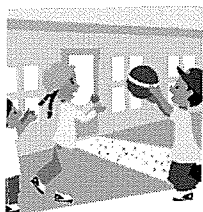


Vol. 8 Issue 3 - Sept. 2014

# Child Development Center Newsletter

## SEPTEMBER 2014



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

Room 207: ext. 2128

### UPCOMING EVENTS

Sept. 1— Holiday

(No School)

Sept. 7—

Grandparents Day!

### 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

### Understanding Eating Disorder Problems

#### Part 1

An eating disorder is more than an obsession with food or a disruptive eating behavior. It is about low self-esteem and self-image, control of one's environment and the ability to cope with stress.

Victims of eating disorders, both male and female, lack education about proper nutrition and are unaware of the emotional distress and physical harm that can result. The most common eating disorders are *anorexia nervosa*, *bulimia*, and *compulsive eating*.

#### Common Symptoms of Eating Disorders:

- Weight fluctuations
- Low self-esteem
- Perfectionism
- Preoccupation with nutrition or dieting
- Withdrawn personality or moodiness
- Unrealistic body image

Resource: *HelpingHands*

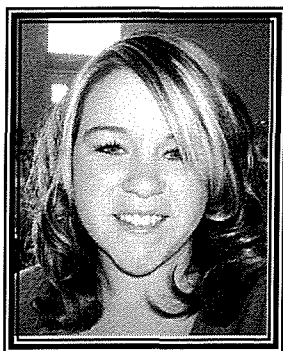
### *Dear Grandma & Grandpa*

Author: Unknown

*When we are with you,  
we always have fun.  
You make us feel we're your  
special ones!  
We can tell by the kindness in  
your smiles,  
You recall how things look  
through the eyes of a child.*

*If we really need a hug or two,  
We know that we can depend on you.  
Giving hugs is what  
grandparents do best,  
And you do it better than  
all the rest!*

*Here is a secret, and it is true—  
Grandma & Grandpa,  
our hearts  
belong to you!*



Ms. Whitney

Hi my name is Whitney Williams. I have worked for the M.V.U.S.D. for eight years in Family Services and two of the years with Infant/Toddlers.

I am currently working on getting my Teacher Permit and continuing my education in the child development field. I am married and have two children of my own - Abigail is two years old and




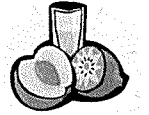
Micah is seven months old. When I am not at work my family and I love going to the zoo, parks and playing in the pool.

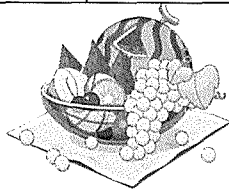
In my spare time I enjoy teaching my cake decorating class as well as making cakes for special events.



# MURRIETA VALLEY UNIFIED SCHOOL DISTRICT

## SEPTEMBER 2014 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>09/01</b> <b>HOLIDAY</b> <b>NO SCHOOL</b> 	<b>09/02</b> <u><b>A.M. SNACK</b></u> Cereal ½ Banana Milk <u><b>P.M. SNACK</b></u> PB & Jelly Sandwich Milk	<b>09/03</b> <u><b>A.M. SNACK</b></u> Ritz Crackers Milk <u><b>P.M. SNACK</b></u> Pretzels Peaches Milk	<b>09/04</b> <u><b>A.M. SNACK</b></u> Cereal Milk <u><b>P.M. SNACK</b></u> Trail Mix Apple Slices Milk	<b>09/05</b> <u><b>A.M. SNACK</b></u> Pancakes w/Syrup Milk <u><b>P.M. SNACK</b></u> Honey Graham Crackers Baby Carrots w/Ranch Juice
<b>09/08</b> <u><b>A.M. SNACK</b></u> Cereal Milk <u><b>P.M. SNACK</b></u> Goldfish Crackers Pineapple Chunk Juice	<b>09/09</b> <u><b>A.M. SNACK</b></u> Nilla Wafers Milk <u><b>P.M. SNACK</b></u> Chocolate Teddy Bear Oranges Juice	<b>09/10</b> <u><b>A.M. SNACK</b></u> Cereal Milk <u><b>P.M. SNACK</b></u> Wheat Thins Applesauce Milk	<b>09/11</b> <u><b>A.M. SNACK</b></u> Animal Crackers ½ Banana Milk <u><b>P.M. SNACK</b></u> Grilled Cheese Sandwich Juice	<b>09/12</b> <b>TEACHER'S CHOICE</b> 
<b>09/15</b> <u><b>A.M. SNACK</b></u> Ritz Crackers Milk <u><b>P.M. SNACK</b></u> Cheez-It Crackers Fruit Cocktails Milk	<b>09/16</b> <u><b>A.M. SNACK</b></u> Cereal Milk <u><b>P.M. SNACK</b></u> Wheat Thins Pears Milk	<b>09/17</b> <u><b>A.M. SNACK</b></u> Wafers w/Syrup Apple Slices Milk <u><b>P.M. SNACK</b></u> Honey Graham Crackers Juice	<b>09/18</b> <u><b>A.M. SNACK</b></u> Cereal Milk <u><b>P.M. SNACK</b></u> Goldfish Crackers Applesauce Milk	<b>09/19</b> <u><b>A.M. SNACK</b></u> Cheese Quesadillas Milk <u><b>P.M. SNACK</b></u> Trail Mix Pineapple Chunks Juice
<b>09/22</b> <b>TEACHER'S CHOICE</b> 	<b>09/23</b> <u><b>A.M. SNACK</b></u> Honey Graham Crackers Milk <u><b>P.M. SNACK</b></u> Goldfish Crackers Peaches Milk	<b>09/24</b> <u><b>A.M. SNACK</b></u> Cereal ½ Banana Milk <u><b>P.M. SNACK</b></u> Ritz Crackers Milk	<b>09/25</b> <u><b>A.M. SNACK</b></u> Chocolate Teddy Bear Milk <u><b>P.M. SNACK</b></u> Pretzels Baby Carrots w/Ranch Juice	<b>09/26</b> <u><b>A.M. SNACK</b></u> Wafers w/Syrup Milk <u><b>P.M. SNACK</b></u> Nilla Wafers Peaches Milk
<b>09/29</b> <u><b>A.M. SNACK</b></u> Nilla Wafers Apple Slices Milk <u><b>P.M. SNACK</b></u> PB & Jelly Sandwich Milk	<b>09/30</b> <b>TEACHER'S CHOICE</b> 			



SNACKS ARE SUBJECT TO CHANGE WITHOUT NOTICE

