

Important Dates

July 4th Independence Day
July 5th Center Closed
July 19th Fire Drill
July 19th Tornado Drill

MONTHLY
NEWSLETTER FOR
CANEY EARLY CARE AND
EDUCATION CENTER

CECEC Gazette

July

Volume
5, 12

2010
this issue

Infant - Toddler P.2
Kitchen Corner P.2
The *NEW* Food Pyramid P.2
Fireworks Safety P.3
Pictures P.4



Greetings from the Director

Summer is here! We have received our new toys and playground equipment from the Quality Enhancement Grant. Our playgrounds and rooms are looking great! We have lots of new things to help work our muscles and our minds. If you have a chance, take a tour of the Center while you are here and check things out!

We've got tomatoes, green beans, beets, and carrots growing in our garden! The children have been having a wonderful time caring for and watching their plants grow. They have learned so much and are gaining an understanding of where our food really comes from.

I'm sure you fondly remember, as I do, the words "Go outside and play". My mother would encourage us daily to go outside and be active. We would play games with balls, run in the sprinklers, climb trees, explore our property and in general stay active throughout the summer days. Now it is a different story, recent research shows us that children are spending half as much time outside as they did 20 years ago. The kids of today spend an average of six and a half hours "plugged in" to various types of electronic media a DAY! Richard Louv, in his book "Last Child in the Woods", describes this American trend as "nature deficit". Here at the Center we are committed to reducing this trend by providing valuable outdoor time for the children in our care. Children need this time and access to play in nature. They need unstructured play and a time to create and explore the outdoors and to experience the wonder of nature.

Some of the valuable benefits of outdoor play that we can't overlook include:

- Children who spend time outdoors will develop pro-environmental attitudes.
- Time spent outside with caring adults will shape a child's long-term environmental ethic.
- These children are more likely to become environmental advocates.
- Children who participate regularly in an outdoor environment improve in overall development in traditional academic areas such as science and art, strengthen specific skills and are healthier due to purposeful movement.

See you in the garden!

Pam Van Schijndel
Assistant Director



Infant - Toddler

Happy 4th of July and we hope everyone has a safe holiday.

During the month of June the children in the toddler room and the UPS man, Richard, got to know each other very well. In fact when Wyatt saw the UPS truck turn into the driveway one day he yelled "Toys!". Yes, the month of June turned our room into a really fun place with all the new educational items we received. Our play ground now has a cute play house, picnic tables, new tricycles, and a glider for the children. None of the items came assembled, so a great big THANK YOU to Pam's husband Pascal Van Schijndel for coming to the center and putting everything together for us.

During the month of July we will be learning about the ocean and it creatures. We will read books that will help us learn more about this theme like: "A Fish Out of Water", "An Octopus Followed me Home", "On the Beach", "One Fish, Two Fish, Red Fish, Blue Fish" and many more.

We will also be doing a lot of art work about the ocean and some of it's creatures.

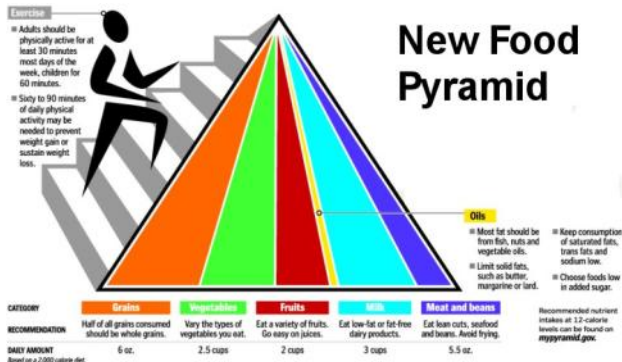
With the summer sun we will be playing in the water a lot, so parents please check and see that the extra clothing in your child's box is for summer time and not winter. In our busy world sometimes we forget.

Till next month, have a great July.

Ms. Nancy & Ms. Josie



The NEW Food Pyramid



A balanced diet is one that includes all the food groups of the food pyramid. There are now two food pyramids. The U.S. Department of Agriculture (USDA) changed the food pyramid in spring 2005 because they wanted to convey a better example of how to eat healthier. The pyramid is based on the best available scientific facts

concerning links between diet and good health. This new food pyramid addresses flaws in the original USDA food pyramid and offers better up to date information allowing people to better follow guidelines concerning what they should eat.

The New Food Pyramid is a tool to educate people to eat a more balanced diet from a greater variety of food portions without counting calories. The USDA has now expanded the four food groups to six groups and expanded the number of servings to meet the calorie needs of most people.

The new food pyramid is more flexible and accurate than the one we had a few years ago. The reason being that one image of a pyramid with markings of what your daily intake should be can not apply to everyone. It all depends on a person's lifestyle and how much exercise they get involved in during a week. It also depends on if a person is trying to lose weight or gain weight. If a person is trying to gain weight then they should proceed to having the highest amounts of recommended servings, if a person is trying to lose weight then they should try to aim for the lowest recommended servings per day. To have a good idea of what you should be eating and how much of it you should be eating. You can view this interactive guide which was made by the United States Department of Agriculture at <http://www.mypyramid.gov/>

Kitchen Corner

The 4th of July is here. It is a time for celebrating our independence and freedom. As we get together with our families and friends lets support our Soldiers that are fighting for us to keep our freedom.

We are always trying to find fun, new ideas to take to our picnics and I think the Jellin'-Mellin' snacks will make fireworks for the kids, enjoy!

Jellin'-Mellin' Snacks

1 cantaloupe cut lengthwise in half
 $\frac{3}{4}$ cup boiling water
 1 pkg. (3oz.) Jello Cherry flavor
 $\frac{1}{2}$ cup cold water

Directions

Remove seeds from melon halves; cut thin slice from bottom of each. Scoop out melon flesh, leaving one inch thick shells. Place upside down on paper towels to drain. Add boiling water to Jello, stir 2 minutes until completely dissolved. Stir in cold water. Refrigerate 15 minutes or until slightly thickened. Pour into melon shells. Refrigerate 3 hours or until Jello is firm. Cut into wedges.

May also use honeydew melon and lime flavored Jello.

Makes 8 servings.



Fireworks Safety for kids

As delightful as fireworks can be, they can also be extremely dangerous. Some children may only be aware of the beauty aspect and may not be aware how much injury and damage fireworks can actually cause. To make sure your children are smart about fireworks, it is important to share some safety tips with them.

Do Not Touch Fireworks

Kids should never touch fireworks under any circumstances. Even with adult supervision, all it can take is a child to make one quick wrong move for a fun situation to turn dangerous. Children should be taught that, until they are of legal age for buying fireworks, they should not handle them at all.

Never Treat Fireworks as a Toy

Although fireworks may seem like a toy, they are not something to play with. With the high risk of injury that could happen, it is important to make sure that children understand the danger of fireworks. They should learn how to properly manage the fireworks so when they are adults, they know how to handle them. Some children may believe that even playing with them for a second is OK, but that is all it can take for something to go wrong.

Stay at a Safe Distance From Fireworks

Whether the child is at a public fireworks display or is viewing a private display, they should make sure to stand at a safe distance. Should something go wrong with the fireworks, they need to make sure they can get away quickly and without injury. A good distance is at least 20 feet.



Use Fireworks Outdoors

Fireworks should never be used indoors. Not only is there the risk for personal injury, but there is also a huge risk of a fire starting. It is a good idea to inform children that should they use fireworks as an adult, they should never, under any circumstances, use them indoors. Even when using them outdoors, they should make sure to stay far away from any buildings or anything flammable, such as trees.

Read more: Fireworks Safety for Kids | eHow.com http://www.ehow.com/about_5218489_fireworks-safety-kids.html#ixzz0qvZF1prj



Welcome back to Ms. Josie!
We missed you while you were on leave
and are so happy to have you back!



www.delawarechild.org

1-866-254-9864



Delaware Child Development now has a facebook page. In your search bar just enter "Delaware Child Development" and become a fan to

facebook

receive updates and brief tidbits of information from our organization.

July Birthdays

* Nancy Hollandsworth	1 st
* Twila Bales	8 th

* Employee



July is National:

Ice Cream Month
 Family Reunion Month
 Blue Berry Month
 Baked Bean Month
 Social Wellness Month
 Make a Difference to Children Month

234 years ago...on July 4th, 1776
 This great nation, the United States of America,
 In a struggle for what was right and free,
 Was proudly born...
 May we celebrate that precious freedom
 For which our forbears fought so bravely...
 The freedom that is inherent
 In the Stars and Stripes, our revered flag...
 Celebrate Freedom
 This Fourth of July!



Caney Early Care and Education Center

601 S. High Street
 Caney, KS 67333
 (918) 879-2748



Delaware Child Development

Thank you for sharing your children with us!

