

***Spin North Newsletter…A program proudly brought to you by Starpoint***

##### August 2018

We would like to welcome you to the 2018/2019 School year. This year is full of brand new beginnings from the environment, to the curriculum and the addition of new staff members.

The first 5 years have so much to do with how the next 80 turn out.

~ Bill Gates

**Nicole Francis, Center Director**

**Infants:**

Happy August! I have everyone has had a great summer so far!

As you may have noticed we have new teachers in our classroom. Mrs. Kathy and Ms. Kristin transitioned to the Toddler room with some of our friends. Mrs. Kaitlyn transitioned to the Infant room and Mrs. Alicia we would like to welcome to the team!

This month we will be singing Twinkle, Twinkle, Little Star!

With your little one growing so fast we would like for you to check the extra clothes you have here to make sure they are the correct size and if you don’t have any please bring some in.

 Ms. Kaitlyn & Mrs. Alicia

**Toddlers:**

Hello to the new parents and to those who already know us.

The teachers of the Toddler class and Infant room have made the transition this month.

With the new changes that have taken place we will be working on Hello’s and Goodbye’s with the children.

Each month we pick a new song and the song this month is Hippity Bipity Bumble Bee. So don’t be surprised if your toddler comes home singing it.

We will continue the Book Borrow Bucket for the Toddlers. Feel free to bring in a book (write your child’s name in it) and leave it for us to read.

We look forward to have a lot of fun with the children.

Mrs. Kathy & Mrs. Kristin

**Preschool Room 2:**

Wow! Where has the summer gone? A new school year is upon us and we are so excited!

A couple of changes have taken place in our room. Miss Sam has moved on to a new project in her life, but we have a new Teacher, her name is Siddie and she will be a great addition to our classroom!

Please remember to take home your child’s water bottle and any clothing. Thank you for your support in the education of your child.

Mrs. Karen and Ms. Siddie

 Ms. Lorene

**Preschool Room 3:**

It’s hard to believe the summer is winding down. During the month of August we will be saying goodbye to our friends going onto Kindergarten. On August 13th we will start meeting out new friends. Together we will get to know each other and our classroom.

If you have a chance please check out of classroom wish list.

Reminder; please supply extra clothing for your child. Thank you!

Mrs. Christine, Ms. Kristin,

and Mrs. Mary

**Preschool Room 6:**

I hope you have had a fantastic summer. I am excited to welcome all of you to Spin North. I look forward to getting to know you and your child! As we start the new school year we will be exploring the classroom and learning the classroom expectations.

To help ease the transition back to school I would like to ask each family for a photo(s) of their family. I will be creating a classroom family photo book for children to look at when missing their family.

I am looking forward to the new school year and the exciting months ahead! Thank you in advance for all your support and involvement!

 Ms. Brittany

SPIN NORTH EARLY CHILDHOOD CARE AND EDUCATION CENTER

**August 2018**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   |   | **1) B-**scrambled eggs, mandarin oranges, milk **L-** chicken &brown rice, beets, pears, milk **S-** Cucumber sandwiches, milk  | 2)**B-**cream of wheat, peaches, milk **L-**Tuna noodle casserole, peas, orange slices, milk **S-** cauliflower w/ ranch, milk  | 3)**B**- pancakes, mixed fruit, milk **L**-ham & beans, cooked carrots, bananas, crackers, milk **S**- cottage cheese, pineapple, water  |
| 6)   **Closed**  | 7)   **Closed**  | 8)**B-** WG tortilla w/ cinnamon, bananas, milk **L**-Chili mac w/ beans, green beans, mandarin oranges, milk **S**- cheese sandwiches, water  | 9)**B**-WG waffles, peaches, milk **L**- baked ham w/ pineapple, mixed veggies, WW bread, milk **S**- celery sticks, cream cheese, milk  | 10)**B**- WG english muffin, cheese slice, mixed fruit, milk **L**- Mac ‘n cheese with beef, green beans, apple slices, milk **S**- yogurt, peaches, water  |
| 13)**B**-WG cereal, apple slices, milk **L**- tuna salad sandwiches, cucumber slices, carrot sticks, milk **S**- apples and cheese slices, water  | 14)**B**- French toast, pears, milk **L**-Johnson’s Temptation w/ hash browns, ww bread,  mixed fruit, milk **S**- hardboiled eggs, orange slices, water  | 15)**B**- WG biscuit & gravy, peaches, milk **L**-spaghetti w/meat sauce, green beans, bananas, milk **S**- cottage cheese, mixed fruit, water   | 16)**B**- cream of wheat, orange slices, milk **L**- bean & cheese burritos, corn, pears, milk **S**- cucumber sandwiches, water   | 17)**B**-WG english muffin w/ sausage & cheese, mixed fruit, milk **L**- Beef & broccoli w/ brown rice, mandarin oranges, milk **S**- goldfish and milk   |
| 20)**B**- WG waffles, applesauce, milk **L**- WW Chicken Nuggets, tator tots, green beans, milk **S**-saltines with cheese slices, water  | 21)**B-** oatmeal, peaches, milk **L**- Turkey rollups w/ lettuce & tomato, pears, corn, milk **S-** trail mix, milk  | 22)**B**- WG pancakes, bananas, milk  **L**- beef Spanish rice, mixed veggies, peaches, milk **S**- cauliflower, carrot sticks w/ ranch, milk  | 23)**B-** cereal, apple slices, milk **L-** bake ham w/ pineapple, peas, ww bread, milk **S-** pretzel rod w/ cheese, milk    | 24)**B-**wwtortilla w/ cinnamon, banana, milk **L-** chicken mushroom noodle casserole, mixed veggies, mandarin oranges **S-** ww tortilla w/ cheese slices, water   |
| 27)**B**- cream of wheat, pears, milk **L-** Indian Corn w/ beef, corn chips, mixed veggies, milk  **S**- yogurt, peaches, water   | 28)**B**- scrambled eggs, ww toast, mixed fruit, milk **L-** chicken pasta salad, beets, apricots, milk **S**- celery sticks w/ cream cheese, milk  | 29)**B**- ww French toast, applesauce, milk **L**- pizza joes on bun, tator tots, banana, milk **S**- hardboiled eggs, cheese stick, water  | 30) **B**- oatmeal, applesauce, milk **L**- chicken salad sandwiches /cranberries, carrots sticks, orange slices, milk **S**- pretzel rods, cheese, milk  | 31) **B**-WG bagels w/ cream cheese, apple slices, milk  **L-** Cowboy grub, mixed fruit, WW bread, milk **S**- goldfish, milk  |

**The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual’s income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the department.  (Not all prohibited bases will apply to all programs, the first 6 protected basesof race, color, national origin, age, disability and sex are the 6 protected bases for applicants and recipients of the child nutrition programs.)**

**If you wish to file a civil rights program complaint of discrimination, complete the USDA program discrimination complaint form, found online at** [**http://www.ascr.usda.gov/complaintfilingcust.html**](http://www.ascr.usda.gov/complaintfilingcust.html)**, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Ave., S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at** **program.intake@usda.gov****. For individuals who are deaf, hard of hearing, have speech disabilities may contact USDA through the federal relay service at (800) 877-8339; (800) 845-6136 (Spanish)USDA is an equal opportunity provider and employer**

​Howdy Families!!!

Welcome to the brand new school year. Those of you that are returning, good to see you back. To the new ones, Welcome to our family! Good to have you with us. As you will find I love to share recipes and welcome any you would like to share with me. I am usually in the kitchen most morning. I love slow cooker recipes and find they are great for my family. Here is one a friend shared with me a few years ago. It has been a big hit with my guys.

Easy Chow Mein

TOTAL TIME: Prep 15 min. Cook: 4 hours YIELDS: 8 servings

Ingredients:

1 pound ground beef

1 medium onion, chopped

1 bunch celery, sliced

2 cans (14oz each) Chinese vegetables, drained

2 envelopes brown gravy mix

2 tablespoons soy sauce

Hot cooked egg noodles or rice

Directions:

1. In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain.
2. Transfer to 3-qt. slow cooker. Stir in celery, Chinese vegetables, gravy mixes and soy sauce. Cover and cook on low for 4-6 hours or until celery is tender, stirring occasionally. Serve with noodles or rice. (I use egg noodles)

Enjoy!!!

Tina Cook

Your Northside Cook