

News from Clever Kids Learning Center

From the Director

I am expressing the appreciation of all of us at Clever Kids when I say “thank-you” for the many holiday wishes we all receive. The words of gratitude for the care your child receives while attending here every day are so heartfelt, they make us misty-eyed. One of the best compliments we receive is that you can go off to work and rest comfortably that your child is safe, nurtured, engaging in stimulating activities, making friends, and having fun. Of course, the treats are appreciated, too!

The holiday season is also a time when the teaching staff and I reflect on how long we have known so many of you! Thank you for putting your trust in us year after year. It means a lot!

Dates of Closure for 2018

- Jan. 1st - New Year's Day
- Jan. 15th - Martin Luther King Jr. Day
- Feb. 19th - President's Day
- 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

A New Year's Resolution...

“Children dream about possibilities; adults think about limitations. Rediscover your possibilities by exploring the world like a child...the way it could be and not the way you expect it to be.”

-S.L. Young

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CLASSROOM HIGHLIGHTS

Toddler 2

Written By: Georgia Allen

In the Toddler Two room, we have been learning about big animals. The animals we focused on were bears, zebras, elephants, giraffes and lions. In the Language Works center, we talked about how you can see these animals at the zoo. We had an open discussion on who has been to the zoo. Aiden who is a two year old, quickly let us know that he had been to the zoo and seen monkeys. He said, "I eat bananas all gone and they are in my tummy." That started us on a new topic of bananas and who likes to eat them. We finished the discussion by reading several books on zoo animals. Some of the concepts that we learned were that zebras are black and white and they have stripes. In addition, we understood that elephants are big, grey, and have long trunks. We learned it by listening to stories that teachers read aloud. We also learned it by using our Art Smart skills to paint and manipulated play dough into whatever our creative minds wanted it to be. Josie, who recently turned two, used her Math Counts skills to let me know that we have "one more" elephant to put away in the toy cabinet. Savannah and Sylvie used their Math Counts skills when it came to picking up play dough and putting it away.



READY FOR SCHOOL NEWS

Preventing Colds and Flu

Does it sometimes seem that your child is often coughing, sneezing, or has a runny nose? According to the American Academy of Pediatrics (AAP), “in the first two years of life alone, most youngsters have eight to ten colds.” Without keeping our children in a bubble, it is difficult to prevent them from catching a cold or the flu. However, there are ways to lessen the chances of getting sick.

Handwashing

Washing your hands is a powerful antidote to illness. We usually think of washing our hands before eating and after using the bathroom. Consider having children wash their hands when returning from a public place, playing with a friend, or petting an animal. Have children rub their hands together with soap for ten to fifteen seconds.

Tissues

Keep tissue boxes within reach at all times. Make sure there is a trash can for used tissues. When possible, teach children to cough into a tissue, rather than their elbow.

Vaporizers or humidifiers

For safety, only use cool mist machines. If you place one in your child’s room, clean and dry it every day to prevent bacteria or mold.

Flu vaccine

Talk with your physician about getting your child vaccinated for the flu. The American Academy of Pediatrics recommends annual influenza immunization for all people ages 6 months and older.

Disinfectants

Learn about cleaners, disinfectants, and sanitizers that can be used to remove dirt and sanitize and disinfect surfaces. In addition to countertops and the bathroom, regularly wash and disinfect toys, telephones, doorknobs, light switches, and other items people touch.

All of us want to keep our children healthy. Visit Kids Health powered by Nemours or American Academy of Pediatrics for safety information and resources available in Spanish and English.

BRIGHT HORIZONS NEWS

Partnership for Healthy America

At Bright Horizons, healthy students are our top priority. With that in mind, we're happy to announce our continued commitment to Partnership for Healthy America (PHA) through 2020! Founded in 2010, this nonprofit group was designed to address obesity and support the health of our nation's youth. By promoting important elements such as physical activity, nutrition, gardening, and family engagement, PHA helps us lay the foundation for future healthy lives. Over the next 3 years, here's what we're planning to do:

- Enhance our opportunities for physical activity through *Movement Matters*
- Focus on nutrition and making healthy food choices
- Increase our gardening opportunities through *Garden Works*
- Provide families with education resources through blog posts, news, webinars, and more

New Parenting Webinar!

Returning to Work as a Parent

Being a new parent is overwhelming, so when it's time to return to work from parental leave, new schedules, routines, responsibilities add to the challenge...not to mention the guilt. Look out for an email invitation to join our upcoming webinar to learn strategies to help you juggle things in the office and at home. And check out our parenting podcast



Check out all the places you can connect with us!

MENU

1 Week of 01/01/17 – 01/05/17	AM Snack	Lunch	PM Snack
Monday	Closed For New Year's Day		
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

2 Week of 01/08/17 – 01/12/17	AM Snack	Lunch	PM Snack
Monday	Oyster Crackers Cheese Slices Juice	Pancakes with Sausage Mixed Berries Apple Slices Milk	Chex Mix Milk
Tuesday	Zucchini Bread Milk	Pasta Salad (Ham, Pepperoni, Cheese, and Veggies) Whole Grain Crackers Pineapple mixed with Pears Milk	Tortilla Chips or Ritz Crackers with Nacho Cheese Water
Wednesday	Tortillas with Cream Cheese Milk	Sliced Chicken on Wheat Carrot and Celery Sticks with Dip Orange Slices Milk	Yogurt and Fruit Water
Thursday	Oatmeal Raisins Milk	Bean and Cheese Burritos Corn Peaches Milk	Pumpkin Bread Milk
Friday	Cereal Milk	Cheese Pizza Rounds on an English Muffin Green Beans Mixed Fruit Milk	Pita Bread with Hummus Carrot Sticks Water

MENU

³ Week of 01/15/17 – 01/19/17	AM Snack	Lunch	PM Snack
Monday	Closed For MLK Jr. Day		
Tuesday	Oatmeal Apple Slices Milk	Scrambled Eggs with Ham and Shredded Zucchini English Muffin with Butter Orange Slices Sliced Tomatoes Milk	Pita Bread with Hummus and Celery Sticks Water
Wednesday	Diced Cantaloupe with Strawberries Milk	Spaghetti with Meat Sauce Side Salad Mango Fruit Mix Milk	Gorp (Cereal, Raisins, Choc. Chips) Milk
Thursday	Cereal Sliced Banana Milk	Whole-Grain Bread with Sun Butter and Jelly Corn Peaches Milk	Pears Milk
Friday	Cinnamon Raisin Bagel With Cream Cheese Juice	Pasta E. Fagioli (ground sausage and beans) Wheat Saltines Pineapple and Pear Mix Milk	Graham Crackers Apple Slices Milk

⁴ Week of 01/22/17 – 01/26/17	AM Snack	Lunch	PM Snack
Monday	Wheat Toast with Butter Milk	Macaroni and Cheese Peas & Carrots Orange Slices Milk	Celery Sticks Raisins Sun Butter Water
Tuesday	Bran Muffins Cheese Slice Milk	Black Beans and Rice Tortillas Corn Applesauce Milk	Whole-Grain Breadstick Carrot Sticks and Cucumbers with Yogurt Dip Water
Wednesday	Cereal Sliced Bananas Milk	Sloppy Joes Baked Beans Peaches Milk	Vanilla Wafers or Animal Crackers Milk
Thursday	Bagel with Cream Cheese Juice	Chicken Noodle Casserole Green Beans Applesauce Milk	Chex Mix Cereals Raisins Milk
Friday	Banana Zucchini Bread Milk	Mashed Potatoes with Hamburger Gravy Broccoli, Cauliflower & Carrots Pears Milk	Graham Crackers Yogurt Water

MENU

Week of 01/29/17 – 02/02/17	AM Snack	Lunch	PM Snack
Monday	Cornbread with Honey Butter Milk	Hamburger Stroganoff Broccoli Peaches Milk	Animal Crackers or Vanilla Wafers Milk
Tuesday	Mixed Berries Cheese Slice Milk	Egg Salad on Wheat Celery and Carrot Sticks Yogurt Dip Apple Slices Milk	Wheat Thins and Cheese Nips Milk
Wednesday	Muffin Squares Milk	Taco Salad (Ground Beef and Mixed lettuce mix with shredded carrots and cabbage) Corn Pears Milk	½ Banana with Whole Grain Cinnamon Crackers Water
Thursday	Oatmeal Raisins Milk	English Muffin Cheese Pizza Peas and Carrots Applesauce Milk	Tortillas with Sun Butter Juice
Friday	Yogurt Granola Milk	Chicken Noodle Soup (with added veggies and chicken) Wheat Saltines Cheese Mango Fruit Mix Milk	Applesauce Cake Milk