New Year Announcement:
@ Ms. Chrissy has moved from PS3 to the Progressive classroom to work with a group of our toddlers.
@ Welcome to all of the newly enrolled families at SPCCC! Please let us know if there is anything you need.

Put your medicines up and out of sight

Keep your child safe.

More than 60,000 young children end up in emergency departments every year because they got into medicines while their parent or caregiver was not looking.
Always put every medicine and vitamin up and away every time you use it. Also, program the Poison Help number into your phone: 1.800.222.1222.
To learn more, visit UpandAway.org

What is Love?

“Love is what makes you smile when you’re tired.” Terri - age 4

“Love is when your puppy licks your face even after you left him alone all day.” Mary Ann - age 4

“If you want to learn to love better, you should start with a friend who you hate.” Nikka - age 6

“When you love somebody, your eyelashes go up and down and little stars come out of you.” Karen - age 7

“Love is when you tell a guy you like his shirt, then he wears it everyday.” Noelle - age 7

“True love is like a pair of socks... you gotta have two and they’ve gotta match!” unknown

February 7th is Go Red for Women Day! Visit www.goredforwomen.org and get 50 FREE recipes from the new American Heart Association Cookbook. Here’s one:
Herbed Veggie Skillet

2 t. canola or corn oil
8 oz. zucchini, sliced
1/4 c. sliced onion
1/4 c. diced green bell pepper
3/4 c. frozen whole-kernel corn
1/3 c. diced tomato
2 T. water (plus more if needed)
1/6 t. dried basil, crumbled
1/6 t. dried marjoram, crumbled
1/8 t. (scant) dried oregano, crumbled
(Pepper to taste)

In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the zucchini, onion, and bell pepper for 3 minutes, or until the onion is soft, stirring frequently. Stir in the remaining ingredients except the pepper. Cook, covered, for 5 minutes, or until the zucchini is tender, adding more water if necessary. Sprinkle with the pepper.... and enjoy!