

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

##### February 2020

Hey Families!

What a great start of year it was for us! We are moving right along. This time of year we will be starting out parent/teacher conferences so please be sure to talk with your child’s teacher about when yours is. Also as a reminder we are CLOSED Monday February 17th is observation of Presidents Day. Enjoy the long weekend and do something fun with your family!

Brittany Connor, Center Director

“Education begins the moment we see children as innately wise and capable beings. Only then can we play along in their world.” – Vince Gowmon

**Infants:**

We are really working on using our utensils more during meal times as well as getting some practice during choice time in the kitchen area.

Communication is key to a lot of things and with our kiddos not verbally talking we are using a lot of sign. We have been focusing on the following: all done, more, and milk.

We are also working on learning our friend’s names and matching faces to names

Please make sure to bring shoes and a coat for your child everyday so we can go outside. If you would like to bring them and leave them in your child’s cubby that is completely ok.

Mrs. April & Ms. Bre

**Toddlers:**

Hello everyone! We are very excited to slide into February, and celebrate Valentine’s Day on the 14th. We will be having a little party that we hope everyone can join.

This month we will be conducting parent/teacher conferences and we will be asking how you would like to conduct those, in-person or over the phone.

We are officially into winder time and we would like to remind everyone to please bring a coat to school with their kiddo as we do go outside. We are also asking that you check your child’s cubby to make sure that they have extra clothes in there.

Ms. Adriana & Mrs. Alicia

**Preschool Room 2:**

Tuesday, February 18th we will be doing our next movie day! Instead of having our celebration on Valentine’s Day the Friday before, we will be doing the following Monday so more children can participate. We will be watching Season 3 Episode 3 “The Magic School Bus Under Construction” to go along with our building unit. Feel free to bring in Valentine’s Day treats and drinks!

Additionally in the morning of the 18th (10:00am), we will be doing Valentine’s exchanges with the children. Please bring in a decorated box or cardboard bag for your child to collect their goodies! If you would like to participate, please bring in 17 of your child’s valentines. Even if a child is not there due to absence or scheduling, we will be setting aside their valentines for when they do come back to school. A flyer will be in your child’s cubby this week.

Snow is finally coming (hopefully)!! Please either bring in every day or keep at school a set of mittens and a hat for your child to wear outside. If the temperature and/or conditions are deemed good enough to go outside, but only with the proper gear, your child will not get to go with their peers to the playground.

Mrs. Danielle & Mrs. Danielle

Ms. Lorene

**Kitchen:**

# Howdy Families!

# Lots happening all over the center these days. I got a new gadget to play with in my kitchen. My Mom gave me an Instant Pot for Christmas! Do any of you have one? I would love to trade recipes. Here is one my family really likes.

**Creamy Tuscan Chicken (Instant Pot)**

Ingredients:

* 1 (32 oz.) carton low-sodium chicken broth
* ½ cup oil packed sun dried tomatoes with herbs, drained and dab excess oil off with paper towels, chopped
* 2 tsp Italian seasonings
* 1 tbsp. minced garlic
* Salt and freshly ground pepper
* 1lb boneless skinless chicken breast, cut into 1-inch cubes
* 12 oz. uncooked campanula pasta
* 5 oz. fresh baby spinach
* 1 (8oz) pkg. light cream cheese, cut into cubes and softened
* 1 cup finely shredded parmesan cheese (use fresh shredded)
* ¼ cup chopped fresh basil

Directions

1. In an instant pot insert stir together broth, tomatoes, Italian seasoning, garlic, ¼ tsp salt and ¼ tsp. pepper.
2. Stir in chicken and pasta (and try to submerge down into broth).
3. Secure the lid in place, be sure pressure valve is set to “sealing” position. Select the “manual” setting or high pressure and set to 5 minutes.
4. After the time is up select “cancel then use the quick release method to release pressure-which is to carefully turn the valve to “venting” position and step back as steam will release.
5. Once it stops sputtering open lid and immediately stir noodles to separate then stir in spinach, light cream cheese and parmesan.
6. Toss well. Let rest for about 5-10 minutes to thicken (it will seem like soap at first but as it rests and cools it will thicken right up.)
7. Toss in basil just before serving and serve warm.

Tina Cook

**Preschool Room 3:**

Starting this month we are going to start a new study, BOXES!!! Children will explore many types, investigate how they are made and the many ways we use them.

On February 13th and 14th we will be celebrating our friends with an old fashion ice cream social. More information will be available as the dates get closer.

Mrs. Christine & Mrs. Sami

SPIN NORTH EARLY CHILDHOOD CARE AND EDUCATION CENTER

February Menu

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 3)**B**- oatmeal, orange slices, milk  **L-** grilled chicken breast on WG bun, mixed veggies, peaches, milk  **S**- yogurt, apple slices, water | 4)**B**- WG bagels w/ cream cheese, apricots, milk  **L**- sloppy joes on WG bun, French fries, pears, milk  **S**- trail mix, milk | 5)**B-** WG cereal, pears, milk  **L**- tuna WG pasta salad, cucumber slices, apple slices, milk  **S**-, cheese sticks, water | 6)**B**- scrambles eggs, WG toast, banana, milk  **L**- Shepherd’s Pie w/ mashed potato, bread, peaches, milk  **S**- cucumber sandwiches, water | 7)**B**- WG waffles, mandarin oranges, milk  **L**- chili w/ beef, saltines, green beans, orange slices, milk  **S**- celery w/ cream cheese, milk |
| 10)**B-**WG biscuit & gravy, apple slices, milk  **L**- chicken bacon ranch penne, mixed veggies, apricots, milk  **S**- cheese sandwiches, milk | 11)**B**- WG English muffin w/ cheese, peaches, milk  **L**- beef stroganoff w/ WG noodles, peas, pears, milk  **S**- pretzel rods w/ cheese sauce, milk | 12)**B**- WG French toast, applesauce, milk  **L**- baked turkey, WG bread slice, mashed potatoes, apple slices, milk  **S**- cauliflower, carrot sticks w/ ranch | 13)**B**- cinnamon WG tortillas, banana, milk  **L**-ham & beans, saltines, peas, pears, milk  **S**-WG toast w/ jelly, milk | 14)**B**- WG cereal, mixed fruit, milk  **L**- tuna WG noodle casserole, carrot sticks, orange slices, milk  **S**- graham cracker, milk |
| 17)  **CLOSED** | 18)**B-** WG bagel w/ cream cheese, apricots, milk  **L**- beef tacos w/ lettuce & tomato, corn, peaches, milk  **S-** saltines w/ cheese slices, water | 19)**B**- pancakes, applesauce, milk  **L**- Hawaiian chicken w/ brown rice, pineapple, cooked carrots, milk  **S**- trail mix, milk | 20)**B-** scrambled eggs, WG toast, pears, milk  **L-** turkey & cheese sandwiches, banana, cucumber slices, milk  **S-** celery w/ almond butter, milk | 21)**B-** oatmeal, banana, milk  **L-** WG rotini bake, mixed veggies, orange slices, milk  **S-** Goldfish, orange slices, water |
| 24)**B**- cream of wheat, peaches, milk  **L** cheesy chicken & broccoli casserole, slice WG bread, mixed fruit, milk  **S**- cottage cheese, pineapple, water | 25)**B**- WG English muffin w/ sausage & cheese, mandarin oranges, milk  **L-** tuna sandwiches, carrot sticks, apricots, milk  **S**- apple slices w/ cheese slices, water | 26)**B**- WG cereal, mixed fruit, milk  **L**- Chili WG mac w/ beans, green beans, mandarin oranges, milk  **S**- cinnamon WG tortillas, milk | 27)**B-** yogurt parfait/ WG granola, pears, milk  **L-** chicken & WG brown rice, carrots, peaches, milk  **S-** pretzels, cheese sticks, water | 28) **B**- WG biscuits & gravy, bananas, milk  **L-** Ham sandwich on WG bread, cucumbers, apricots, milk  **S-** Cucumber sandwich, water |
| 3)**B**- oatmeal, orange slices, milk  **L-** grilled chicken breast on WG bun, mixed veggies, peaches, milk  **S**- yogurt, apple slices, water | 4)**B**- WG bagels w/ cream cheese, apricots, milk  **L**- sloppy joes on WG bun, French fries, pears, milk  **S**- trail mix, milk | 5)**B-** WG cereal, pears, milk  **L**- tuna WG pasta salad, cucumber slices, apple slices, milk  **S**-, cheese sticks, water | 6)**B**- scrambles eggs, WG toast, banana, milk  **L**- Shepherd’s Pie w/ mashed potato, bread, peaches, milk  **S**- cucumber sandwiches, water | 7)**B**- WG waffles, mandarin oranges, milk  **L**- chili w/ beef, saltines, green beans, orange slices, milk  **S**- celery w/ cream cheese, 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 bases of 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**](mailto: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**

\*\*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

