

News & Notes

Community Care Preschool & Child Care, Inc.

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Change is good!

from Renae's Desk

Here at Community Care the staff will tell you that I have a saying, "Change is inevitable; growth is optional". The root of the saying is that change is going to happen, it's inevitable. But you have a choice about what to do with that change. You don't *have* to grow or learn new things or change. If that is your thought process however, you may want to rethink. Life is so much more enriching, in my opinion, when we embrace changes vs. combatting them. When I stop and think, it's kind of funny how we strive here to provide consistency and predictability for the children, yet we have so much change happening at any one time.

I think our staff has become experts at keeping things consistent for kids and going with the flow when changes do occur behind the scenes.

We've had a change in our 4K and school-age class

times. We are now over a month with this change, and we're doing great with it.

In December Ms. Wendy, one of our ten year teachers, decided she could not come back to work at Community Care. This was very sad for our program. We are thankful to Ms. Maria for making the transition seamless for the children and parents. We have added a new member to our staff recently. Ms. Gabe has been familiar to Community Care for almost two years. She began working with us as a volunteer. She's currently working on her preschool credential through UW-Platteville. She has been working with Ms. Amanda with our infant/toddler group.

Another GOOD change that is happening is that we are getting a new logo. We are currently in the finishing stages with our graphic designer. It's going to reflect who we are and what we do. Our current logo has been

around for about 16 years. We thought it would be time for a refreshing change.

February 6th marked another change for some families in how we bill for our services. Working families in Wisconsin who get assistance for child care began using an electronic card payment system. We had a lot of reservations about the system, but it's going well so far. Our parents are learning the new system with us. We appreciate your patience and willingness to learn the new system.

Through all these changes I've mentioned, I know this team has chosen to grow. We grow and learn just like your children do.

Thank you for choosing us for your early care and educational needs.
Renae :-)



Our Teaching Staff:

Amanda Herrick
Denise Patterson
Krista Klas
Kristi Kendall
Maria Burrow

Our Assistant Teachers:

Char Boldt
Karen Braker
Gabe Behymer

Our Administration:

Renae Henning
Administrator

Karen Wolfgang
Administrative Assistant



Sustainable Kitchens

You may have heard this term in our world today. There is a movement in our world today to get back to basics in our diets. Farm-to-table is another term describing the trend.

BDCH recently began working with a sustainable kitchen company to help bring more seasonal and fresh foods to the menus.

We are in our second three week cycle of our new menus. We've tried mangos, couscous, collard greens, and chicken stew. We've liked some things; we've not liked others. But we're trying new things!

A key for us at Community Care is that we encourage, never force, trying of new things. We talk about our meals. We talk

about different tastes. We provide an atmosphere of acceptance when we talk about things we like and don't like.

Exposure to a new food takes time before children accept it. Giving children exposure to a new food sometimes takes 10 separate times before a child will accept the new food in their regular diet. Just because it failed doesn't mean to give up on it.

Also maintaining judgement free acceptance of differing tastes is important. I remember my grandparents picking on me for my like of ketchup but my disdain for tomatoes. Still happens to this day.

Our menus are focusing on less processed food products as

well. Our meats are "home cooked" from the hospital chef. Each entrée has a recipe that we are able to see. I have actually taken one of the recipes and made it at home! It was so flavorful and tasty!

We always have our menus posted in the front entryway and with our newsletter. Take some time to check them out.



Visiting the Capitol

Last month I met with fellow administrators in Madison to advocate for child care initiatives. This year is a year where a new budget will come out for the State of Wisconsin. As a part of the Wisconsin Child Care Administrators Association, I met with Representative Mark Born and representatives from Senator Scott Fitzgerald's office. We talked about issues that affect centers in the state.

Representative Born was a key

player in last year's announcement that 4 and 5 Star Centers would still get a bonus payment. A proposal had been in the works to take this bonus away from those centers. We were ecstatic to hear this news. Through our combined efforts we were able to keep that bonus money with the centers who have worked hard to achieve quality outcomes for children JUST LIKE Community Care.

Thank you Representative Born for the time spent talking about the issues.



Thinking About Spring!

Ms. Maria is taking on the lead role at Community Care as garden-er. We are excitedly talking about what we can plant this year and new things we can do to get the children more involved.

We are asking for family input on our garden plans. Do you have ideas? Do have some tried and true techniques that work well? We'd like to have a small compost bin and maybe even a mini worm farm.

If any parents have the passion for gardening that they want to share, PLEASE let us know. We'd love to include you!

Parenting with Positive Energy

Imagine your personal energy is filling an 8-ounce cup. Whatever your day's activities, whether you try waking up earlier or staying up later, you only have 8 ounces. That's all you get...

Get into the habit of paying attention to how much energy is in your cup. If you feel like it's getting low, seek out energizers – people and situations – and pour yourself a few ounces." Recognizing when we are not at our best is part of the cure.

When parenting is getting the best of you or life is piling up around you it seems, find ways to exchange that energy.

Find ways to fill that 8 o.z. cup back up with positive energy. Call a friend or relative to have a play date with you and your toddler. Call the favorite babysitter so you can get out for a run or a walk or a pedicure. Step away from technology for a bit. Play a game with your child.

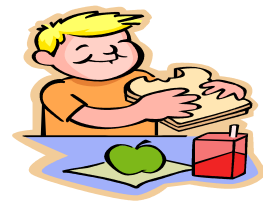
Remember that taking good care of YOU is as important as taking good care of your child!

Important Dates to Remember

- **February 13 to 17—Dress Up Days for Valentine's Week**
 - Mon-Sports Day**
 - Tues--Red/Pink/Purple Day**
 - Wed— PJ, Book and Stuffed Animal**
 - Thurs — Character Day**
 - Fri – Freaky Friday—MIX UP DAY**
- **Wednesday, February 15, from 6 p.m. to 7 p.m.— Cuddle Up with A Good Book Night**
- **Week of the Young Child—April 24 to 28**
- **Family Night Performance—Friday, April 28— 6 p.m. to 7 p.m.**
- **4K Graduation—May 18 from 6 p.m. to 7 p.m.**
- **Last Day of School for 4K—May 18**
- **Last Day of School for BDUSD—Monday, May 22**

Breakfast & Lunch Menu

Below are the breakfast and lunch menus. Minor changes may occur. Please consult the bulletin board in the entry way for the week's current menu.



DATE	Monday	Tuesday	Wednesday	Thursday	Friday
Week of Feb. 20-24	<u>Breakfast</u> Cereal Fruit Milk <u>Lunch</u> Meatloaf Mashed Potatoes Green Beans Wheat Roll Orange Milk	<u>Breakfast</u> Pancake Fruit Milk <u>Lunch</u> Roast Chicken Roasted Potato Trio Cauliflower Wheat Roll Banana Milk	<u>Breakfast</u> Bagel with Cream Cheese Fruit Milk <u>Lunch</u> Hamburger Casserole Mixed Vegetable Wheat Bread Fruit Milk	<u>Breakfast</u> Banana Bread Fruit Milk <u>Lunch</u> Roast Beef Baby Carrots Roasted Red Potatoes Wheat Bun Apple Milk	<u>Breakfast</u> Yogurt Graham Crackers Fruit Milk <u>Lunch</u> Sausage Tomato Soup Cheese Sandwich Broccoli Milk
Week of Feb. 27-March 3	<u>Breakfast</u> Cereal Fruit Milk <u>Lunch</u> Angel Hair Pasta w/Grilled Chicken Corn Orange Milk	<u>Breakfast</u> Pancake Fruit Milk <u>Lunch</u> Ham & Turkey Club Green Beans Pear Milk	<u>Breakfast</u> Bagel with Cream Cheese Fruit Milk <u>Lunch</u> Meatballs over Cous Cous Glazed Carrots Oranges Milk	<u>Breakfast</u> Banana Bread Fruit Milk <u>Lunch</u> Macaroni & Cheese Green Soybeans Cucumber Slices Applesauce Milk	<u>Breakfast</u> Yogurt Graham Crackers Fruit Milk <u>Lunch</u> Beef Stroganoff over Noodles Peas Banana Milk
Week of March 6-10	<u>Breakfast</u> Cereal Fruit Milk <u>Lunch</u> Pasta w/Meatsauce Dilled Carrots Oranges Milk	<u>Breakfast</u> Pancake Fruit Milk <u>Lunch</u> Braised Pork Collard Greens Apple Parsnip Risotto Pear Milk	<u>Breakfast</u> Bagel with Cream Cheese Fruit Milk <u>Lunch</u> Turkey Lasagna Salad Apples Milk	<u>Breakfast</u> Banana Bread Fruit Milk <u>Lunch</u> Chicken Veg. Stew Flatbread Banana Milk	<u>Breakfast</u> Yogurt Graham Crackers Fruit Milk <u>Lunch</u> Chicken & Dumpling Green Beans Mango Slices Milk
Week of March 13-17	<u>Breakfast</u> Cereal Fruit Milk <u>Lunch</u> Meatloaf Mashed Potatoes Green Beans Wheat Roll Orange	<u>Breakfast</u> Pancake Fruit Milk <u>Lunch</u> Roast Chicken Roasted Potato Trio Cauliflower Wheat Roll Banana Milk	<u>Breakfast</u> Bagel with Cream Cheese Fruit Milk <u>Lunch</u> Turkey Pot Pie Applesauce Asparagus Milk	<u>Breakfast</u> Muffins Fruit Milk <u>Lunch</u> Roast Beef Baby Carrots Roasted Red Potatoes Wheat Bun Apple Milk	<u>Breakfast</u> Yogurt Graham Crackers Fruit Milk <u>Lunch</u> Sausage Tomato Soup Cheese Sandwich Broccoli Milk

