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CHIT CHAT

Newsletter for families of NDNCC

May/June 2015

UPCOMING EVENTS



Mark your calendars for the NDNCC Annual Family Picnic on Tuesday, June 16, 2015! It will begin at 5:45 pm. Hamburgers, Hot Dogs, and drinks will be served. Families are encouraged to bring a side dish to share. This is a rain-or-shine event. If the weather does not cooperate, we will move the gathering indoors. Stop by the front desk to RSVP in June!

*****Please remember we are a peanut free facility.*****

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CALENDAR OF EVENTS

Early Child Ed. (ECE) Ongoing:

Day

M-R: Read Aloud DE one-on-one readings

May:

20 Stand By Me Sessions

25 **NDNCC CLOSED** - Memorial Day

29 Pre-K Trip to Philadelphia Zoo

June:

6 Highmark Walk for a Healthy Community

8 First day of Camp!

16 Annual Family Picnic (Rain or Shine!)



WALK FOR A HEALTHY COMMUNITY



Reasons to donate and walk:

- Newark Day Nursery and Children's Center is one of 18 Delaware nonprofits to benefit from this event.
- 100% of the money raised by walkers will go directly to the organization!
- Walkers who donate \$25 or more will receive a T-Shirt (while supplies last).
- You have two course options: One Mile Fun Walk and 5k Walk!
- After you walk, you can relax and enjoy food and entertainment!
- A Raffle will be held at 11:00 am.

The 2015 Highmark Walk for a Healthy Community takes place Saturday, June 6, 2015, at Bellevue State Park in Wilmington. Registration begins at 7:45 am, the 5k walk starts at 9:00 am, and the One Mile Fun Walk starts at 9:15 am.

More details and registration can be found through the link below!

[Highmark Walk for a Healthy Community](#)



Our partnership with \$tand by Me will resume on May 20, 2015! Shay with \$tand by Me will offer free financial coaching sessions in the afternoon, between 1 pm and 4 pm.

Please stop by the front desk if you are interested in signing up to meet with her on May 20th!

REMINDERS

For their safety, please have children wear closed toed shoes with backs on them as the warmer days approach.

RECIPES

This is not a recipe for snacking, but it is all natural!

All Natural Ant Repellant

- 1 Empty water bottle/clear plastic cup (cut down to 2")
- 5 TBSP Baking Soda
- 5 TBSP Powdered Sugar
- 3 TBSP Water

Combine ingredients above until a toothpaste like texture forms.

Attention Shoppers



Do you shop at Amazon.com? By clicking [here](#) when you're ready to shop, a portion of your purchases will benefit NDNCC!

Helpful Links

[NDNCC on the Web](#)

[NDNCC on Facebook](#)

Also, please remember to change out your children's spare clothes in their classrooms to warmer weather clothing and possible new sizes.

Finally, with the warmer days unfortunately also brings out the ticks in outdoor areas. Therefore, please remember to check over your children for ticks.

HEALTHY AND FUN PARTY OPTIONS

We come across wonderful occasions that we want to celebrate. You may be planning a graduation party, a birthday party, or engagement party this summer. You may be asked to bring a dish to a special gathering. Ms. Sharon wanted to share her tips on healthy menu and snack options for special occasions.

When it comes to food at birthday parties, it's my experience that children are very happy with whatever is served. They usually eat it all, starting with the fruit plate! We have to let go of our old expectations and trust our children to appreciate what's healthy, but fun, food.

Have you ever come home from a party and your child is bouncing off the walls, sick and irritable? It's more than likely all the additives and the sugar-high from 'traditional' party foods. Instead of filling the table with traditional party, consider preparing healthy and tasty dishes. It is okay to have a treat or two on the menu, if you would like, but balance it out with loads of the good stuff.



Here is my tried and true formula for catering a healthy kid's party:



Think out of the box and use fresh fruit to make a cake! You can use Watermelon, Pineapples, Blueberries, Strawberries and Grapes to create a fun, healthy, fruit version of a cake.

OTHER PARTY FOOD OPTIONS

1. Fruit Skewers – Most kids love any food on a stick and fruit skewers are always a hit.
2. Make Your Own Pizza – Kids love this idea because it gives them some freedom in what

they are eating. You can use tortilla wraps or homemade dough. I think the tortilla wraps are great, because they cook up in no time.

3. Veggie Tray with Ranch Dip – Again, kids love fun foods and they love to dip things. If you have a child with dairy allergies coming to the party, you can try a Dairy Free Ranch option.

4. Healthy Chips and Pretzels - There are many whole grain pretzel options. They also have veggie or baked chip options at most supermarkets.

DRINKS



Let's face it, most birthday party drinks usually consist of juice boxes or pouches. How about making your own fruit juice with fresh fruit, water and a sugar substitute? Add Ice and the kids will be happy to create with new flavors each time.

Enjoy creating new possibilities with your friends and families!

FEATURED STAFF MEMBER



This month, Ms. Michelle was chosen to answer a few questions, so that we could get to know her better. Keep reading to learn more about our wonderful Pre-K Head Teacher!

How long have you been at NDNCC? I think I've been here for three years now? I started out in the PS room as an assistant teacher, now I am the Pre-K Head teacher.

What is your favorite thing about working here? I love the friendly environment at NDNCC. Everyone is so welcoming and non-judgmental. I look forward to coming to work every day to see the smiling faces of the children, families, and staff members.

What hobbies or other interests do you have? I love being outdoors when the weather is nice. On the weekends I like to take walks in the woods, go out on the boat, or spend time with my family. My favorite sport is volleyball, and I've recently developed a love for video games on rainy days.

What is your educational background? Bachelor of Science in Early Childcare at Wilmington University.

What teams or clubs did you belong to as a student? I played volleyball at Wilmington University for the four years I attended. I also played club volleyball for Liberty Belles, and recently coached with my dad for Club Delaware. Growing up, I was very involved in sports as I played volleyball, softball, and basketball. I made my greatest attempt to learn the saxophone and piano, but that was short lived!

Anything else you would like to share? Eventually I would love to live on the beach in Hawaii somewhere, but if that doesn't work out for me- NDN is right where I want to be!

WELCOME NEW AND RETURNING STAFF



Welcome Amy and Garnisha! Ms. Amy joined us at the end of March and Ms. Garnisha joined us in the beginning of April. You may have seen them in various classrooms, but as summer begins, you may see them a bit more. Amy will be transitioning to camp and Garnisha will continue to provide classroom support as a substitute.

In the afternoon, you will also find Ms. Rita at the front desk, and Ms. Suzy spending time in Pre-K class!

We are happy to welcome Ms. Lee and Ms. Cookie back! Thank you to Ms. Keri, Ms. Pat, and Ms. Dineen for stepping into the Infant classroom while Ms. Lee and Ms. Cookie were

out!

Look out for new and returning camp counselors this summer!

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