“Books are the treasured wealth of the world and the fit inheritance of generations and nations.”

- Henry David Thoreau

**Mark your Calendar**

SUNY Potsdam Child Care Center

**FUNDRAISER GARAGE SALE**

Saturday, August 22

Please note: When children play on the playground or in the gym, it is important that they wear suitable shoes for safety. Children can trip and fall easily in flip-flops. Summer sandals with a heal strap are a better option. Also, covered toes offer more protection from accidental bumps or scrapes. To keep children cooler on hot days, avoid long sleeves and provide extra shorts or swimwear for water play.

**Greek Yogurt Coleslaw**

**Ingredients**
- ½ cup nonfat, plain Greek yogurt
- 3 ½ tablespoons cider vinegar
- 3 tablespoons sugar
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- 16 ounces (about 6 ¾ cups) bagged coleslaw blend or shredded cabbage

**Directions**
In a small bowl, combine Greek yogurt, vinegar, sugar, salt, and pepper and whisk until smooth and thoroughly combined. Place slaw blend/cabbage in a large bowl and pour Greek yogurt dressing mixture over top. Stir to coat cabbage thoroughly. Cover and refrigerate until using (preferably at least 30 minutes)

Recipe from twohealthykitchens.com

**WHAT IS YOUR E.Q.?** Successful, emotionally intelligent people have five qualities in common:

- **Self-Awareness** – Honest about strengths and weaknesses; Aware of one’s feelings
- **Self-Regulation** – Not ruled by one’s feelings, able to make considered decisions
- **Motivation** – Up for a challenge; Happy to work for long-term success
- **Empathy** – Aware of other people’s feelings and viewpoints; Slow to judge
- **Social Skills** – Easy to talk to; Team players; Able to defuse disputes

Some children, by nature, may be born with an emotionally intelligent disposition. However, emotional intelligence can be developed and improved in the right social environment. The best way to teach these characteristics is to demonstrate them, explain them and provide many opportunities for children to practice them. (source: Goleman, D (2006), “Emotional Intelligence: Why it can Matter More Than I.Q.”, Banthan)