

SUNY Potsdam Child Care Center, Inc

November 2011
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"No one has yet fully realized the wealth of sympathy, kindness, and generosity hidden in the soul of a child. The effort of every true education should be to unlock that treasure."
- Emma Golmam

The Center will be
CLOSED
Thursday and Friday,
November 24th and 25th
for **THANKSGIVING.**

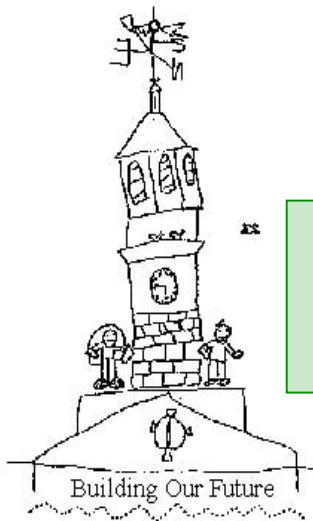
PLEASE NOTE:
Winterim and Spring
Contracts are due by
November 21st.



PARENT REMINDERS:

- The week of November 7-11 is set aside for parent-teacher conferences. See the classroom teacher if you would like to arrange a time to discuss your child's progress report.
- Very few family surveys have been returned to date. Please drop your copy in the collection box outside the Office at your earliest convenience.

Thank You



HAPPY BIRTHDAY TO:

Ms. Amy (Progressive)
Ms. Kathy (Office)
Ms. Heidi (Kitchen)
Adam (Infant)
MaKenna (Infant)
David (Toddler-2)
Grace (Preschool-4)
Michael (Preschool-4)
Maddie (School Age)

Thank you to Jay Pecora's Youth Theatre Touring Ensemble for performing for us on Friday, October 21st.

The children really enjoyed the show and liked meeting all of the talented actors!

EASY AVOCADO DIP

1 avocado (ripe and soft)
1 Tbsp. lemon juice
1 Tbsp. mayonnaise
1 clove garlic, minced
 $\frac{1}{2}$ tsp. salt
Cut avocado in half lengthwise. Remove pit. Remove the inside pulp into a small bowl. Mash with a fork. Add lemon juice, mayo, garlic and salt. Mix well. Serve with cut vegetables (carrots, bell peppers, cauliflower), crackers or pita bread. - Recipe from About.com

TEACHER?



In this box, I have a 10-foot snake.

How silly... Snakes don't have feet!

FLU SEASON HAS BEGUN! Please protect yourself and your family by getting immunized. Recommendations from the New York State Department of Health can be found in a link from our website www.potsdam.edu/faculty/spccc

For more information about the flu, visit

<http://nyhealth.gov/diseases/communicable/influenza/seasonal/>
Or, www.cdc.gov/flu (Centers for Disease Control and Prevention).

5 HEALTHY HABITS FOR YOUR FAMILY

 by Catherine Holecko

The Consortium to Lower Obesity in Chicago's Children came up with this slogan, and it's an easy way to help your family get and stay healthy. See if everyone in your family can meet each of these goals every day: **5** Servings of fruits and vegetables, **4** Servings of water, **3** Servings of low-fat dairy products for calcium and protein, **2** Hours of screen time at the most, and **1** or more hours of physical activity.

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