



CIRCLE "C" RANCH ACADEMY



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UPCOMING EVENTS

3-2 Stretch n Grow (VPK)

3-4 Webby (PreSchool)

3-9 Stretch n Grow (VPK)

PTO meeting @ 6:15pm

3-11 Webby (PreSchool)

3-16 Stretch n Grow (VPK)

3-17 St Patrick's Day Class Parties

3-19 Webby (PreSchool)

3-23 Stretch n Grow (VPK)

3-25 Webby (PreSchool)

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JUST A REMINDER:

SUMMER IS ALMOST HERE! Don't forget to stop by the office to pick up your summer program registration forms! Summer camp applications now available on the website.

www.circlecranchacademy.com

- PTO meeting on 9th @ 6:15pm



ST PATRICK'S DAY PARTIES

Attention Parents:

The classrooms will be having there St Patrick's Day Parties @ 10am on March 17th, 2010 please check with your teachers to see what they would like for the families to bring in.



Serve Up Good Nutrition for Preschool Children

By [Elizabeth M. Ward, MS](#)

Reviewed by [Kathleen M. Zelman, MPH](#)

Make Time for Meals:

Regular family meals provide opportunities for good [nutrition](#), and much more. Dining together encourages proper table manners and fosters language development and conversational skills. When you minimize distractions by turning off the TV and turning on the answering machine, you show your child that mealtime is reserved for savoring healthy food and nurturing meaningful relationships.

While the ritual of regular meals is comforting to kids, dining with preschoolers can be chaotic and messy. Expect spills and some sloppy eating as your youngster hones his self-feeding skills. Refrain from being a "clean freak" to minimize mealtime stress.

"Being too strict about neatness at the dinner table may cause your little one to feel bad about knocking over his milk or getting food on his clothes," Johnson says.

— **Monkey See, Monkey Do**

Want your child to accept baked potatoes instead of fries, and to prefer milk to sugary soft drinks? Then you must, too.

"Studies show that children adopt their parents' eating habits starting early in life," Johnson says. "Don't expect your child to eat better than you do."

Little ones love to imitate adults, and they will mimic your eating habits, whether they are good or in need of improvement. Capitalize on a youngster's natural curiosity by substituting healthier foods at the dinner table. Chances are, he'll have what you're having, and you'll be broadening his food horizons while arousing a minimum of suspicion.

Here are some suggested stand-ins that offer variety and good nutrition:

- Couscous instead of white rice
- Sweet potatoes for white potatoes
- Canadian bacon for bacon
- Mashed potatoes made with reduced-fat milk for french fries
- Fig bars for high-fat cookies
- Tube yogurt (freeze first for easier handling) for ice cream
- Reduced-fat cheddar for regular cheese.

To review the article: [www.http://www.webmd.com/diet/guide/serve-up-good-nutrition-for-preschool-children](http://www.webmd.com/diet/guide/serve-up-good-nutrition-for-preschool-children)