



Vol. 17 Issue 1 April 2011

# Child Development Center



## APRIL 2011



### HOME-SCHOOL-CONNECTION

#### CONTACT INFO:

#### **FAMILY SERVICES**

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

#### Child Development Center

**(951) 696-1600**

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 22**

**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 candies.

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 the food 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: April 9, 2011 from 10:00 am. to 1:00 pm.

Where: Child Development Center (upper field)

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



**Our Next Parent Advisory Committee Meeting will be on Tuesday—April 5, 2011 5:30—6:30 Room # 3**



**Valarie Ramirez**

My name is Valarie Ramirez. I am married and have two children. My son is in High School and my daughter is in Middle School. I have been working with young children for fifteen years. I currently work in room # 6 as a childcare worker for the Child Development Center. My goal is to continue my education to become a Child Development Teacher. I am currently holding an Associate Teacher Permit.