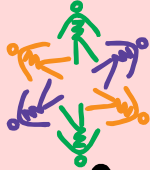


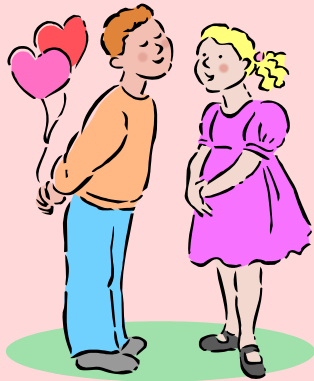
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February 2012



Gateway Academy
Child Development Centers

Gateway
Academy
12633 W. Indore Pl.
Littleton, CO 80127
720-981-4044
Questions or Comments? Email
Ken_caryl@gatewayacademy.com



Be Mine



You are cordially invited to Gateway
Academy's 9th Annual
Sweetheart Dance
Friday, February 17th
from
6:30-8:00 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 a most elegant evening. Join your little love bug for our school's Valentine's Day party with snacks, refreshments and dancing.

We look forward to seeing everyone there!

From Mollie'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** which will be held on **Friday, February 17th** from **6:30-8:00pm**. 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!



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 any of you are in the field of exercise or nutrition and could share any information with our children, we'd love your help!

Have a lovely month!
Mollie Dehmlow
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 exam on file with us.

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 and pink, etc. You name it—we can use it!
- For use in our Math Centers: collections of items to count: milk bottle caps, sea shells, poker chips.
- For our Dramatic Play areas: old kitchen utensils & equipment you no longer want. We'll remove electrical cords before placing them in our Dramatic Play areas.
- Items representing food from around the world.

Can You Help?

Happy Birthday Little

Sweetheart's!

Ella G. turns 2 February 2nd

Austin C. turns 5 February 2nd

Ms. Rebekah turns 21 February 3rd

Alice M. turns 9 February 10th

Anna S. turns 5 February 14th

Zandria H. turns 1 February 15th

Ms. Sue U. turns 21 February 17th

Neva M. turns 5 February 19th

Nicolas M. turns 2 February 20th

Andon K. turns 8 February 23rd

Kaitlin B. turns 1 February 25th

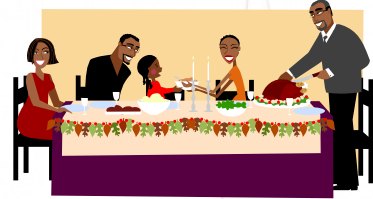
Lillie K. turns 3 February 26th

Healthy Eating Habits

—from Kids Health.org

Whether you have a toddler or a teen, here are five of the best 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.

Here are some ways to incorporate a family mealtime into your daily routine.

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





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February 2012 Food Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| Milk is served with all lunches. Water is served with all snacks | | 1 B: Bagels and OJ L: Lasagna, mixed veggies, fruit S: Pretzels & Cheese | 2 B: Biscuits and jelly L: Fish sticks, cheesy taters and fruit S: Trail mix and juice | 3 B: Oatmeal L: Cheese Pizza, Tossed Salad, fruit S: Elmo's Birthday Cake |
| 6 B: French Toast Sticks L: Teriyaki Chicken Rice, Peas & Carrots, fruit S: Applesauce, Grahams | 7 B: Cereal and milk L: Spaghetti, corn and fruit S: Ants on a log | 8 B: Cheesy eggs L: Chicken nuggets, green beans and fruit S: Veggies & dip | 9 B: Pancakes L: Chicken salad sandwich, potato chips and fruit S: Ritz crackers and cheese | 10 B: Muffin squares L: Hot meatball subs, broccoli and fruit S: Yogurt & crackers |
| 13 B: Blueberry waffles L: Chicken Taquitos, cream peas and fruit S: Cereal Bars | 14 B: Cereal and milk L: Soybutter & Jelly Sandwich, Cucumbers and fruit S: Valentine's Day Class Parties | 15 B: Biscuits and jelly L: Baked Potato soup, club crackers and fruit S: Cheese-its and Apple juice | 16 B: Bagels and OJ L: Bean & Cheese burrito, corn, and fruit S: Trail Mix and juice | 17 COOK'S CHOICE DAY See menu in cafeteria |
| 20 B: Pancakes L: Beef Stroganoff, green beans and fruit S: Vanilla wafers and fruit | 21 B: Cereal and milk L: Chicken nuggets, mashed potatoes, and fruit S: Nachos | 22 B: Blueberry waffles L: Beefy mac, carrots and fruit S: Fruit / Veggie Tasting Party | 23 B: Sausage and eggs L: Broccoli Spaghetti, dinner rolls and fruit S: Grahams and soy butter | 24 B: Raisin Bran L: Cheesy beans & rice, corn, fruit S: Cheese crackers |
| 27 B: Breakfast burritos L: Chili Con Carne, Corn chips and fruit S: Craisins and Cheese Its | 28 B: Cereal and milk L: Ravioli, cucumber salad and fruit S: Trail mix and juice | 29 B: French Toast Sticks L: Shepherds Pie and fruit salad S: Frozen Gogurts | | |

Healthy Bodies in Motion



| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|--|--|---|--|---|-----------------------------------|--|
| Head to Toes: | February is Dental Health Month | | 1 Black History Month | 2 | 3 Elmo's Birthday Wear RED | |
| Our Five Senses | 6 Head, Shoulders, Knees & Toes | 7 Kindergarten Club Super Smart | 8 Height and Weight charts | 9 | 10 | |
| Healthy Food for Healthy Bodies | 13 | 14 Happy Valentine's Day! Kindergarten Club Super Smart BE MINE | 15 Family Meal Night! Children in families who eat together are less likely to smoke, drink alcohol or do drugs. | 16 | 17 Sweetheart's Dance 6:30-8:00pm | |
| | 18 President's Day School Age Service Project (Sterling House) | 20 Kindergarten Club Super Smart | 22 Bring your favorite fruit or veggie for our Tasting Party | 23 Banana Bread Day Beth Epley 9:15am | 24 Wear RED for Heart Health | |
| | 27 | 28 Kindergarten Club Super Smart Breakfast To Go | 29 | Our Curriculum also includes: 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, Lavender | | |