

Director's News



And God said, "Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.

~ Genesis 1:29

Important Dates to Remember:

- **Feb. 11**
Bank Day
- **Feb. 11-12**
Civi Days (\$2.00)
- **Feb. 12**
Valentine Parties
- **Feb. 16**
PTF Meeting at 6:00
*Important re-enrollment information will be shared
- **Feb. 15 -19**
Spring and Graduation Photos



PARENT CONNECTION: Family Meals

Make mealtimes pleasant experiences for your young child by following these tips:

- **Involve your child in meal preparation.** By allowing your preschooler to take part in meal preparation, you may help increase your child's interest in a new or unfamiliar food.
- **Include at least one of your child's preferred foods.** Offer a choice of foods. The meal should have at least one food that you know the child will select and eat.
- **Offer a variety of colors and textures.** This will create interest and increase the number of foods your child will accept.
- **Keep portions child size.** One way to consider portion sizes is to have one tablespoon of each type of food for each year of the child's age.
- **Play it safe with foods.** Round cuts of hot dogs, cherries,



grapes, carrot chunks, tortilla chips, peanut butter, or nuts may cause a child to choke. Simply cut hot dogs into fourths lengthwise; cook and mash carrots; cut grapes and cherries into fourths. Don't serve peanut butter by the spoonfuls, combine it with other food items to improve consistency. Nuts and chips should be cut finely or crushed.

- **Expect and tolerate child-like table manners.** Let a child be a child. Children are always learning from your table manners.
- **The eating environment is important.** Comfort is important at mealtime. Select chairs, tables, dishes and silverware suitable in structure and size for the preschooler. Do not ex-

pect the young child to sit still at meals; yet some reduction in activity is desirable. A child may be excused from the table if finished or disinterested in eating.

- **Serve meals and snacks on a dependable schedule.** Try to schedule meals before your child becomes overly hungry, tired or irritable. Most children require planned nutritious snacks to safeguard an adequate intake of nutrients and calories.
 - **Offer a variety of healthy foods and children will eat what they need.** Remain calm if your child leaves a portion or an entire meal untouched.
- Mealtime can be a family time.** Mealtime is a good time to teach nutrition by example. Good eating habits that preschoolers learn from their parents can develop into lifelong patterns.



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Incliment Weather

In case of snow or ice, please refer to Channel 5 or KLTY 94.9 for school closing. We are listed as Fellowship Christian Academy-OCBF.



Winter Clothing

Please make sure that your child comes with outer wear. The students will need the warmth of their coats and sweaters when they go outside for recess.

Box Tops

Cut the labels from your boxes and turn them in to your child's teacher.



Valentine's Day Craft Activities

Guess How Much I Love You Card

What You Need:

- Poster Board
- Paper
- Butcher Paper



Cut out two hearts for each child. Attach the first heart to the inside of a card (a piece of poster board folded in half) On the front of the first one, write "Guess how much I love you?". On the second heart write "This much!". Measure the distance between the fingertips of one hand to the fingertips of the other with arms stretched out for each child and cut out this distance from 3 inch wide butcher paper. Help your children fold the paper accordion style. Attach a heart to each end of the butcher paper.

Folded Heart Painting

What You Need:

- Construction Paper
- Medicine Droppers (Ask your local pharmacies)
- Paint



Have your children cut out a heart from a piece of construction paper folded in half (I provide a half heart poster board stencil). Give your children medicine droppers and have them drop paint onto one side of the heart. Fold the heart in half and rub. Open up the heart and each side matches.