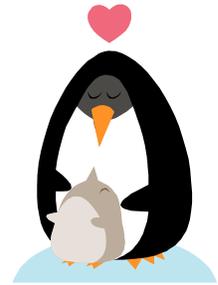


# FEBRUARY 2014

## KIDS' CLUB

### News from the Director



#### February 2014 Calendar

- 5 ¾ Day for all public schools.
- 12 ¾ Day for all public schools.
- 17 KIDS' CLUB is closed for PRESIDENTS' DAY.
- 18-21 February Vacation Week
- 26 ¾ Day for all public schools.

#### March 2014 Calendar

- 5 3/4 Day all schools. Snack is provided at 3:00 PM on 3/4 Days.
- 12 3/4 Day all schools. Snack is provided at 3:00 PM on 3/4 Days.
- 14 No School Teacher Workshop Day - KIDS' CLUB is open 7:30 - 6.  
Separate registration is required for this day. Morning and afternoon snacks are provided.  
Bring lunch and beverage.
- 19 3/4 Day all schools. Snack is provided at 3:00 PM on 3/4 Days.
- 26 Drop-In sign-up for April opens at 1:00 PM today. Payments and schedule changes for April are due today.  
3/4 Day all schools. Snack is provided at 3:00 PM on 3/4 Days.

#### A REMINDER FOR FEBRUARY VACATION CARE

Registration is open and limited for February Vacation Week care. There are only a few spots left in our K-2 group. See our activity plans below:

#### MONDAY - KIDS' CLUB IS CLOSED FOR PRESIDENT'S DAY

**TUESDAY - IT IS LUAU DAY AT KIDS' CLUB! SO COME DRESSED AS A TOURIST OR AN ISLAND NATIVE TO PARTICIPATE IN THE "LIMBO" DANCE AND PEEL APART A PINEAPPLE. FOR ADDED ENTERTAINMENT, A SPECIAL VISITOR WILL LEAD US IN A "ZUMBA" EXERCISE CLASS! DON'T FORGET TO WEAR YOUR SNEAKERS TODAY!**



**WEDNESDAY - IT IS 'PAJAMAS AND PANCAKES DAY'! ROLL OUT OF BED AND COME TO KIDS' CLUB IN YOUR PAJAMAS TO JOIN US FOR A SCRUMPTIOUS PANCAKE**



**BREAKFAST! OUR 4-H FRIENDS WILL STOP BY WITH SOME OF THEIR INTERESTING PROJECT DISPLAYS!**



**THURSDAY - IT IS CARNIVAL DAY! WE'LL BE FACE PAINTING, RING TOSSING, AND WORKING OUT LIKE THE CARNIVAL STRONG MAN! TRY YOUR HAND AT MAKING BALLOON ANIMALS AND JUGGLING! ONCE AGAIN, A SPECIAL VISITOR WILL LEAD US IN A "ZUMBA" EXERCISE CLASS! WEAR YOUR SNEAKERS!**

**FRIDAY - TODAY IS WINTER OLYMPICS DAY! JOIN US FOR A LITTLE HEALTHY COMPETITION: CROSS-COUNTRY SKIING OBSTACLE COURSE, OLYMPIC HOCKEY COMPETITION, AND A LUGE-ON-WHEELS COMPETITION. TASTY RUSSIAN/UKRAINIAN COOKING WILL ALSO BE PART OF OUR DAY.**

### **A WORD ON CHILD NUTRITION**

Here at KIDS' CLUB it warms our hearts to see the children as they spend their days socializing, home-working, sporting, and gaming. Most days they have a few, short, afternoon hours to fill with these activities. However, during their longer stays at KIDS' CLUB, when the children are with us for many hours of busy activity, we find the well-rounded, nutritious lunches that parents send along are key in supporting the emotional and energetic needs of the children. What a child eats truly impacts the success of his/her day.

In an effort to help our busy families, KIDS' CLUB will always offer several substantial breakfast items each morning at drop-off time. Also offered daily are at least two low-fat, low-sugar, healthy snacks like baked chips, fruit, yogurt, or snack bars. We recommend that parents include their children in the choice making when packing substantial lunch items such as high-protein sandwiches (including meat, cheeses, or peanut butter), or tuna fish, hard-boiled eggs, nuts, etc. as these items **complement those already offered at KIDS' CLUB** and are essential in a child's diet.



### **MASSACHUSETTS DEPARTMENT OF EARLY EDUCATION AND CARE (EEC) CHILD EVALUATION REQUIREMENTS**

As required by EEC regulations, KIDS' CLUB will once again provide parents with a Child Evaluation for each of their children attending our program. Families can expect these evaluations to be distributed at pick up time during the month of February.

### **KIDS' CLUB SUPPORTS THE BEDFORD FOOD PANTRY**

The Bedford Food Pantry is currently looking for donations of soap, toothbrushes and shampoo in particular. As always, they are pleased to receive any other food items such as boxed cereal and canned goods. Your donations can be brought to KIDS' CLUB and we will be happy to transport them to the Bedford Food Pantry. Thank you for setting a great example for the children!