

SPRING
2023

THE CHILDREN'S CENTER

NEWSLETTER

www.alchildrenscenter.org ← Check out our updated website!

MAKE PLANS TO ATTEND SPRING CONFERENCES

MAY 2ND - 12TH

Conferences are such an important time to meet with your child's teacher. We can provide the best learning environment when we are all working together toward the same goals. Check the "Calendar" on our website (www.alchildrenscenter.org) for the conference schedule. Thank You!

BUTTER BRAID FUNDRAISER UPDATE

We've had another great Butter Braid Fundraiser. This year The Children's Center's profit was \$1,800. Thank you to everyone who participated and helped make this another successful fundraiser.

Thank you

FUN IN THE KITCHEN WITH KIDS

Get your preschooler to try new foods by having them help you in the kitchen. Kids feel good about doing something "grown-up." Give them small jobs to do. Praise their efforts. Children are less likely to reject foods that they help to make.



As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages.

AT 2 YEARS:

- ◆ Wipe tables
- ◆ Hand items to adult to put away (such as after grocery shopping)
- ◆ Place things in trash
- ◆ Tear lettuce or greens
- ◆ Help "read" a cookbook by turning the pages
- ◆ Make "faces" out of pieces of fruits and vegetables
- ◆ Rinse vegetables or fruits
- ◆ Snap green beans

AT 3 YEARS:

- All that a 2-year-old can do, plus:
- ◆ Add ingredients

- ◆ Talk about cooking
- ◆ Scoop or mash potatoes
- ◆ Squeeze citrus fruits
- ◆ Stir pancake batter
- ◆ Knead and shape dough
- ◆ Name and count foods
- ◆ Help assemble a pizza

AT 4 YEARS:

All that a 3-year-old can do, plus:

- ◆ Peel eggs and some fruits, such as oranges and bananas
- ◆ Set the table
- ◆ Crack eggs
- ◆ Help measure dry ingredients
- ◆ Help make sandwiches and tossed salads

AT 5 YEARS:

All that a 4-year-old can do, plus:

- ◆ Measure liquids
- ◆ Cut soft fruits with a dull knife
- ◆ Use an egg beater

Have fun and enjoy spending quality time with your child.

Thank You, Melissa Wangen
Food Service Coordinator

*Information taken from www.ChooseMyPlate.gov.
USDA is an equal opportunity provider and employer.*

EVERYONE IS WELCOME!

MARK YOUR CALENDAR

PRESCHOOL GRADUATION & 4TH GRADE RECOGNITION

Tuesday, May 16th

7:00 pm

Southwest Middle School

Little Theater

(1601 W Front St., Albert Lea)

Everyone is welcome to come and celebrate this special event.

CALENDAR OF EVENTS

April 25th

Patty from Albert Lea Public Library is coming to read to the preschool rooms at both sites.

May 2nd - 12th SPRING CONFERENCE DATES

Make plans to attend. Check the "calendar" on our website, www.alchildrenscenter.org, for your child's conference date.

May 5th

Preschool Graduation Photos w/Lifetouch

May 8th - 12th

Teacher Appreciation Week

May 16th

Preschool Graduation & 4th Grade Recognition

May 29th

All sites closed for Memorial Day

Parent Handbook Reminder: The complete Parent Handbook for The Children's Center is available on our website. Check it out!
www.alchildrenscenter.org

BOARD MEMBERS NEEDED

The Children's Center is looking for board members! The board of directors meets the 4th Wednesday each month, from 12pm - 1pm, to review progress, operations and the status of the organization. If you are interested in serving on our board of directors, please submit your letter of interest to: board@alchildrenscenter.org.

The Children's Center DAYS CLOSED 2023

May 29

July 4th & 5th

August 18

September 4

November 23 & 24

December 25

January 1, 2024

Memorial Day

4th of July Holiday

Staff Prep Day

Labor Day

Thanksgiving Holiday

Christmas Day

New Years Day