

News You Can Use

Week of April 29, 2019

Comstock Park

(616) 493-0744 www.hs4kc.org

Finger Food

Superheroes Dances

Last Event

Thursday May 16 @ 5:00pm



Field Trip

April 29-Rm 1 & 6- Walker Police Station

May 23- Fire Dept. Visit the School

May 30th –Last day of School

Important Dates

Attendance is Important

Be at school

Learning is Fun

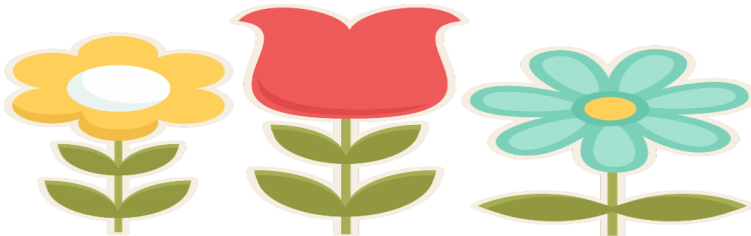
Thursday, May 16- Super Hero Dance @ 5-6:30pm



Thursday, May 23- Fire Dept. Visit

Monday- May 27-
No school -Holiday

Thursday May 30th –Last day of School



Maximize Love, Manage Stress

Babies and toddlers thrive when their world feels loving, safe, and predictable. Respond with smiles, words, and touch to help them see, hear, and feel your love. You will help them develop a sense of security and self control.



Watch the videos at:

MAXIMIZE www.successtartsearly.org
LOVE
MANAGE STRESS



PLEASE VISIT WWW.HS4KC.ORG/NEWS-BLOG FOR APRIL'S MENU!
AVAILABLE IN BOTH ENGLISH & SPANISH.

IT'S NATIONAL GARDEN MONTH! *Interested in starting a garden?*

Figure out what type of garden is right for you and how much space you have.

Here is a list of fruits and vegetables that are easy to grow! Beets, Cucumbers, Melon, Broccoli, Green Beans, Peppers, Cabbage, Green Peas, Potatoes



Benefits of Wordless Books

- Gives children the chance to practice narrating stories
- Helps children practice reading facial expressions
- Gives children time to examine pictures
- Boosts children's confidence
- Boosts children's language development

Citation: Baker, I., & Baker Schiffer, M. (2019, November). The Reading Chair. *Young Children*, 73(5), 93-94





FRUITS & VEGGIES

Here are some great suggestions to help reach the MyPlate recommendations for fruits and vegetables:

- **Model desired behavior for your child.** Preschoolers who watch adults eat and enjoy a variety of fruits and vegetables will often do the same.
- **Introduce a new fruit or vegetable at least 2-3 times.** It may take repeated exposure before your child enjoys it.
- **Offer choices.** Make eating fruits and vegetables a pleasant experience and don't force you child to eat foods they do not want.
- **Get your child involved.** Allow your child to pick out fruits and vegetables at the grocery store. Include them in the preparation, also.
- **Plant a garden.** Along with being healthy, a garden provides life lessons on patience while the fruits and vegetables grow, and responsibility.
- **Make fruits and vegetables "grab and go."** Accessibility is the key. Keep snack bags of washed and cut fruits and vegetables hand in the refrigerator. Examples include grapes, oranges, carrots and broccoli.
- **Be creative.** Have fun with them and try new ways of preparing, cooking, and serving. If one way doesn't work, try another!

ENCOURAGE YOUR CHILD TO EAT!

Ensuring your child eats healthy, including fruits and vegetables is important but can be challenging. Take advantage of this impressionable time in your preschooler's life to influence their eating habits!

MyPlate recommends 3-5 servings of vegetables and 2-4 servings of fruit per day.

- Serve cereal with sliced bananas, apples, or berries!
- Try raw veggies with dip!
- Add fruit to yogurt or dip fruit in yogurt!
- Shred carrots and lettuce on a turkey sandwich!
- Substitute soda or fruit drinks for water with lemon, oranges or cucumbers!
- Mix pureed red pepper, zucchini or pumpkin to spaghetti sauce

Smoothie

- 1 cup milk
 - 1/3 cup yogurt
 - Frozen or fresh fruit
 - Several ice cubes
- Mix together in a blender.*

Veggie Art

1. Wash & prepare slices of cucumber, carrots, broccoli florets & cauliflower tops.
2. Let your child create his/her own art by using toothpicks to connect the raw vegetables.
3. Eat your creations!

Confetti Celery

- 1 raw carrot finely chopped
 - 1/4 cup finely chopped red bell pepper
 - 1/2 cup cottage cheese
 - 1/4 cup parmesan or mozzarella cheese
 - 6 celery stalks cut in half.
- Mix the first 4 ingredients together. Stuff celery & Enjoy!*