SPCCC Spring Break Contracts will be due on Friday, February 10th.
The Pennies for Patients program will begin on Monday, February 27th.
Join us for a special event on Thursday, April 12th - a Family Fun Night in the Merritt Hall Gym from 4:30 to 6 p.m.

We are the leaves of one branch, the drops of one sea, the flowers of one garden - Jean Baptiste Henry Lacordaire

Congratulations
to our Director
LORI J. MOULTON
on her recent appointment as BOARD CHAIR for the ST. LAWRENCE CHILD CARE COUNCIL

Winter Safety Reminder
Know the symptoms of carbon monoxide poisoning. The most common symptoms include headache, fatigue, nausea, vomiting, and confusion. In severe cases, the person may lose consciousness or die. CO poisoning can often be mistaken for other illnesses, such as the flu. Often, more than one person in the household will suffer symptoms at the same time.

To decrease the risk of CO poisoning:
♥ Install a CO alarm outside sleeping areas
♥ Test alarms every month; replace after 5 years
♥ Have all gas, oil or coal burning units inspected by a technician each year and check ventilation
♥ Never use a grill, generator or camping stove inside your house, garage or near a window
♥ Never leave a car, SUV, or motorcycle engine running inside a garage, even if the garage door is open
♥ Install CO alarms on motorboats as well

A Song for Your Sweetheart
(sung to “Clementine”)
Take some paper, take some scissors,
Cut a heart, and then design.
Write a message in the middle:
“Will you be my Valentine?”

Take a doily, add some cupcakes,
Paste them all into a line.
Give your doily to your best friend
As a special Valentine!

Take a juice can, pick some flowers,
Put them in with colored twine.
Give your present to a loved one,
And they’ll be your Valentine.

Take some gumdrops and some lollies,
Add some mints, eight or nine.
Make a dandy box of candy
For your sweetest Valentine!

Here’s a final gift to offer,
It’s a very special sign:
Give your friendship to a loved one,
To a special Valentine.

Amazon.com has several board games that encourage activity and promote health and fitness in children. Check out these options:
♥ Capture the Gag (treasure hunt)
♥ The Cat in the Hat I Can Do That! Game
♥ Curious George Hide and Seek at the Zoo
♥ Jungle Jive (balancing and coordination)
♥ Dr. Seuss’s Super-Stretchy ABC Game (Similar to Twister)

Happy Birthday
Ms. Zena (Inf)
Ms. Sylvia (T1)
Ms. Samantha (PS4)
Nathan (Inf)
Mattis (T2)
Sarvesh (T2)
Ryley (T2)
Anna (PS3)
Constantine (PS4)
Clare (SA)
Jay (SA)
Ryan (SA)
Ella (SA)

Shredded Wheat Banana Bread
1-3/4 c. flour
1 c. Post Original Shredded Wheat Spoon Size Cereal, finely crushed
1 tsp. pumpkin pie spice
1/2 tsp. baking soda and 1/2 tsp. baking powder
1 c. sugar
1/2 c. margarine (1 stick)
2 eggs
1/4 c. fat-free milk
1 c. mashed, ripe bananas (two large bananas)
Mix flour, cereal, baking powder and soda. Set aside. Beat sugar and margarine until light and fluffy. Add eggs; mix well. Add flour mixture alternately with milk beating well. Add bananas and blend. Pour into greased 9x5 inch loaf pan. Bake at 350° for an hour. Cool in pan 10 min.