



# Child Development Center

MARCH 2015



Vol. 8 Issue 9 March 2015

HOME - SCHOOL - CONNECTION

## CONTACT INFO:

### FAMILY SERVICES

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

### Child Development Center

(951) 304-1623

Room 10: ext. 2176

Room 11: ext. 2168

Room 12: ext. 2167

Room 207: ext 2128

## UPCOMING EVENTS

March 17  
St. Patrick's Day

April 3,  
No School—  
Closed



## Taking Care of Young Children's Teeth—Part 1

(One Year through Five Years)

Primary "baby" teeth are very important. By age 3, your child should have 20 of them. They help your child chew, talk, have a nice smile, and maintain space for permanent teeth.

Early loss of primary teeth can severely affect the outcome of permanent teeth.

- It is recommended that children be weaned from the bottle between ages of 12 to 15 months. Offer liquids from a cup.
- Develop a daily routine of brushing your child's teeth, especially before bedtime.
- If your child is not happy about tooth brushing, try using a musical toothbrush or one with a cartoon character.
- Begin using a PEA-SIZE amount of fluoridated toothpaste once a child understands how to rinse and spit.
- Supervise and assist with brushing until good motor skills develop (6 to 8 years of age)

Resources: [www.noodlesoup.com](http://www.noodlesoup.com)

# PARENTS

The Child Development Center will be open during Spring Break

March 30, 2015

to

April 10, 2015

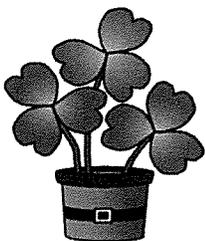
(except April 3rd.)

Please tell your child's teacher if he/she will not be attending and remember to sign your child's attendance sheet.



## Parents Information & Communication

For more information about Family Services, our Newsletters, and Programs—please visit our website at

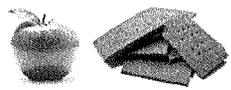
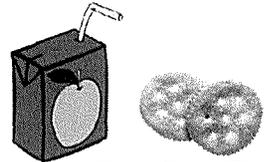


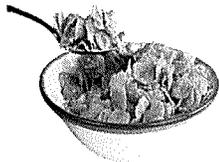
Ms. Michelle

Hi, my name is Michelle Endris. I have been working for the M.V.U.S.D. for five years. I work as a Child Development Teacher at Monte Vista School Readiness program and in the S.E.E.D. program with the Kindergarteners in room 207. I have a Bachelor of Science degree in Education and currently applying for my Child Development Master Teacher permit. I am married, have two children and two boxers. I like to scrapbook, watch my son play baseball and love to bake!



**MURRIETA VALLEY UNIFIED SCHOOL DISTRICT  
MARCH 2015 SNACK MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>A.M. SNACK</u></b> 03/02 Cereal ½ Banana Milk</p> <p><b><u>P.M. SNACK</u></b> Goldfish Crackers Juice</p>	<p><b><u>A.M. SNACK</u></b> 03/03 Honey Graham Crackers Milk</p> <p><b><u>P.M. SNACK</u></b> Pretzels Apple Slices Milk</p>	<p><b><u>A.M. SNACK</u></b> 03/04 Cereal Milk</p> <p><b><u>P.M. SNACK</u></b> PB &amp; Jelly Sandwich Peaches Milk</p>	<p><b><u>A.M. SNACK</u></b> 03/05 Ritz Crackers Oranges Milk</p> <p><b><u>P.M. SNACK</u></b> Cinnamon Teddy Graham Juice</p>	<p style="text-align: right;">03/06</p> <p style="text-align: center;"><b>TEACHER'S CHOICE</b></p> 
<p><b><u>A.M. SNACK</u></b> 03/09 Animal Crackers Milk</p> <p><b><u>P.M. SNACK</u></b> Trail Mix Pineapple Chunk Milk</p>	<p><b><u>A.M. SNACK</u></b> 03/10 Cereal Orange Slices Milk</p> <p><b><u>P.M. SNACK</u></b> Grilled Cheese Sandwich Milk</p>	<p style="text-align: right;">03/11</p> <p style="text-align: center;"><b>TEACHER'S CHOICE</b></p> 	<p><b><u>A.M. SNACK</u></b> 03/12 Cereal ½ Banana Milk</p> <p><b><u>P.M. SNACK</u></b> Wheat Thins Crackers Milk</p>	<p><b><u>A.M. SNACK</u></b> 03/13 Pancakes w/Syrup Milk</p> <p><b><u>P.M. SNACK</u></b> Nilla Wafers Baby Carrots w/ Ranch Milk</p>
<p style="text-align: right;">03/16</p> <p style="text-align: center;"><b>TEACHER'S CHOICE</b></p> 	<p><b><u>A.M. SNACK</u></b> 03/17 Cheez-It Crackers Milk</p> <p><b><u>P.M. SNACK</u></b> Chocolate Teddy Bear Apple Sauce Milk</p>	<p><b><u>A.M. SNACK</u></b> 03/18 Cereal ½ Banana Milk</p> <p><b><u>P.M. SNACK</u></b> Honey Graham Crackers Juice</p>	<p><b><u>A.M. SNACK</u></b> 03/19 Cheese Quesadillas Milk</p> <p><b><u>P.M. SNACK</u></b> PB &amp; Jelly Sandwich Apple Slices Milk</p>	<p><b><u>A.M. SNACK</u></b> 03/20 Cereal Milk</p> <p><b><u>P.M. SNACK</u></b> Ritz Crackers Pineapple Chunks Juice</p>
<p><b><u>A.M. SNACK</u></b> 03/23 Cinnamon Teddy Graham Orange Slices Milk</p> <p><b><u>P.M. SNACK</u></b> Wheat Thins Crackers Juice</p>	<p><b><u>A.M. SNACK</u></b> 03/24 Cereal ½ Banana Milk</p> <p><b><u>P.M. SNACK</u></b> Trail Mix Juice</p>	<p><b><u>A.M. SNACK</u></b> 03/25 Animals Crackers Milk</p> <p><b><u>P.M. SNACK</u></b> Grilled Cheese Sandwich Pears Milk</p>	<p><b><u>A.M. SNACK</u></b> 03/26 Cereal Milk</p> <p><b><u>P.M. SNACK</u></b> Cheez-It Crackers Peaches Milk</p>	<p><b><u>A.M. SNACK</u></b> 03/27 Milk</p> <p><b><u>P.M. SNACK</u></b> PB &amp; Jelly Sandwich Apple Sauce Juice</p>
<p><b><u>A.M. SNACK</u></b> 03/30 Cereal Milk</p> <p><b><u>P.M. SNACK</u></b> Nilla Wafers Fruit Cocktail Juice</p>	<p style="text-align: right;">3/31</p> <p style="text-align: center;"><b>TEACHER'S CHOICE</b></p> 			



**SNACKS ARE SUBJECT TO CHANGE WITHOUT NOTICE**

