



# Child Development Center



APRIL 2012



Vol. 5 Issue 9 April 2012

## HOME-SCHOOL-CONNECTION

### CONTACT INFO:

#### FAMILY SERVICES

24300 Las Brisas Rd. N  
Murrieta, CA 92562  
(951) 304-1623

#### Child Development Center

(951) 304-1623

Room 4: ext. 2112

Room 5: ext. 2113

Room 6: ext. 2114

Room 7: ext. 2177

Room 8: ext. 2115

Room 10: ext. 2176

Room 11: ext. 2168

Room 12: ext. 2167

### UPCOMING EVENTS

**April 6**

**Holiday - No School**



### Parents Information & Communication

For more information about Family Services, our Newsletters, and Programs—please visit our website at [www.murrieta.k12.ca.us](http://www.murrieta.k12.ca.us) under Family Services Department

### CREATING A HEALTHY EASTER BASKET



With the rate of childhood obesity on the rise, try something new. This year, buy healthy snacks instead of candy. You don't have to sacrifice flavor, either. Low-calorie or low-fat doesn't mean it has to taste bad.

This is one time that toys are okay. An Easter basket is about getting a special treat. No one said those treats had to be edible.

Jelly beans versus dried fruit. Jelly beans would be great if it wasn't for all of the sugar. You can never eat just one or five for that matter. Dried fruit offers nutrition and taste in the same bite-size portion as jelly beans.

Snack size versus regular size. If you add candy to your basket, smaller is better. Choose snack-sized.

Store bought versus homemade treats. We all enjoy going to the store and getting bubble gum and cupcakes, but do you really know what's in what you are eating? Most, if not all, marketable treats started in someone's kitchen. That means they were homemade at one time. Let's take Rice Krispy treats for example. The recipe was on the cereal box before they became a pre-packed item in the store. At home, low-fat ingredients can be substituted to create delicious treats for the Easter basket. When you know what's inside your food, you feel better about serving it to your kids.

**Resource:** [www.apples4theteacher.com](http://www.apples4theteacher.com)

### Spring Fling

**When:** Friday, April 27,  
from 5:00 pm. to 8:00 pm.

**Where:** Child Development Center  
(upper field)

Please come and join us for a fun day full of free activities.



### Kindergarten, Here I Come!"

Ease the transition to kindergarten for your child. Join us for a fun filled evening of education and entertainment!

**Time: 5:30 pm.—7:30 pm.**

**Monday: April 20, 2012**  
Avaxat Elementary School  
24300 Las Brisas Rd. (92562)

**Tuesday: May 1, 2012**  
E. Hale Curran Elementary School  
40855 Chaco Canyon Rd. (92562)

**Wednesday: May 2, 2012**  
Alta Murrieta Elementary School  
39475 Whitewood Rd. (92563)

**Thursday: May 3, 2012**  
Monte Vista Elementary School  
37420 Via Mira Mosa (92563)



**Ms. Sindy**

Hola! My name is Sindy Garcia. I currently work in room 12 with the young Three classroom. I've been with the MVUSD for the past 6 years and with the CDC for 3 years now. I love and enjoy working with children but my passion is with the Early Childhood level, and also with the Special Education children. I've done it all, infants to K-readiness; its so much fun. At the end of the day, I'm tired but I go home with a smile on my face. :-) I currently hold an Associate Teacher permit and went to UCR extension for my training. I am a mother to 2 awesome boys, ages 18 and 13. My recipe for working with young children is: Love, Compassion, Humbleness, mixed with a hint of Discipline and Knowledge. My motto in life: "LOVE NEVER FAILS"