New Year Announcements:
- Ms. Heather and Ms. Amy are now teaching in our Toddler-2 Room.
- Ms. Chrissy and Ms. Val have moved to the new Progressive Preschool Room.
- Ms. Zara has returned to the School Age Program and is looking forward to co-teaching with Amanda Felix.

Parenting Tips
Keep It Simple & Sincere (K.I.S.S.)
Acknowledge achievements; Identify failures objectively and unemotionally; Be honest and consistent.

Calendar Reminders:
Spring Break contracts will be due in the Office by Friday, February 15th.
SPCCC will be closed on Monday, February 18th for staff development.

RECIPE CORNER

Healthier Brownies
1 box of brownie mix, combined according to package directions
1 cup of shredded zucchini, squeezed dry
1 cup of shredded carrots
Stir shredded zucchini and carrots into the brownie batter.
Pour batter into greased mini-muffin tins, filling about two-thirds full.
Bake at 350 degrees for 15 to 18 minutes. Then, enjoy - guilt free.

The year of the water snake will arrive on February 4th and last until January 30, 2014. The snake is the sixth animal of the twelve Asian Zodiac signs and is considered a symbol of luck or good fortune. Thus, many believe that 2013 will be a year of prosperity and peace.

Great Ideas
From craftbits.com

“Each person must live their life as a model for others.”
~ Rosa Parks

Radon is a significant but often overlooked hazard. It is the second leading cause of lung cancer and is responsible for some 20,000 deaths each year. It is also invisible, odorless, tasteless and a naturally occurring gas that exists in soil, rocks, and underground water. Radon is radioactive and it can be anywhere, but it is only really harmful when it is present in high quantities relative to other types of air, such as inside a building.

Children exposed to radon today probably won’t develop harmful side effects until they are adults. However, children are more sensitive to radon because their lungs are smaller and they breathe more frequently than adults.

Fortunately, radon is easy and inexpensive to detect using proper testing methods. Furthermore, radon can be effectively mitigated once its presence is confirmed. For more information and a map of our zone, visit www.epa.gov

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