

# New Day News

July, 2022

Center hours are 7:00 to 5:00

## SUMMER FUN!

Please bring in a bathing suit and towel to leave here for hot days so the children can go under the sprinkler this summer! Also, please be sure your child has a water bottle here to take outside for lots of drinks in the hot weather.



*Thank you!*

## Eat Well Play Hard

9 week nutrition program for the 3 and 4 year old classrooms.

See page two for healthy snacks that are fun to share with your family!

## MARK YOUR CALENDARS

4th - Center Closed for Independence Day

## FARMERS MARKET



Just a reminder to please have your child here by 9:15 on

Wednesday's for Farmers Market Day. The teachers like to get there and back before it gets too crowded.

If you are running late, please call so we can ask them to wait a few minutes for you.

## REMINDER TO PARENTS:

- \* Please remember to have your child wash their hands upon arrival to the center.
- \* Parents with babies, please wash your babies hands before you put them on the floor.
- \* Sign your child in and out on the **Classroom Log** every day.

## New Day Family News

The Bradley family welcomed Abigail on May 24th. Weighing 7 pounds, 7 ounce she joins Amelia, 3 Year Old Room.

Malarie Cole, UPK 4 teacher, welcomed Layton James on Friday, June 24th. Layton weighed 7 lbs, 8 ounces. Congratulations to the new family!

## REMINDER

New Day is a **NUT-FREE** facility. Please do not bring anything with nuts, including peanuts and tree nuts, into the center. Thank you for your



## Meet the New Day Staff

### Allie Collins - Toddler 1 Teacher

I moved to the Watertown area, from Ohio, in January of 2020 when my husband got stationed at Fort Drum. We have two daughters, Ariella and Harper. I graduated from JCC in May with an Associate in Applied Science. Children are my passion, which is why I chose to study early childhood education. Exploring the outdoors with my daughters and husband is how I enjoy spending my free time. I love working for New Day because of all the wonderful families. Seeing a child learn something new is the highlight of my day. Thank you for sharing your children with me!

### Apple Nachos

- 1 Apple - sliced
- 2 Tablespoons of Peanut Butter - melted
- Chocolate Chips (dairy free)

1. Lay sliced apples on a plate
2. Drizzle with peanut butter
3. Add chocolate chips

### Frozen Yogurt Berry Bites

- Greek Yogurt
- Strawberries
- Blueberries
- Silicon Ice Cube Tray

1. Cut up berries
2. Place in ice cube tray
3. Cover with yogurt
4. Place in freezer 3 to 4 hours

Experiment with different kinds of fruit!



### Cheese and Turkey Kabobs

- Low Fat Cheese - Cubed
- Turkey - Cubed
- Grape Tomatoes

Layer ingredients on a skewer and enjoy. Experiment with other ingredients!

### Ants on a Log

- Celery
- Peanut Butter
- Raisins



1. Cut celery lengthways
2. Spread peanut butter on celery
3. Add raisins across the top

Experiment with different spreads, like hazelnut spread or low fat cream cheese.

