



# Auntie's Family News

Volume 1, Issue 1

January 2017

*Happy New Year everyone!*

*January is normally the month where some of us press the reset button and give ourselves a fresh start. Starting this month, Auntie's Kids will be sending a newsletter home every month to give highlights on our current and upcoming events. We will also be highlighting our staff, children and parents. Another feature will be tips and sticks that connect with the theme of the month for Auntie's Kids.*



Sherry Daniels, Owner

*Nelson Mandela once said "Education is the most powerful weapon which you can use to change the world". I believe that I and my staff have the knowledge to change the world one child at a time with your help. There will be plenty of improvements this year to tap into your child's potential and ability to learn. We can achieve this together.*

*Sincerely,*

*Sherry Daniels*



## ***Snow Closings***

Please be advised that due to BAD WEATHER, we may close, delay, or cancel transportation. Please watch channel 9 (WCPO) or channel 19 (WXIX) for delays, closings, and cancellation of transportation. We do apologize for any inconvenience this may cause. We don't want to close, but for the safety of the children and staff we may need to.

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# January: Healthy Snacking

Every year people create New Year's resolutions to follow throughout the new year. Many of these revolve around health and fitness. The experts say that achieving your health goals is easier when you have support and get your whole family involved. What the experts don't talk about are how to get your kids on board.

At Auntie's Kids, we will provide more healthy options for meals and snack time. These options can include fruits, vegetables, yogurt, and granola bars. Please inform the owner or director if your child has any allergies or food intolerances.

## SNACKING TIPS

1. Keep more healthy on the go snacks. Apples, bananas, string cheses, and Go-gurts are great options since no utensils are needed.
2. Slowly introduce new healthy foods. Kids can be on sensory overload when it comes to new tastes and textures. They will be more ready to try new food when there's less new food on their plate.
3. Hide healthy food in everyday snacks. Some examples of this is making chocolate pudding with avocado or making smoothies with various fruits and veggies.

## Did You Know?

### Healthy Snacks for Kids Can:

- \* lead to better nutrition during foundational years and increased energy and ability to focus.
- \* prevent overeating during meals and patterns of boredom eating, or eating based on emotional factors when snacking throughout the day.
- \* enable your child to settle down sooner and sleep more soundly through the night when a healthy snack is given before a nap or bedtime.
- \* help children develop lifelong healthy eating habits and prevent chronic diseases.

# INFORMATION CORNER



## Pick-Ups and Drop-Offs

Parents must come in and sign their child out. Children will not be able to leave or enter without an adult present. This is for your child's safety.

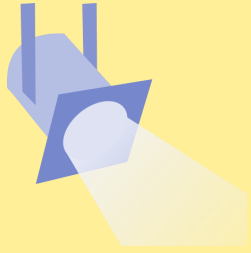
In addition to swiping your child in and out each day they are present upon arrival or departure, please fill out the pick up/drop off form. This is required by the State of Ohio. You must write in your child's drop off and pick up time next to his or her name each day.

## PRE-K ANNOUNCEMENTS

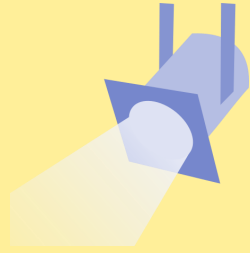
Please make sure you are taking home your child's pillow and blanket on Fridays to be washed and cleaned. This will help prevent the spread of germs. Thank you.

## SCHOOL AGE ANNOUNCEMENTS

We have been making repairs around the daycare. Both toilets have had their handles replaced several times since mid-December. Window coverings in the school age bathroom have been replaced twice as well. Please discuss our rules with them.



# SPOTLIGHT



Every other month a child, parent, and staff member will be featured in the newsletter. If you and your child would like to participate, please be sure to fill out the below form and submit it to the owner.

**You or your child will not be featured with out it.**

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## Photography, Audio Recording and Videography Release Form

I, \_\_\_\_\_, the parent/guardian of

\_\_\_\_\_, am granting **Auntie's Kids** the permission to photograph, video record, and audio record **my child** for promotional and informational purposes **ONLY**.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

I, \_\_\_\_\_, am granting **Auntie's Kids** the permission to photograph, video record, and audio record **myself** for promotional and informational purposes **ONLY**.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**I understand that I must submit a letter IN WRITING to the OWNER if I would like to revoke either permission for any reason.**