



the discovery center

August 2022

DIRECTOR'S CORNER

It's hard to believe that summer is already coming to a close. While we still have a few weeks of summer remaining, the staff and I are eagerly preparing for the start of the new school year in September.

You can help us get ready by:

1-Being sure to notify us if any of the telephone numbers where you can be reached during the day have changed. Is the emergency contact person listed on your child's emergency card still available? Other changes we might need to know about?

2-Checking the extra clothes you have at school for your child and bringing additions for the fall.

3-Keeping your child's teachers informed of changes in his/her abilities. Did your

preschooler surprise you by learning how to climb to the top of a play structure? Count to 20? Tie her shoe?

4-Reminding your child that only adults should open doors at The Discovery Center.

5-Getting your child back into a regular sleep routine. Summer often means different routines and schedules (or lack thereof!). Re-establish a regular bedtime and morning routine.

Hope the remainder of the summer is relaxing and fun filled!

Warmly,
Debbie



HEALTHY SNACK IDEAS TO TRY AT HOME

Try one of these low-fat, healthy snacks at home:

- *Fresh fruit (put in the freezer for a yummy treat).
- *Graham crackers with soy butter or sun butter. Add apple slices and cinnamon.
- *Tortilla chips and salsa with assorted veggies.
- *Popcorn (add flavors like chili powder, grated cheese, or cinnamon/sugar).
- *Yogurt with fruit and crunchy cereal.
- *Vegetables and low fat dip.
- *Orange Fun-pops...orange juice and vanilla yogurt frozen in ice cube trays.



Upcoming Events



Friday, September 2nd

The Discovery Center is Closed for Our Annual Staff Day

Monday, September 5th

The Discovery Center is Closed for the Labor Day Holiday

Tuesday, September 6th

The beginning of the new school year!

Welcome to Our New Kitchen Coordinator/Cook— Taylor Wedekind

We are delighted to welcome our new Kitchen Coordinator/Cook, Taylor Wedekind to The Discovery Center program! Taylor is very passionate about creating healthy and nourishing foods for the children in our program. He is creative and excited about what he does. Taylor has worked in several different restaurant settings from Aubrees Pizzeria and Grill, to Sava's, Picasso and Taste Kitchen to name a few. His pasta/veggie salad has already become a big hit with the children and staff!! Welcome Taylor, we are so very glad to have you in our program!!



Something Cool and Delicious for a Hot Summer Day!

Yogie Pear Pops

Needed:

- 1 16 oz can pear halves or slices drained
- 1 8oz carton plain yogurt
- 3 T. Honey
- ½ teaspoon lemon juice
- 5 wooden sticks



Here's How:

In a blender, combine pears, yogurt, honey, lemon juice. Cover and blend until smooth. Pour mixture into 5 oz paper cups. Cover each cup with foil, and make a small hole in the foil. Insert a wooden stick into the cup through the hole---freeze 4 to 6 hours until firm. To serve, remove foil and tear paper from pops. Enjoy!