



Spin North Newsletter...A program proudly brought to you by Starpoint

# August 2019

Hey Families!

Can you believe our summer break is over? I hope you had as great a summer as I did. With preschool starting on the 7<sup>th</sup> you will start to see more faces around our building! Our preschool open house is August 6<sup>th</sup> from 6:00-7:00.

Brittany Ruff, Center Director

*I am always doing that which I cannot do, in order that I may learn how to do it!*  
~ Winston Churchill

## Infants:

Families, as we approach hotter temperatures, I would like to remind you to bring appropriate clothing for your child as they may need to change clothes at school.

Looking forward to getting some new friends in the classroom come the beginning of the school year!

Ms. Kaitlyn

## Toddlers:

Happy August!

This month our theme is getting to know you! We are going to be getting to know ourselves and everyone in the classroom. We will practice saying each other's names and learning the different parts of our own body. We would like to thank you for bringing swim clothes for water days! The kids really enjoyed it and had a lot of fun!

We will be focusing our play in different areas of the classroom so please be sure to check out the white board with information about each area.

Ms. Adriana & Mrs. Alicia

## Preschool Room 2:

The school year is almost here! As August 7<sup>th</sup> approaches, we may have some new friends join us in our classroom. Now would be a good time to start discussing with your child(ren) about new faces at school to help them expect and adapt to the change.

We will be beginning a new “Beginning the Year” study on-time after our current “Ball Study.” Soon a desired materials list will be posted to donate any school supplies to our classroom for our learning. As the heat is rising, please consider providing a water bottle for your child to use all day and possibly a lighter blanket for rest time.

Mrs. Danielle & Mrs. Danielle

## Preschool Room 3:

A very big welcome to all of our friends! The beginning of the Preschool year is an exciting time for your child and for the teachers.

During the next few weeks we will be busy learning about each other, our school environment and our classroom routines.

You may have questions or concerns. Please feel free to talk to myself or Mrs. Brittany in the office.

So excited for what this year is going to bring!

Mrs. Christine

## Kitchen:

Howdy Families!

Some of you I have missed for a few months, others I am looking forward to getting to know you! Summer has been hot and full of fun times. Pools, parties and birthdays! I am looking forward to cooler weather and more fun with new friends. Welcome all!!

Let's start off with a new recipe for all of us. I just tried this one and boy is it great.

### Hay and Straw

TOTAL TIME: Prep/Total Time: 20 min. YIELD: 8 servings.

### Ingredients

- 1 package (16 ounces) linguine
- 2 cups julienned fully cooked ham
- 1 tablespoon butter
- 3 cups frozen peas
- 1-1/2 cups shredded Parmesan cheese
- 1/3 cup heavy whipping cream

### Directions

1. Cook linguine according to package directions.
2. Meanwhile, in a large skillet, sauté ham in butter for 3 minutes. Add peas; heat through.
3. Drain linguine; toss with the ham mixture, Parmesan cheese and cream.
4. Serve immediately.

Enjoy my friends!!!

Tina Cook Your Northside Cook

# SPIN NORTH EARLY CHILDHOOD CARE AND EDUCATION CENTER

## August Menu

			1 CLOSED	2 CLOSED
5) B- WG Biscuits &Gravy, Banana, Milk L-Beef Picadillo w/ brown rice, apple slice, green beans, milk S-cheese sticks, orange slice, water	6) B- Scrambled Eggs, WG tortilla, mixed fruit, milk L-Tuna Salad Sandwich (WG Bread) Peas, Apricots, milk S-Goldfish, milk	7) B-WG Bagels w/ cream cheese, pineapple, milk L- spaghetti w/ meat sauce, corn, orange slices, milk S-yogurt, graham crackers, milk	8) B-WG cereal, peaches, milk L-Chicken Noodle Casserole, Saltines, Green Beans, Pears, Milk S-Cauliflower, cucumber slices w/ranch, water	9) B-WG English Muffin w/ Jelly, Orange Slices, Milk L-Turkey & Cheese Sandwich, Peaches, Carrot Sticks, Milk S-cottage cheese, saltines, water
12) B-WG Cereal, Bananas, Milk L-Indian Corn w/ Corn Chips, Oranges, Milk S-Cinnamon toast, milk	13) B-Cream of Wheat, Pears, Milk L-WG Macaroni & Cheese w/ Ham, Cooked Carrots, Mixed Fruit, Milk S-Cheese Sandwich, water	14) B-WG French Toast, Apples, Milk L-Bean & Cheese Burrito, Corn, Cucumber Slices, Milk S-carrot sticks, saltines, water	15) B- WG Pancakes, Applesauce, Milk L- Cheesy Chicken Broccoli, WG Bread, Green Beans, Apples, Milk S-pretzel, cheese sauce, milk	16) B- WG English Muffin w/ sausage & cheese, mandarin oranges, milk L- Tuna Pasta Salad, cucumbers, apples, milk, S- Cauliflower, celery w/ ranch, milk
19) B-WG Toast w/Jelly, Banana, milk L- Chili w/ Beef, WG Saltines, Cooked Carrots, Peaches, milk S-Hard-boiled Eggs, Cheese Slice, water	20) B-WG Pancakes, Applesauce, milk L-Chicken Salad WG Sandwich w/ Cranberries, Cucumber Slices, mixed fruit, milk S-cottage cheese, pineapple, milk	21) B- yogurt parfaits, peaches, WG Toast, Milk L-Ham Pasta Salad, Green Beans, Bananas, milk S-Trail Mix, Milk	22) B-Oatmeal, Mixed Fruit, milk L-Baked Turkey, WG Bread, Mixed Veggies, Apples, Milk S-Cheese Sticks, Graham Crackers, Water	23) B-WG cereal, orange slices, milk L-Beef shepherd's Pie w/ mixed veggies, Mashed potatoes, WG Bread, Apricots, Milk S-Celery w/ almond butter, apples, water
26) B- WG Waffles, mixed fruit, milk L-Tater Tot Casserole, Corn, Crackers, Pears milk S-goldfish, milk	27) B- WG Cinnamon tortillas, Banana, milk L-Ham Sandwich on WG bread, carrot sticks, peaches, milk S-Yogurt, Pineapple, Water	28) B-WG English Muffins w/ cheese, applesauce, milk L-chicken enchilada casserole w/ corn tortillas, apples, corn, milk S- carrot sticks, graham crackers, milk	29) B-WG Biscuits & gravy, mixed fruit, milk L- WG Spaghetti w/ meat sauce, Peas, Pineapple, milk S-Cheese Sandwiches, water	30) B-oatmeal, oranges, milk L- Chicken Fajitas w/ WG tortillas, Green Beans, Cucumber slices, milk S-Pretzel twists, peaches, water

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\*\*All milk served to participants is unflavored, all participants 2 years and older are served low-fat (1%) milk and children under 1 year old are served whole milk  
WG- whole grain