



# Parkwood Children's Daycare

Date August 2011

## Heading back to school!

As much as we hate to admit it, summer is coming to an end ☹️ With this comes a time for the children to return to school, or for some, start school. Here are some tips to get out of vacation mode and back into school mode.

**1. Start getting back into the routine of getting to bed on time. Each week have the children go to bed closer to the time they need to be going once Sept hits.**

**2. Have lunches made the night before, this saves time in the morning.**

**3. Lay clothes out the night before and pack all bags and have them by the door.**

**4. If going to a new school, make sure that you have driven past it with your child and talk about it. Some children get anxious, scared, or even excited.**

If your child is nervous, listen to what they have to say. If you feel they may need help on that first day, contact the school to see if the LST (learning support teacher) can offer suggestions or come out to help in the transition.



## News

Angela will be returning off of maternity leave on Sept. 6<sup>th</sup>, and will be working in the infant room. Jessica will continue to be supply for us.

We having two maternity leaves coming up in the preschool room come January.

Currently we have a committee that will meet and will be revisiting the current sick policy. This committee is made up of parents, staff and board members. Hopefully it will be in place before the flu season hits.

Several new children will be starting and we will be having to say goodbye to some friends as they head off to big school. It will be sad to see them go. Many children will be graduating to the next age group, so your teachers will inform you of when this will take place.

With the weather cooler in the mornings, please have some warm clothing in their lockers. As well, please have extra clothing in the locker since sometimes a child can go through 1-2 sets a day depending on what they are doing. Thank you ☺️



## Curry Chicken

**\* for those that are lactose intolerant**

2- 4oz boneless, skinless chicken breasts  
4oz plain or soy vanilla yogurt.  
( lactose free)  
1 ½ tsp of cilantro  
1 ½ tsp curry powder

Preheat oven to 375 degrees.  
Combine yogurt, cilantro and curry in a shallow bowl. Add chicken to yogurt sauce and coat evenly. Placed chicken into a casserole dish and spoon remaining sauce over top.

## Zucchini and Sweet Potato Pancakes

1lg zucchini shredded ( about 1 c)  
1 sweet potato peeled and shredded (about 1 cup)  
2 eggs lightly beaten  
1/2tea salt and ½ tea pepper  
3tablespoons flour  
2 tablespoons olive oil

Mix all ingredients until well combined. Heat frying pan with olive oil over medium heat. Use ladle to put 1/4c of mixture onto pan. Cook 2-3 min's or until golden brown. Serve with applesauce. \* carrots can be used instead of sweet potato.

## Disney Special



<http://disneyworld.disney.go.com/special-offers/>

Need a get away this winter... Disney has just issued a **FREE dining plan with a non discounted 4 night/5 day Magic your way room, plus park tickets. \* 3 days , price includes 5 days of park tickets but you can adjust the number. Dates: Oct-March 2012.**

**Example: Family of 4. March 4<sup>th</sup>- 7 @ New Orleans Riverside resort, includes meal plan ( one sit down, one quick serve and one snack) \$1783.75 plus flight. Which you can book right with your package on website.**