

Newark Day Newsletter



Hello and Happy November!

As a parent, I loved creating costumes for my children, but was always relieved when the candy was gone! We all know the importance of healthy eating but consistency can be hard to maintain considering the pace of life these days. As I arrived home from work and was rushing to cook a nutritious dinner for my three young sons, I came up with what I called “snack tray”. That name sounds more appealing than a vegetable tray! I simply chopped up raw vegetables such as carrots, cucumbers, celery, and red peppers, and served them on a large plate with a dish in the middle filled with their favorite creamy salad dressing. This practice ensured that they consumed colorful and nutritious vegetables every day. Everyone likes and deserves treats, but what impacts our lives the most are the habits that we create and follow on a daily basis. Cheers to healthy eating!

With the harvest and Thanksgiving upon us, I hope your table is graced with your favorite foods and that you are surrounded by loved ones. I invite you to consider asking those seated at your table to share what occurrence or life change in 2022 inspires them to feel grateful. Our minds tend to cling to the challenges that we face, maybe as a learned survival strategy. It is important to reflect on the good, and remember that there is always something that can fill our hearts with gratitude.

Wishing you all the best!

Jane



Picture Day: Nov 29
NDNCC Closed: Nov 24, Nov 25
Downes and West Park Closed: Nov 7, Nov 8, Nov 11, Nov 21-25
Charter Closed : Nov 8, Nov 11, Nov 21-25
NDNCC will provide all day care on the dates that schools are closed, except on the 24h and 25th, when we are closed.

Contact the Program Directors with any questions!

General Reminders

- Children cannot be sent in with outside food unless it is medically necessary and pre-arranged with a doctor's note (packed lunches for school are to be kept in backpacks)
- Drop off ends at 8:30am
- **DO NOT FORGET!!** Sign your children in and out of their classrooms

Before Care Reminders

- You must arrive before 7:40 in order for your child to eat breakfast at the center.
- Downes and West Park begin departing @ 7:45am
- Charter students must arrive by **8am**. The bus is now coming earlier.

After Care Reminders

- The SAC playground can be accessed through the back door of the SAC 4 classroom (children are often outside during pick up times)
- Please communicate with your child's teacher about computer time if you have any questions

ECE Reminders

- Fall conferences are happening!! Please remember to complete the ASQ
- All children must arrive before 8:30am
- Please make sure your child's extra clothes are weather appropriate

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Here is a look at our fun filled October! We can't wait to see what November holds!

Infants



Tweenies



Toddlers



Suns



Stars



Moons



SAC 1



SAC 2



SAC 3



SAC 4



From Your Teachers