SPCCC, Inc
Merritt Hall
44 Pierrepont Ave.
Potsdam, NY 13676

Phone: (315) 267-2391
Fax: (315) 267-3443
E-mail: moultolj@potsdam.edu
Website: www.potsdam.edu/faculty/spccc

SUNY Potsdam Child Care Center, Inc.

“Making the decision to have a child - it's momentous. It is to decide forever to have your heart go walking outside your body.”
- Elizabeth Stone

Happy Mother’s Day
Sunday, May 13th

Happy Mother's Day
Sunday, May 13th

MARK YOUR CALENDAR

Monday, May 21st – Summer Hours Begin:
The Center closes at 4:30 p.m.

Monday, May 28th – SPCCC is Closed for Memorial Day (Open again on Tuesday)

Please Note: Child Care is NOT available from July 2nd through August 17th. The classrooms reopen on August 20th and the fall semester begins on August 27th.

MARK YOUR CALENDAR

Thank you... to all of the people who helped us on Family Fun Night and to all the families that joined us 😊 We are so grateful for your participation!

Provider Appreciation Day
Friday, May 11th

HAPPY BIRTHDAY
Claire (Inf)
Hailey (T1)
Celeste (Prog)
Emma (Prog)
Olivia (Prog)
Emily N. (PS3)
Jack (SA)
Anna (SA)

Our School Age Students raised $27.00 for the Potsdam Humane Society. It will be used to treat one of the dogs at the Animal Shelter for Heart Worm.

HAPPY BIRTHDAY
Claire (Inf)
Hailey (T1)
Celeste (Prog)
Emma (Prog)
Olivia (Prog)
Emily N. (PS3)
Jack (SA)
Anna (SA)

Easy Chicken Salad
(from the American Heart Assoc.)

6 servings
2 (12.5 oz) cans salt-free white meat chicken packed in water, drained
1/2 cup celery, diced
1/2 cup onion, diced (purple or white)
1 (8 oz) can of water chestnuts, drained and chopped
1/4 cup of unsalted, un-oiled walnuts or pecans, chopped
1 cup seedless grapes, halved, or 1/2 cup raisins or dried cranberries
Toss all together with dressing.

Dressing
1/2 cup light mayonnaise
1/2 cup fat free sour cream
1 tablespoon Dijon mustard
1 teaspoon curry powder
1/2 teaspoon pepper
Combine all in small bowl; mix well.

Serving suggestion: scoop the seeds out of a tomato or bell pepper and serve a scoop of chicken salad inside or serve over a piece of whole wheat toast or a plate of mixed greens or baby spinach.


▪ Those containing DEET are most effective against ticks, which can transmit Lyme Disease, and mosquitoes, which can transmit West Nile Virus and other viruses.

▪ The CDC and AAP recommendation for children under 2 months old is to use a product containing no more than 30% DEET and never on children less than 2 months of age.

▪ Avoid combination sunscreen products applied every two hours. Insect repellent should only be applied once a day and sparingly on exposed skin. Do not use under clothing or around eyes or mouths.

▪ Avoid spraying in enclosed areas or near food.

Enjoy a Family Hike

By Erica Greis

▪ Play I Spy using different attributes.

▪ When you hear... a trigger (i.e. a bird call) run to the end of the line.

▪ Try Poetry to Go. Start off with a phrase to rhyme such as “I forgot my sock!” and a child might say, “Don’t step on a rock.”

▪ Interval Training – incorporate different moves (hop, skip, jump, etc.)

▪ Perhaps Count Off. Pick something to spot (a dead tree) and keep a tally.

▪ Spelling Bee – Ask children to challenge you or each other based on things they see, like a crow, cement or caterpillar.

▪ 20 Questions pick up an object on the trail, hide it, and others guess.

Provider Appreciation Day
Friday, May 11th

Celebrate Hispanic History and Cinco de Mayo with this online PIÑATA CONCENTRATION GAME (Pre-K/K). Go to http://teacher.scholastic.com/activities/hispanic/pinata/game.htm

Just Like Mom

Easy Chicken Salad
(from the American Heart Assoc.)

6 servings
2 (12.5 oz) cans salt-free white meat chicken packed in water, drained
1/2 cup celery, diced
1/2 cup onion, diced (purple or white)
1 (8 oz) can of water chestnuts, drained and chopped
1/4 cup of unsalted, un-oiled walnuts or pecans, chopped
1 cup seedless grapes, halved, or 1/2 cup raisins or dried cranberries
Toss all together with dressing.

Dressing
1/2 cup light mayonnaise
1/2 cup fat free sour cream
1 tablespoon Dijon mustard
1 teaspoon curry powder
1/2 teaspoon pepper
Combine all in small bowl; mix well.

Serving suggestion: scoop the seeds out of a tomato or bell pepper and serve a scoop of chicken salad inside or serve over a piece of whole wheat toast or a plate of mixed greens or baby spinach.


▪ Those containing DEET are most effective against ticks, which can transmit Lyme Disease, and mosquitoes, which can transmit West Nile Virus and other viruses.

▪ The CDC and AAP recommendation for children under 2 months old is to use a product containing no more than 30% DEET and never on children less than 2 months of age.

▪ Avoid combination sunscreen products applied every two hours. Insect repellent should only be applied once a day and sparingly on exposed skin. Do not use under clothing or around eyes or mouths.

▪ Avoid spraying in enclosed areas or near food.

Enjoy a Family Hike

By Erica Greis

▪ Play I Spy using different attributes.

▪ When you hear... a trigger (i.e. a bird call) run to the end of the line.

▪ Try Poetry to Go. Start off with a phrase to rhyme such as “I forgot my sock!” and a child might say, “Don’t step on a rock.”

▪ Interval Training – incorporate different moves (hop, skip, jump, etc.)

▪ Perhaps Count Off. Pick something to spot (a dead tree) and keep a tally.

▪ Spelling Bee – Ask children to challenge you or each other based on things they see, like a crow, cement or caterpillar.

▪ 20 Questions pick up an object on the trail, hide it, and others guess.