

MESSIAH COLLEGE

FAMILY GROUP ROOM

NOVEMBER/DECEMBER 2009

IT'S MOTHER GOOSE TIME...

Our next theme will focus on the many stories of Mother Goose.

Some activities we have planned include reading Mother Goose stories, and making a Humpty Dumpty book. We will create soft Baa Baa Black sheep, paint Twinkle, Twinkle Little Stars, and put our home-made Humpty Dumpty puzzle back together again. Outside, we will play games such as Jack Be Nimble (jumping over picture of candlestick and Little Miss Muffet ("spider" chase) game. For a special treat, we will make a Muffin Man snack.



SPECIAL DATES:

* The ELC will be closed on November 20th so that Teachers may attend the NAEYC conference.

* We are closed
Nov. 26th & 27th
December 18th at noon ,
& the 24th to 31st.

Happy Birthday to you...

Asher 12-29-07

Alex 1-13-08

Two years old!



WELCOME MS. LILY

Welcome to our new Teacher, Ms. Lily. She will start on Thursday, November 19. Lily has a BA in Psychology from Simon Fraser University in Vancouver, British Columbia, Canada and is currently working on her CDA certificate. Ms. Lily writes,

Hi! My name is Lilian Schultz and better known as Lily. I am a wife and a mother of four teenagers. I was born in Malaysia. I speak three languages fluently; English, Mandarin (with some Chinese dialects) and the Malay Language.

I have worked with children for about 18 years and I believe that they are precious gifts from God. I have experience working in a day care, a homeschooling environment, Vietnamese refugee camps, with visually handicapped children, and also have been a missionary to East Timor.

I am looking forward to serving you and your children at the Early Learning Center and would love to meet with you soon.

HEALTHY EATING FOR YOUNG CHILDREN



**The message of the pyramid is to eat a variety of all foods.
Is your child's lunch one color?**

Children's should eat from every color, every day.

Suggested serving sizes for each food group for toddlers are discussed below using the toddler nutrition pyramid as a guide.

Grains (orange): Key nutrients are carbohydrates, B-vitamins and iron.
Examples of common one ounce grain equivalent equals:

- 1 slice bread, or 1/2 cup cooked hot cereal, 1/2 cup cooked rice or pasta, 1 ounce (3/4 cup) cold cereal

A toddler needs 2 one ounce equivalents each day. About 1/2 of the grains should be from whole grains.

Vegetables (green): Key nutrients are vitamin C, vitamin A, folic acid, magnesium and fiber.
Example of 1 cup equivalents are the following:

- 1 cup raw or cooked vegetables, 2 cups raw leafy vegetables, 6 ounces vegetable juice, 1 medium potato, 1 large tomato, or 12 baby carrots

A toddler needs approximately 3/4 cup each day. Offer vegetables in a variety of colors to ensure a wide assortment of nutrients.

Fruits (red): Key nutrients are vitamin C, vitamin A, potassium and fiber.
Fruits are measured in cups. Examples of **1 cup** fruit equivalent equals the following:

- 1 medium piece of fruit, 1 cup fresh, frozen or canned fruit, 6-8 ounces 100% fruit juice, or 1/2 cup dried fruit. A toddler needs 1 cup each day.

Dairy/Dairy Products (blue): Key nutrients are calcium, riboflavin and protein Toddlers need 2 cups each day. Common substitutes/equivalents are the following:

- 1-1/2 ounces natural cheese or 2 ounces processed cheese, 1/3 cup shredded cheese, or 1 cup yogurt

Meats or Meat Alternatives (purple): Key nutrients are protein, B-vitamins, iron and zinc.
Common one ounce equivalents equals:

- 1 ounce meat, poultry or fish, 1/4 cup dry beans or baked beans, 1 egg, 1 T. peanut butter, 1/4 cup tofu. 2 T. hummus A toddler needs 1 to 2 ounce equivalents each day.

Fats should not be restricted under the age of two years.

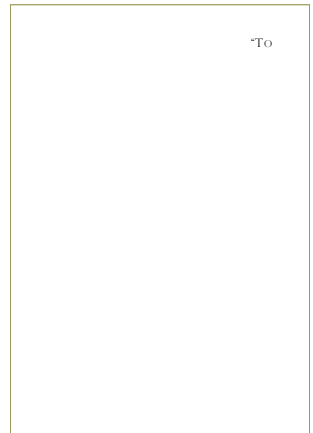
INSIDE STORY HEADLINE



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INSIDE STORY HEADLINE

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INSIDE STORY HEADLINE



Caption describing picture or graphic.



Organization

MESSIAH COLLEGE

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

WE'RE ON THE WEB!

EXAMPLE.COM

YOUR BUSINESS TAG LINE HERE

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

BACK PAGE STORY HEADLINE

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give

your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a

good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.