of us have food preferences, although probably not as many as our children. Selective eating is part of a child’s typical developmental process. Making decisions about foods they will try is a part of children asserting themselves.

Reasons children may be selective eaters:

- Independence – Children can exercise power by deciding what they eat.
- Sensory discrimination – Children might not welcome unfamiliar tastes, colors, textures, sights, and scents.
- Distraction – Children tend to be active, and there are often more exciting things to do than eat.

Below are strategies that might help your child eat a wider variety of food:

- Start introducing a variety of nutritious foods at an early age. Children might have to be exposed to a food numerous times before deciding to try it.
- Give children control by providing nutritious choices but realize it’s up to them whether they eat or not. Coaxing a child to eat may create a power struggle around food.
- Invite children to serve themselves. Young children are becoming more autonomous and independent, and want to do things for themselves.
- Consider how foods affect the senses. For example; many children prefer the bright colors and the crispiness of raw vegetables to cooked veggies.
- Make mealtime’s enjoyable experiences. Engage children in conversation; talk about animals, friends, school activities, family members, plans, favorite books, appropriate current events, or an upcoming family activity. Consider playing “thorns and roses” where everyone shares their best and worst experiences of the day.
- Involve children in planning menus and preparing meals. Children tend to eat what they help cook.
- Create a garden outdoors or inside in pots. Children enjoy selecting seeds, planting, watering, and watching plants grow. They typically love to taste what they have grown themselves.

No need to worry if your child is a picky eater as it is often a phase of life. Consult your pediatrician if you’re concerned about your child’s health. For more information refer to Kids Health by Nemours, Healthy Eating or Partnership for a Healthier America, Tips for Dealing with Picky Eaters.

BRIGHT HORIZONS NEWS

Green Activity for Earth Day

Earth Day is April 22nd and is a day dedicated to raising awareness for the importance of keeping our planet healthy and clean.

As Earth Day approaches, your child may be involved in projects and activities that foster an awareness of and appreciation for the earth's resources. To extend the learning that takes place in your child's center or school, and make caring for the earth part of your family culture, we encourage you to make time for some green activities this Earth Day.



Put on your creative caps and repurpose recyclable items from your household into art supplies. Instead of tossing recyclable materials, re-use them. Gather recycled materials ranging from used bottles, old clothing, cardboard, or anything else you can think of and get busy creating!

New Parenting Podcast Episode!

Working Moms and the Mental Load



Bright Horizons did the research and this is what we found: the “mental load” is weighing down

6 Week of 04/02/18 – 04/06/18	AM Snack	Lunch	PM Snack
Monday	Applesauce Milk	Grilled Cheese on Wheat Tomato Soup with Pasta Corn Pears Milk	Oatmeal Squares Milk
Tuesday	Zucchini Bread Milk	Taco Salad (Ground Beef and Mixed lettuce mix with shredded carrots and cabbage) Beets Peaches Milk	English Muffin with Melted Cheese Juice
Wednesday	Cinnamon Biscuits Milk	Sweet and Sour Meatballs with Rice Pineapple Peas Milk	Wheat Thins and Cheese Nips Milk
Thursday	Banana Slices Berries Milk	Bean and Cheese Burritos Mixed Veggies Orange Slices Milk	Graham Crackers Yogurt Water
Friday	Wheat Toast with Butter Milk	Mozzarella Bake (Pasta, Marinara, Cheese, Pepperoni) Broccoli and Cauliflower Tropical Fruit Salad Mix Milk	Cottage Cheese Peaches Water

7 Week of 04/09/18 – 04/13/18	AM Snack	Lunch	PM Snack
Monday	Cereal Milk	Chili Wheat Saltines Cheese Squares Peaches Milk	Applesauce Cake Milk
Tuesday	Bran Muffins with Butter Milk	Rice Casserole (ground pork and cabbage) Peas and Carrots Pineapple Milk	Wheat Bread Squares with Jelly Milk
Wednesday	Cinnamon Toast Milk	Biscuits and Sausage Gravy Corn Green Beans Milk	Whole-Grain Crackers Cheese Squares Water
Thursday	Oatmeal Squares Milk	Sun Butter and Jelly on Wheat Bread Raw Broccoli and Cauliflower Mixed Fruit Milk	Orange Slices Wheat Thins Milk
Friday	Boiled Eggs Saltines Juice	Chicken and Cheese Quesadilla Cooked Carrots Apple Slices Milk	Soft Pretzels Marinara Sauce Water

8 Week of 04/16/18 – 04/20/18	AM Snack	Lunch	PM Snack
Monday	Biscuits and Jelly Milk	Shepherd's Pie Beets Peaches Milk	English Muffins with Melted Cheese Water
Tuesday	Tortillas with Cream Cheese Berries Milk	Turkey Ham on Wheat Mixed Veggies Pears Milk	Applesauce with Whole-Grain Cinnamon Crackers Water
Wednesday	½ Banana Orange Slices Milk	Sloppy Joes Baked Beans Mixed Fruit Milk	Tortillas with Sun Butter or Cream Cheese Water
Thursday	Pumpkin Bread Milk	Grilled Cheese on Wheat Tomato Soup with Pasta Peas and Carrots Milk	Oatmeal Squares Milk
Friday	Cereal Milk	Spaghetti with Meat Sauce Green Beans Corn Milk	Cracker Stackers (Crackers, cheese, and Sliced Meat) Water

1 Week of 04/23/18 – 04/27/18	AM Snack	Lunch	PM Snack
Monday	Wheat French Toast Sticks Milk	Chicken Noodle Soup (with added veggies and chicken) Wheat Saltines Cheese Pineapple Milk	Graham Crackers Applesauce Water
Tuesday	Cereal Milk	Tuna on Pita Bread Celery and Cucumbers Apple Slices Milk	Bananas Milk
Wednesday	Yogurt and Granola Milk	Chili Wheat Saltines Peaches Carrot Sticks Milk	Soft Pretzels Marinara Sauce Water
Thursday	Cinnamon Biscuits Milk	Macaroni and Cheese Peas Beets Milk	Applesauce Cake Milk
Friday	Oatmeal Squares Milk	Mashed Potatoes with Hamburger Gravy Broccoli Pears Milk	Cheese Nips and Wheat Thins Juice