



New Day Children's Center

**JANUARY
2024
NEWSLETTER
HIGHLIGHTS**

**Parent
Reminder**

December Fun!

Eat Well Play Hard

**Meet the New Day
Staff**



New Day News

CENTER HOURS are 7:00 AM to 5:00 PM

WELCOME BACK!

We hope everyone had a wonderful holiday!

NEW DAY CLOTHING, BEDDING, AND SHOES

If your child comes home wearing New Day clothing or has New Day bedding they borrowed for the day, please be sure to wash it and return it to your child's teacher as soon as possible so we have it for another child to use when needed. Shoes should be returned as soon as possible as well.

REMINDER

***New Day will be closed
January 15th, Martin
Luther King Jr. Day, for
staff development.***

December Fun!



make better beverage choices

10 tips to get started



What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

1 drink water

Drink water instead of sugary drinks when you're thirsty. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. To maintain a healthy weight, sip water or other drinks with few or no calories.



2 how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3 a thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5 kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink $\frac{1}{2}$ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.



*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

6 don't forget your dairy**

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need $2\frac{1}{2}$ cups and children 2 to 3 years old need 2 cups.



7 enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8 water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or brief case to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



9 check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The label contains information about total sugars, fats, and calories to help you make better choices.

10 compare what you drink

Food-A-Pedia, an online feature available at ChooseMyPlate.gov/SuperTracker, can help you compare calories, added sugars, and fats in your favorite beverages.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, $1\frac{1}{2}$ ounces of natural cheese, or 2 ounces of processed cheese.

REthink My Drink



My Plan To Rethink My Drink:

- ☐ Choose water for thirst
- ☐ Avoid or limit sugary drinks
- ☐ Keep water cold in the refrigerator
- ☐ Carry a water bottle
- ☐ Add a fruit or vegetable slice for more flavor
- ☐ Read drink labels for amount and type of sugar
- ☐ Try new low sugar drink ideas
- ☐ Replace ___ sugary drink(s) a day with water
- ☐ Save sugary drinks only for special events

My Plan for My Child's Drink:

- ☐ Give them water instead of sugary drinks
- ☐ Offer water when they are active, thirsty or hot
- ☐ Give them their own special water bottle

*It may take a little while to get used to drinks that are less sweet,
but soon it will become easy and the change will be worth it!*

MEET THE NEW DAY

STAFF

Alexandra Galusha

Float

My name is Alexandra “Alex” Galusha and I am currently a Float at New Day. I love this position because it gives me the opportunity to meet and teach almost all the children in the center. Before living in Watertown, I grew up and spent most of my life in Vermont. I spent four years working as a CNA before joining New Day almost two years ago. I love children, especially those that require a little extra help because I know how they feel; as a child, I was the child that needed extra help.

Next year I will be leaving New Day to become a combat medic in the Army. While my life will be going in a different direction, the wonderful families I have met at New Day will always be in my heart.

Some of my favorite things are cars and tattooing, as well as my cat and dog. These next few months will be bittersweet to me, knowing my time with your children will be coming to an end. Thank you for the opportunity to teach them!