

September 2011

Safety: Ohio's revised child restraint law requires:

- Children less than 4 years old or 40 pounds must use a child safety seat.
- NEW: Children less than 8 years old, unless they are at least 4 feet, 9 inches tall must use a booster seat

Fitness: Pick Pocket Tag. Put a strip of cloth in each player's back pocket. Have the players try to grab each other's strips without having their own strip taken. The player with the most cloth strips wins the game

Nutrition: Breakfast that is kid-friendly...*Egg in a Basket:* Cover a frying pan with no-fat cooking spray. Tear a hole out of a slice of whole-wheat bread, put the slice in the pan, and crack an egg into the hole. Cook two minutes, flip, and cook until the egg is set and lightly browned.

Be There! Regular attendance in preschool sets up a good pattern for your child's entire school career. Show him/her that school comes first by trying to keep days off for illnesses and family emergencies.



Claymont Northside
Preschool
215 North Third Street
Dennison, OH 44621
740-922-5888

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 No School	6 Honey Grahams Juice	7 Vanilla Pudding Juice	8 Animal Crackers Juice	9	10
11	12 Buttery Crackers Juice	13 String Cheese Juice	14 Cereal Juice	15 Granola Bar Juice	16	17
18	19 Fruit Juice	20 Poptarts Juice	21 Fruit Snacks Juice	22 Teddy Grahams Juice	23	24
25	26 Goldfish Crackers Juice	27 Pretzels Juice	28 Vanilla Wafers Juice	29 Yogurt Juice	30	

** September 6th - All Preschool Students Attend Today

** September 28th - Fall Picture Day

back to
School



HALLOWEEN SAFETY

October 2011

***NEVER** go into a strangers house or even ring their bell for treats unless your parents are with you and say it is okay.
 ***Be careful** when you cross the street.



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Nutrition: Serve your child/children a filling meal before trick or treating and they won't be as tempted to eat any candy before they bring it home for you to check!

Fitness: Dress up and walk with your child at Northside Preschool's 2nd Annual Trunk or Treat...Date and Time to be announced later.

Did you know...Studies have shown that by putting on slow background music it can make a person

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 String Cheese Juice	4 Cereal Juice	5 Granola Bar Juice	6 Fruit Juice	7	8
9	10 Honey Grahams Juice	11 Vanilla Pudding Juice	12 Animal Crackers Juice	13 Fruit Snacks Juice	14	15
16	17 Poptarts Juice	18 Teddy Grahams Juice	19 Yogurt Juice	20 Goldfish Crackers Juice	21	22
23	24 Pretzels Juice	25 Vanilla Wafers Juice	26 String Cheese Juice	27 Cereal Juice	28	29
30	31 Granola Bar Juice					

- October 7th—Parent Training (Fire Safety)
- October 10th—Fire House Field Trip
- October 13th—Special Friends Day
- October 21st—Parent Training (Academic Day)
- October 24th—Mobile Dentist
- October 31st—Fall Festive Party



**NOV 6 SET YOUR CLOCK
BACK ONE HOUR!**

November 2011



Safety: Twice a year, when Day-light Saving Time *begins* or *ends*, Make it a habit to not only change your clocks, but do a few other semi-annual tasks that will improve safety in your home.

- Check and replace the batteries in your smoke and carbon monoxide alarms.
- Prepare a disaster supply kit for you house (water, food, flashlights, batteries, blankets). Every 6 months check these items.
- Make a “winter car-emergency kit” now and put it in your car.
- Check and discard expired medications.
- Check home and outbuilding storage areas for hazardous materials. Discard any which are outdated, no longer used or in poor condition. Move any which are within reach of kids or pets.

Nutrition: There are 2 special fruits that we see in the supermarket at this time of year that have great health benefits and are often associated with holiday meals. I’m referring to the **cranberry** and the **pomegranate**. They are known to help protect against heart disease, cancer and other diseases.

Try this web site for recipes...<http://www.oceanspray.com/Kitchen/Ocean-Spray-Recipes.aspx>



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6	7 Vanilla Pudding Juice	8 Animal Crackers Juice	9 Fruit Snacks Juice	10 Pop Tarts Juice	11	12
13	14 Teddy Grahams Juice	15 String Cheese Juice	16 Fruit Juice	17 Yogurt Juice	18	19
20	21 Goldfish Crackers Juice	22 Pretzels Juice	23 Cereal Juice	24 NO SCHOOL	25	26
27	28 NO SCHOOL	29 Granola Bar Juice	30 Buttery Crackers Juice			

Nov. 3rd—Parent Teacher Conferences (No School for Preschool Students)
 Nov. 8th—Author Michele Funk will be visiting
 Nov. 10th—Family Reading Night 5:30—6:15
 Nov. 18th.—Parent Training (Library)
 Nov. 23rd—Preschool Thanksgiving Lunch
 Nov. 24th.—No School
 Nov. 28th.—No School



December 2011



Safety: When using a space heater be sure to remind little ones not to touch. Real Christmas trees require watering daily!

Nutrition: 'Tis the season for decorating cookies, remember Christmas food fun can be healthy also. Make a wreath using green & yellow peppers, broccoli, cherry tomatoes, radishes, carrots and celery. Do this project with your child's help and then ENJOY!

Fitness: Even though it may be too cold to go outside there are many exercises to do, even while sitting on your couch.

Did You Know:

It has been suggested that shepherds are responsible for inventing the game of golf. It is said that they used to use their



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11	12 String Cheese Juice	13 Pop Tarts Juice	14 Gold Fish Juice	15 Pudding Juice	16	17
18	19 Yogurt Juice	20 Cereal Juice	21 Granola Bar Juice	22 NO SCHOOL	23 NO SCHOOL	24
25	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31



Dec 2nd Stress Free Holiday 10:00– 11:00
 Dec 2nd Cookie Walk 10:00-5:30 (at the Preschool, be sure to stop by and see all the goodies)
 Dec 9th Food Drive Pick-up (Dennison Fire Department)
 Dec 12th-15th Santa's Shop
 Dec. 15th Christmas Program 6:30

Nutrition: Start the new year out right...Eat moderate portions, add more fruits and vegetables to your diet.

News Years Resolution: Give up pop!

Safety: Dress your child warm...Hat, mittens, scarfs and a coat. Be careful of ice on the sidewalks. Allow extra travel time due to inclement weather conditions.

Fitness: With the holidays over now be sure to monitor TV, computer and video game time. The American Academy of Pediatrics recommends that children limit their "screen time" to no more than two hours daily.

Did you know... The average four year-old child asks over four hundred questions a day.

January 2012



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1	2	3 Yogurt Juice	4 Fruit Juice	5 Buttery Rounds Juice	6	7
8	9 Vanilla Wafers Juice	10 Fruit Snacks Juice	11 Pretzels Juice	12 Cereal Juice	13	14
15	16 NO SCHOOL	17 Pop Tarts Juice	18 Grahams Juice	19 Gold Fish Juice	20	21
22	23 Animal Crackers Juice	24 String Cheese Juice	25 Pudding Juice	26 Granola Bars Juice	27	28
29	30 Fruit Snacks Juice	31 Vanilla Wafers Juice				

January 9th—Home and School Meeting at 5:00

January 16th—No School Martin Luther King Jr. Day

January 27th—10:00 a.m. Parent Workshop



February 2012

Self-care: We all know how having a cold or stomach bug can make every task seem harder. This is true for kids, too. To get the most out of school, your child needs to be healthy and feel good. You can help by teaching your child about good hygiene.

A recipe for respect: Your child will learn respectful behavior by watching the way you treat others.

Fitness: Don't get the winter blahs...Turn TV off and EXERCISE with your child.

Did You Know: Eating eight strawberries will provide you with more Vitamin C than an orange.



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5	6 Yogurt Juice	7 Fruit Juice	8 Buttery Rounds Juice	9 Cereal Juice	10	11
12	13 Pop Tarts Juice	14 Grahams Juice	15 Pretzels Juice	16 Gold Fish Juice	17 NO SCHOOL	18
19	20 NO SCHOOL	21 Pudding Juice	22 String Cheese Juice	23 Fruit Snacks Juice	24	25
26	27 Animal Crackers Juice	28 Granola Bar Juice	29 Vanilla Wafers Juice			

February 2nd Groundhog Day
February 3rd Parent Training (Nutrition)
February 10th Parent Training (Speech)
February 14th Valentine's Day Party begins at 1:00
February 16th Parent/Teacher Conferences 4-7:30
February 17th No School
February 20th No School President's Day
February 24 Parent Training (Cook with a Book)



March 2012



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Loving Your family...Make Healthier Habits:

- ◆ Habit #1 -Vary your veggies
- ◆ Habit #2 – Focus on fruits
- ◆ Habit #3-Get your calcium-rich foods
- ◆ Habit #4-Make half your grains whole
- ◆ Habit #5– Go lean with protein
- ◆ Habit #6– Watch your fats, sugar, and salt (sodium)
- ◆ Habit #7 Balance what you eat with physical activity

Changing your habits should be done one step at a time... You do not want to get discouraged.

“Life doesn’t require that we be the best, only that we try our best.”

H. Jackson Brown Jr.

Fitness: Exercise doesn’t have to be done all at once. Encourage your child to be active throughout the day—small amounts of time will add up.

Did You Know: The average American kid will eat approximately 1,500 peanut butter sandwiches by High School.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Pretzels Juice	2 	3
4	5 Fruit Juice	6 Vanilla Wafers Juice	7 Granola Bar Juice	8 Gold Fish Juice	9 	10
11	12 Pudding Juice	13 Fruit Snacks Juice	14 Buttery Rounds Juice	15 Pop Tarts Juice	16	17 
18	19 Yogurt Juice	20 Cereal Juice	21 Animal Crackers Juice	22 Pretzels Juice	23 	24
25	26 String Cheese Juice	27 Honey Grahams Juice	28 Fruit Juice	29 Vanilla Wafers Juice	30	31

March 2 Parent Training (Cook With a Book)

March 6 Realeyes with Dr. Hurst

March 8 Parent Training (Kindergarten Screen Information)

March 15 I Love Green Day

March 23 Parent Training (Basic Computer Skills)

March 27 Spring Pictures

**March 20th
First Day of Spring**

April 2012

FAMILY HEALTH TIPS:

- Walk together to nearby restaurants and stores
- Make a fresh fruit smoothie

JUST FOR FUN...

Q: What did the teddy bear say when he was offered dessert?

A: No, thanks. I'm stuffed!

SINGLE SERVINGS:

Keep portable snacks handy—and hold your food budget down—by buying items in bulk and making your own single-serve bags. Check portion sizes on nutrition labels of cereal, baked crackers, or nuts, and fill zipper bags with one serving each. Then, your youngster can grab a nutritious snack quickly.

DID YOU KNOW...

The creator of the NIKE Swoosh symbol was paid only \$35 for the design.



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8	9 Pudding Juice	10 Granola Bars Juice	11 Goldfish Juice	12 Fruit Snacks Juice	13	14
15	16 Buttery Rounds Juice	17 Poptarts Juice	18 Yogurt Juice	19 Honey Grahams Juice	20	21
22	23 String Cheese Juice	24 Granola Bar Juice	25 Pretzels Juice	26 Fruit Juice	27	28
29	30 Vanilla Wafers Juice					

April 9th Easter Party

April 10th Spring Pictures

April 13th Parent Training 10:00 a.m.

April 24th Donuts with Dad starting at 9:00 a.m.

April 26th Spaghetti Dinner 5-7 p.m. at the Uhrichsville Methodist Church (Northside Preschool students eat FREE!)

April 27th Parent Training 10:00 a.m.

May 2012



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13	14 Yogurt Juice	15 Pretzels Juice	16 Animal Crackers Juice	17 Vanilla Wafers Juice	18	19
20	21 Honey Grahams Juice	22 Fruit Juice	23 GRADUATION	24 FAMILY PICNIC	25	26
27	28	29	30	31		