



Vol. 6 Issue 10 April 2013

Child Development Center Newsletter



APRIL 2013



HOME-SCHOOL-CONNECTION

CONTACT INFO:

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Child Development Center

(951) 304-1623

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Room 5: ext. 2113

Room 6: ext. 2114

Room 7: ext. 2177

Room 8: ext. 2115

Room 10: ext. 2176

Room 11: ext. 2168

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UPCOMING EVENTS

April 20

Day of the Young
Child Fair

April 22 Earth Day



Parents Information & Communication

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



DAY OF THE YOUNG CHILD FAIR

When: April 20, 2013 from
10:00 am. to 2:00 pm.

Where: Child Development
Center (upper field)

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



PARENTS

If your child will be coming
to school after 9:00 am...

**PLEASE CALL YOUR CHILD'S
CLASSROOM TO REQUEST A
LUNCH. IF NOT, BE PREPARED
TO PACK A HEALTHY LUNCH.**

Thank You.



Miss Becka

Hi, my name is Becka Bungenstock and I am twenty years old. I grew up in Murrieta; I have two sisters and a two year old nephew. I have worked in the Child Development Center for the last six months and I have realized that this is what I love to do. I am currently enrolled at Palomar College studying Child Development and hope to earn my associates degree soon. I enjoy going into work every day seeing the children learn and develop into little people. They always put a smile on my face. I am so happy that I can be a part of the Child Development Center and help inspire and educate all the children.