



**Weekly Themes:** 4/2- Play Ball

4/9- Reading is fundamental

4/16-Gardens

4/18- Library Visits 3pm

4/23- Reduce Reuse Recycle

4/30- April showers bring May showers

### Spring has sprung!

- We are so excited to get outside and get some fresh air during the day! However, because it is spring mud and mess are bound to be around! Please make sure that your child has a pair of "outside shoes" or boots in his/her cubby to change into for outdoor play if you do not want their shoes to get muddy. Please make sure that your child has layers, a jacket, a hat, gloves, etc.... The mornings or shady areas of our playground may still be a bit chilly at times. On the flip side this time of year means starting to apply sunscreen when the children go outside on sunny days. Please send in sunscreen labeled with your child's name and sign the sunscreen application permission form which can be obtained from your child's classroom teacher. Please also bring in a labeled water bottle for your child to take outside with them every day. Thank you!

### Summer Camp!

Reminder to all the school age parents: summer camp packets are available! Just a reminder the larger field trips are limited to 14, and must be prepaid by May 1<sup>st</sup>. Don't wait to pick up your packet! If you have any more questions about the program please see Miss Kathy or Miss Michelle.

### Friendly Reminders to all Parents

- 1.) Your child must be dropped off in his/her classroom to a teacher. You may not drop off at the front door and leave for safety reasons.
- 2.) Your child's cubby and take home folder should be checked daily. Please be sure that your child's cubby is stocked with bottles, diapers, **extra clothing**, etc... depending upon the age of your child. Miss Kathy will also file any important correspondence in your child's folder.

### Spring Pictures

Spring pictures will be taken April 9th. If your child had their picture taken in preschool they do not have to get them done again. Any special requests for pictures such as clothes to change in and out of or accessories you would like please let your child's teacher know. Thank you!



## Ohio Healthy Programs:

In an effort to offer your child healthier eating habits, Lil' Sneakers has joined the Ohio Healthy Programs. You will notice menu changes with new healthier food options on them. We will also be making some changes to our policies. These changes will be made slowly and one at a time. Every month our newsletter will feature a healthy recipe, one that we will be serving here to the children.

Our first policy change is regarding food brought into the center. We serve the children 2 healthy meals (breakfast & lunch) & a healthy snack each day. We do give parents the options of bringing in food for their child; however we will be requiring the food brought in to be healthy options. This means no chips, candy, donuts, pop, or juice boxes (unless it is 100% juice).

### \*\*\*\*\*Tuna Patties\*\*\*\*\*

This recipe makes 25 patties. This is the one that Miss Michelle makes already & the kids love it!

Celery, minced	1cup	in a pan, sauté celery, carrots, & onion in oil until tender. Stir in pepper, oregano, and lemon juice. Set aside to cool
Carrots, shredded	1 $\frac{1}{4}$ cup	
Onion, chopped	1/3 cup	
Canola Oil	2Tbsp	
Black pepper	$\frac{1}{2}$ tsp	
Lemon juice	2Tbsp	
Dried oregano	1tsp	

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Canned tuna packed in water	3cans (12oz each)	Mix cooled veggies with tuna, set aside
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Large eggs	5	in a bowl, beat eggs until foamy
Lowfat Mayo	1 $\frac{1}{2}$ cups	Fold mayo into eggs
Whole wheat bread crumbs	1cup + 2Tbsp	Combine tuna & egg mixtures add bread crumbs & mix thoroughly Cover & refrigerate 20 minutes

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Whole wheat bread crumbs	1 $\frac{1}{2}$ cups	using a $\frac{1}{4}$ cup measuring cup, scoop Mixture & form into patties. Roll Patties into bread crumbs and place on A cookie sheet lined with parchment paper.
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Bake at 375 for 18 minutes until golden brown

1 patty provides the equivalent of 1  $\frac{1}{2}$  oz of cooked lean meat & the equivalent of  $\frac{1}{2}$  slice of bread. The kids love it (they think its chicken! Our little secret ☺)