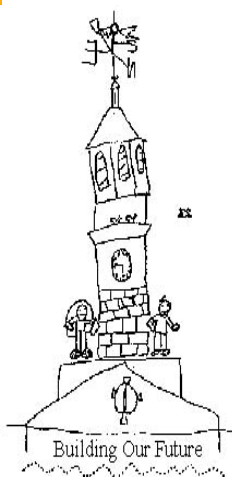


SUNY Potsdam Child Care Center, Inc

October 2011
Volume 5, Issue 2



HAPPY BIRTHDAY

Amina - T2
Keira - PS3
Jimmy - PS3
Jonathan - PS4
Serenity - SA
Nabil - SA
Kieran - SA
Luca - SA



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Daylight Savings Time Ends: Sunday, November 6th

Just for FUN

It's time for our annual
DRESS-UP WEEK!

The schedule is as follows:

Monday, Oct. 24 - Hat Day
Tuesday, Oct. 25 - Black & Orange Day
Wednesday, Oct. 26 - Red & Denim Day
Thursday, Oct. 27 - Stripe Day
Friday, Oct. 28 - P.J. Day

Also, there will be a Dress-Up Parade in the academic quad on Friday morning (10/28) at 10:45. Parents and guests are welcome to attend.

TREATS WITH 200 CALORIES OR LESS:

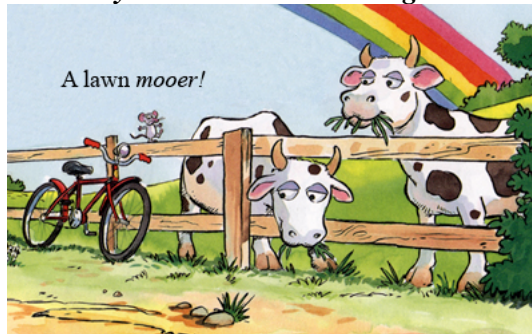
2 Sargento Light String Cheese Snacks -100
1 cup Air-Popped Popcorn -100
14 Animal Crackers -140
8 Keebler Golden Vanilla Wafers -140
6 cups Act II Light Butter Microwave Popcorn -150
Sugar Free Chocolate Pudding, 1 T. whipped topping and 2 Nilla Wafers -150
6 Hershey Kisses -150
½ cup Ben & Jerry's Low Fat Cherry Garcia Frozen Yogurt -170

♥ WELCOME ♥

NEW SPCCC BOARD MEMBERS:
Megan Hughes and Wendy MacCue

RIDDLE & GIGGLE

What do you call a cow that eats grass?



Borrowed from www.littlecritter.com

"There is a garden in every childhood, an enchanted place where colors are brighter, the air softer, and the morning more fragrant than ever again."

- Elizabeth Lawrence

REMINDER

We will be closed on Columbus Day, Monday, October 10th, for Staff Development. Please arrange for alternate childcare - Thank You ☺

🌐 Did you know... that the *Hispanic Heritage Celebration* takes place September 15th through October 15th? *Take It Outside Week* follows from October 16-22. So share some rich cultural history together then actively explore and enjoy this beautiful fall season!

🚒 October is also *Fire Safety Month*. Remember to check your fire alarms and discuss your family's emergency exit plan.

LET'S MOVE!
Child Care

First Lady, Michelle Obama, recently announced this very important component in her campaign against childhood obesity. The program addresses five main areas: physical activity, screen time, food, beverages, and infant feeding. A wealth of free resources and tools to improve the health and wellness of all American children are available at:

www.healthykidshealthyfuture.org/startearly.

For instance, why not store snack-size packages or dried fruit, pretzels, whole grain or graham crackers, or nutritious trail mix in your car for a "grab-n-go snack"? This will discourage that easy trip to the fast food restaurant on the way home. Great idea!

An SPCCC alumnus, Rebecca Miller, will be working with our office on Fridays this fall semester as part of a community service project. Her first assignment will be the parent and staff surveys. They will be distributed October 7th and collected October 14th.