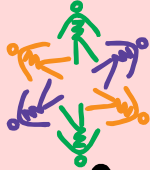


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February 2012



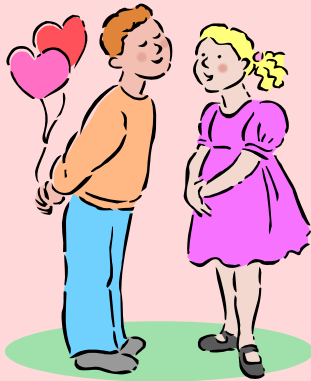
Gateway Academy
Child Development Centers

Gateway
Academy

9064 E Mineral Ave
Centennial, CO 80112

720-874-0300

Questions or Comments? Email
dte@gatewayacademy.com



Parent's Night Out will be held the Friday after Valentine's Day! Enjoy a romantic Friday Valentine's Date. Parent's Night Out is from 6:30-10:00pm. The cost is only \$25 for one child and \$15 for each additional child.



You are cordially invited to Gateway
Academy's 9th Annual

Sweetheart's Ball

Tuesday, February 14th from 3:00 to 4:30 PM

Our Annual Sweetheart Dance is a favorite event for party goers! If you are new to the Gateway family, we promise this will be an event you won't want to miss. Dust off those dancing shoes, take that special dress out of the closet, and join us for an elegant celebration. Join your little love bug for their class's Valentine's Day party with snacks, refreshments and dancing.

We look forward to seeing everyone there!

From Michelle's Desk

Happy February to everyone! Like most others, this month should be busy, fun and filled with lots of learning!

This year we will celebrate Valentine's Day with our annual **Sweetheart Ball**, being held on **Tuesday, February 14th** from **3:00 – 4:30 pm**. Join your child for their Valentine's Party and then some dancing fun. This dress-up affair will be fun for the entire family, children *and* parents! Regardless of your child's age, please plan on joining us for this fun event! You won't be disappointed!



Parent's Night Out is set for Valentine's weekend. Sign up today to have babysitting covered for your romantic Valentine date! The cost is \$25 for one child and \$15 for every additional child. Please bring your child in Pajamas that day/night. Dinner will be provided.

February's curriculum will be built around the theme of "Healthy Bodies in Motion" — the perfect answer to the winter doldrums. We have many, many exciting activities planned, all centered around healthy eating habits and exercise. If you or anyone you know are in the field of exercise, dental health, nutrition or a related field and could share any information with our children, we'd love your help!

Have a lovely month!

Michelle Kratzer
School Director



If your child is celebrating a birthday this month, we hope your plans include scheduling a Well Child exam with his/her doctor. Colorado child care licensing regulations require that ALL children enrolled have proof of a yearly physical on file! See Michelle or Katie for the necessary forms!

Happy
Birthday

Little

Sweetheart's

2/2 Teagan M. turns 1

2/2 Miss Sam turns ?

2/6 Stephana S. turns 3

2/8 Nick M. turns 4

2/14 Aaliya B. turns 4

2/16 Broden S. turns 8

2/19 Rylen H. turns 2

2/21 Natalie S. turns 4

2/21 Seven H. turns 3

2/25 Taylor A. turns 4

2/26 Danil M. turns 4

2/27 Ashley S. turns 5

Teacher Wish List

- Any and all materials to make Valentine crafts: felt, fabric scraps, glitter, heavy card stock, doilies, tissue paper, crepe paper, hearts, heart-shaped cookie cutters, heart-shaped sponges, Valentine stamps, stamp pads in red, purple and pink, etc. You name it—we can use it!
- For our Dramatic Play areas: We are going to be converting them into restaurants and need any old kitchen utensils & equipment you no longer want including pots, pans, plastic dishes, plastic flatware, aprons, play food, tablecloths, and toy cash registers.
- Items representing food from around the world.

Can You Help?

Healthy Eating Habits

—from Kids Health.org

Whether you have a toddler or a teen, here are some good strategies to improve nutrition and encourage smart eating habits:

- Have regular family meals.
- Serve a variety of healthy foods and snacks.
- Be a role model by eating healthy yourself.
- Avoid battles over food.
- Involve kids in the process.



It's certainly not an easy thing to do when everyone is juggling busy schedules and convenience food—such as fast food, is so readily available.

Family meals are a comforting ritual for both parents and children. Children like the predictability of family meals and parents get a chance to catch up with their children. Studies have proven that children who take part in regular family meals are also:

- more likely to eat fruits, vegetables and grains
- less likely to snack on unhealthy foods
- less likely to smoke, use marijuana, drink alcohol or join gangs

In addition, family meals give parents the chance to introduce children to new foods and act as a role model for healthy eating habits.

What counts as a family meal? Any time you and your family eat together—whether it's a take-out meal or a home-cooked meal complete with all the trimmings. Strive for nutritious food and a time when everyone can be there. This might mean eating dinner a little later to accommodate a child's sport's practice or a parent's business meeting. It can also mean setting time together on the weekends—perhaps a Sunday brunch or a Saturday night out for pasta and salads—when it may be more convenient to gather as a group.

Welcome to Our New Teachers:

Ms Hannah

and

Ms. Megan



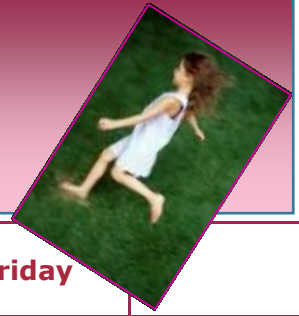


Gateway Academy
Child Development Centers

February 2012 Food Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Milk is served with all lunches. Water is served with all snacks		1 B: Cinnamon Toast L: Lasagna, mixed veggies, pears S: Pretzels & Cheese	2 B: Oatmeal, raisins L: Grilled Cheese, Tomato Soup, Applesauce S: Goldfish, banana	3 B: Cheerios L: Pizza, Tossed Salad, Peaches S: Elmo's Birthday Cake
6 B: Whole Wheat French Toast Sticks L: Teriyaki Chicken Rice, Peas & Carrots, Pineapple S: Applesauce, Grahams	7 B: Biscuits & Strawberry Jam L: Spaghetti, Green Salad, Peaches S: Ants on a log	8 B: Raisin Bran L: Turkey & Cheese Sandwich, Carrot Sticks, Pears S: Veggies & dip	9 B: Whole Wheat Pancakes L: Chicken Patty Sandwich, Tator Tots, Oranges S: Cheese & Wheat Thins	10 B: Rice Krispies, banana L: Meatball Subs, Green Beans, Peaches S: Yogurt & Grahams
13 B: Cheerios, banana L: Sloppy Joes, Tator Tots, Mixed Fruit S: Pinwheels	14 B: Oatmeal, oranges L: Soybutter & Jelly Sandwich, Oranges, Carrots S: Valentine's Day Class Parties	15 B: Whole wheat waffle sticks L: Potato Cheese Soup, Crackers, Pears S: Ritz & Soybutter	16 B: Whole Wheat muffin w/ Strawberry Jam L: Bean & Cheese burrito, corn, mixed fruit S: Trail Mix	17 COOK'S CHOICE DAY See menu in cafeteria
20 B: Whole wheat French toast sticks L: Grilled Cheese, Tomato Soup, Applesauce S: Fruit Salad, animal crackers	21 B: Rice Krispies, banana L: Chicken nuggets, mashed potatoes, peas S: Applesauce & grahams	22 B: Bagels w/ strawberry jam L: Mac & Cheese, green beans, peaches S: Fruit / Veggie Tasting Party	23 B: Oatmeal L: Broccoli Spaghetti, mixed veggies, pears S: Banana Bread	24 B: Raisin Bran L: Cheesy beans & rice, corn, peaches S: Cheese Its & Banana
27 B: Cheerios, banana L: Cheese Pizza, salad, pears S: Wheat thins & Cheese slices	28 B: Breakfast Burritos L: Hamburger, tator tots, pears S: Pretzels & Cheese	29 B: Oatmeal, oranges L: Chicken Quesadilla, corn, pears S: Goldfish, fruit salad		

Healthy Bodies in Motion



	Monday	Tuesday	Wednesday	Thursday	Friday	
Head to Toes			<p>1</p> <p>February is Dental Health month</p>	<p>2</p> <p>Ground Hog Day</p>	<p>3</p> <p>Elmo's Birthday Wear RED</p>	
	<p>6</p> <p>Butter Braids delivered at 1pm</p>	<p>7</p> <p>Dentist Visit</p>	<p>8</p> <p>Height and Weight Charts</p>	<p>9</p> <p>The Nose</p>	<p>10</p>	
Healthy Food for Healthy Bodies	<p>13</p>	<p>14</p> <p>Sweetheart Ball / Parties 3:00-4:30 pm</p>	<p>15</p> <p>Family Meal Night!</p> <p>Children in families who eat together are less likely to smoke, drink alcohol or do drugs.</p>	<p>16</p>	<p>17</p> <p>Parent's Night Out 6:30-10pm</p>	
	<p>20</p> <p>President's Day</p>	<p>21</p> <p>Bring your favorite fruit or veggie for our Tasting Party</p>	<p>22</p> <p>Beth Epley 9:15 am</p>	<p>23</p> <p>Banana Bread Day</p>	<p>24</p>	
	<p>27</p>	<p>28</p> <p>Breakfast To Go</p>	<p>29</p> <p>February is Black History month</p>	<p>Our Curriculum also includes:</p> <ul style="list-style-type: none"> Phonics Focus: k, v, x Math Focus: Measuring Science: Five Senses / Nutritional Sense Culture Connection: Multi-cultural Foods Shapes: Heart, Triangle Colors: Pink, Purple, White, Red, Pink 		