

Wollaston Child Care Center February News 2020

CHEESE!
Picture this..

Please remember children need healthy lunches. Healthy eating can help prevent many chronic diseases. These include obesity, heart disease, high blood pressure, and type 2 diabetes.

Healthy eating habits are more likely to stay with you if you learn them as a child. That's why it's important that you teach your children good habits now. When packing lunch offer a variety of foods like fruits, vegetables, yogurt, cheese, whole grains and limit the sugar snacks! And remember no peanut products!

Children will go outside following state guidelines. Please send them in hats, mittens, warm jackets and what ever they wear for outdoor play! Outdoor play helps keep us healthy!



February is
Children's Dental
Health Month!

Dental Health Month

February is dental health month! Developing good habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums. We will be having a dentist come in to talk to the children about the importance of taking care of our teeth.



Don't forget the opportunity for a free Developmental Screening. It will help you learn about your child's development and help if you have questions or concerns. This is an awesome tool and free!!



<https://www.asqonline.com/family/66e233>



WCCC Closings:



Monday, February 17th in observance of President's day, we will be closed. We hope you all have a nice long weekend!

Happy Birthday

Stanley L. 2/06

Jason T. 2/06

Abigail C. 2/12

Jeremy H. 2/13

Lawrence L. 2/13

Siri S. 2/22

Cyere M. 2/24

Miss Jingwen 2/09

Miss Sherry 2/25



**Mary had a little lamb
she also had the flu!
And when she left the
center
the others had it too
So if your kids seem
sick
please keep them out of
school
The students will stay
healthier
and the staff will stay
healthier too!**

On your child's Birthday you may send in a special treat to share with friends! Fruit, popsicles, ice cream, stickers and pencils are great ideas, small cupcakes are welcomed.



Please let a staff member know in advance what you would like to do, so we can plan accordingly. As always nothing with or made in factory with NUTS! Thank you!

Please help us all stay as healthy as possible. When your child has a fever of 100 or higher. If they have thrown up or had diarrhea in the last 24 hours. If they have a real bad cough and runny nose and it is possible please keep them home!! Your help is appreciated!!

