

April 2010

FIRST PRESBYTERIAN CHURCH OF SANTA FE

The Child Development Center

First Presbyterian Church of Santa Fe | 208 Grant Avenue, Santa Fe, NM 87501 | (505) 982-8919 | preschool@fpcsantafe.org | www.fpcsantafe.org

Table Talk

Welcome to Table Talk—How Our Family Eats. Please share your family's story with the CDC community so we can learn from one another about how to raise our children to appreciate and understand healthy eating.

Contact parent volunteer Cullen Curtiss for more information, cullencurtiss@msn.com.

If your child is like my son, the nifty pyramid of the Famous Five groups has little resonance. At this point, I think that's OK. However, the criticality of eating the Famous Five remains. So how do we do it and really make it stick? For one thing, the Famous Five have been on his lunch and dinner plate for three years running. He expects them, each occupying their own space. And here's our companion approach: We've steeped the Famous Five in story. We tell our son compelling li'l nutrition stories and then he owns the significance.

What's interesting about broccoli? Calcium. Yes, of course, that's something I think is great about broccoli, but for my son it's that he knows calcium is good for his bones, which means when he jumps off the furniture or the jungle gym, he can feel like Superman.

Carrots? Beta-carotene, lutein and zeaxanthin. But my son thinks carrots are great because he knows that they have nutrients in them that support good

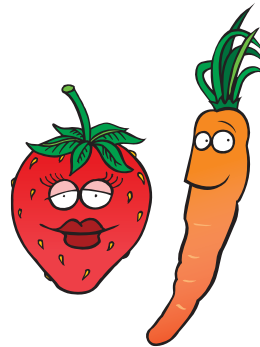
eyesight, which means he can see his cousins while they're eating dinner or getting ready for bed.

Strawberries? That fantastic antioxidant Vitamin C. But my son thinks strawberries are great because they keep him from getting sick, so he can go to school and see his friends.

Noodles? Carbohydrates. But my son loves noodles because he knows those carbs give him the energy to dance to "Five Little Monkeys" after dinner in our living room again and again and again.

Turkey or cottage cheese? Protein. Yes, but my son loves these foods because he knows that protein is good his brain, which means that within moments of consumption, he will be capable of incredible thoughts and dreams.

These are the basic basics of the complex world of nutrition, but starting somewhere is preferable to nowhere. At some point, the pyramid will have more meaning for my son, but until then, he's aware (in a manner he can grasp) that what he puts in his mouth is having an impact on his body—his whole body. We think that's a really good start.



Classroom Corner

1's – Butterflies

Teachers: Nicol & Lourdes

Spring is here! This month we will be learning about the weather and the different seasons we have. We will plant many different kinds of seeds and watch them grow. We are also learning to share with one another.

2's – Ladybugs

Teachers: Lorena & Vera

This month our little Ladybugs will begin working on their birdhouses for our preschool fundraiser. We will also be making different types of food art, so again, you are welcome to visit the Ladybugs class!

3's – Caterpillars

Teacher: Trish & Miriam

Greetings from the Caterpillars! Thank you all for letting us be a part of your child's life. We are looking forward to the warm weather and the sounds and sights of spring, but as a reminder, please apply sunscreen to your child before coming to school, and please check their cubbies for clothing and...

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...hats for the season. We are working towards our three-star accreditation and request that you help by washing your child's hands before they start their day. Thank you!

4's – Busy Bees

Teachers: Anna & MaryJane

We are excited that warm weather and sunny days are just around the corner. You can see the excitement from the children when we get outside without jackets and our time out is a little longer. This month, we will focus on planting; the spring weather; and nature and animals. As always, we will incorporate math, science, language and writing into our activities. Your input is always needed and respected.

5's – Dragonflies

Teachers: Sarah & Sylvia

Through the month of April we will be having our cooking class every Monday at 10 AM. We will be focusing on the letters U, V and W. We will be exploring different places around the world using books and maps to guide us. Please send a water bottle for your child to use. Happy spring!

May

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-----------------------------------|---------|------------------------------------|---|--------|---------------------------------------|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 <small>May Day</small> |
| 9 | 10 | 11 | 12 <small>Cinco De Mayo</small> | 13 <small>National Day of Prayer</small> | 14 | 15 |
| 16 <small>Mother's Day</small> | 17 | 18 | 19 | 20 | 21 | 22 <small>Armed Forces Day</small> |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 <small>Victoria Day (Canada)</small> | 31 <small>Memorial Day</small> | | | | | |

■ Closed - In-Service ■ Closed - Holiday

Director's Corner

Dear Parents,

It would seem that we are now easing into spring at last, and the cold winter days are giving way to warmth. Like the changing seasons, human growth and development is clearly differentiated in early childhood education. Our school has grown so much over the year, and the resulting quality of education provided by our staff is to be admired. As a result of this, we have wait lists in all rooms! The success of our school has led to all classrooms reaching maximum capacity.

As a result, it is not logistically possible to accommodate substitution of days, due to factors such as illness or vacation. This only affects parents

There are WAITING LISTS in all classes!

Please inform us of your intentions for fall session.

Thank you!

who are sending their children on a part-time basis. *Thank you for your cooperation in this regard.*

Also, if you are planning to attend the summer session please inform your child's teacher as soon as you are able.

Please note that the fall session begins in mid August, and to also inform us if you intend to return, as we have wait lists.

Thank you for your attention,

Sincerely,
Andrea Williams

2nd Annual Birdhouse Benefit

To support the Child Development Center

Artists Birdhouses: On display at the Santa Fe Farmer's Market Saturday, April 24th from 9:00 AM - Noon

Available through Silent Auction Sunday, April 25th from 9:00 AM - 12:30.

Children's Birdhouses: Available for exclusive purchase by CDC families during the week of April 19th through the 23rd and on Sunday, April 25th from 9:00 AM - 12:30 *where they will be*



available to the general public. Cost per child's birdhouse is \$10.

If you can help at the Farmer's Market Saturday, April 24th or at the event on Sunday, April 25th, contact Lisa Hamilton at lisabug505@comcast.net or 670-6745.

Attention Birdhouse Artists: If you have taken a large birdhouse to decorate or are planning to contribute a handmade birdhouse, please contact Lisa Hamilton at lisabug505@comcast.net or 670-6745.

-Lisa Hamilton, parent volunteer

EASTER EGG HUNT

On Saturday March 27 the Congregational Life Committee at First Presbyterian Church hosted their annual Easter Egg Hunt in Federal Park. It was a chilly morning but many children, family members, and teachers came out for games, hot chocolate, goodies and of course, Easter eggs! Fun was had by all!

-Jen Rodriguez, parent volunteer

PARENTS: Due to continued concern about food at the CDC we will distribute a **parent survey** later this month. We hope that you will participate by providing your valued feedback. The survey will be distributed online so please provide Andrea with your email address if you are not sure if we have it. We will send an email later this month with a link to access the online survey. If you prefer to receive a hardcopy please let Andrea know.

-Yuki Murata, parent volunteer

The content of this newsletter is compiled and formatted by staff and volunteers of the preschool for the benefit of all who interact with the CDC. For any comments, errors or issues please contact parent volunteer Cristina Arnal via email at cristina@arnaldesign.com or by phone at 983-6942.