

# June



Miss Susan  
6/3

Miss Isabella  
6/22

Charlotte B. 6/11

Eowyn M. 6/13

Joshua G. 6/18

Alexander M. 6/19

Grace B. 6/24

Amir A. 6/29

## Transitioning from Covid

As you are aware, pandemic restrictions are relaxing. At the WCCC, we are proceeding cautiously to ensure the health and safety of all members of our community. We are carefully monitoring the recommendations from the Department of Public Health, Department of Early Education and Care and our health care consultants. We are also seeking the input of our families and staff.

Many thanks to those of you who have completed our online family survey. We will be reviewing the results over the next few days and will notify you of any changes made to our covid protocols. We appreciate your support and patience as we navigate the "new normal." As always, we appreciate all that you do to ensure a healthy and safe environment for our children.

## Summer time reminders

- For safety's sake, we do not permit open-toe sandals at the WCCC. Please send your child to school in sneakers or other closed toe shoes.



- Please apply sunblock in the morning before school. If you would like us to reapply it in the afternoon, please bring in a bottle labeled with your child's name and complete a permission form at the front desk.



- The building can be quite cool when the air conditioner is on. It is always a great idea to dress in layers such as a tee-shirt and a sweatshirt.
- If you are planning a vacation, please let someone at WCCC know. This helps us plan for staffing and classroom activities. Please follow our covid policy for traveling. If you have question,

## Extra Clothes

We will be sending home the extra clothing from your child's cubby. They are winter clothing and some children have also outgrown some of their items. Please send in a spare set of clothing for the warmer days that are upon us! Thank you!



*The WCCC will be closed on July 5 in celebration of Independence Day.*

# Nutrition

Healthy choices for eating is a crucial piece to children's overall health. Starting at a young age sets the foundation for a healthy eating lifestyle.

Here at WCCC we strive to provide the children with good nutritious food. We also expect families to provide a well balanced diet for their children. We try to refrain from serving the children too many sweets, please try not to send them in, at times we will send them home. Some alternatives include but not limited to: cheese & crackers, fruits, vegetables, rolled-up deli meat, yogurt, beans, eggs, and whole-grain pasta & breads. If you need assistance please ask and we will be happy to assist you. As always the WCCC provides 2 healthy snacks a day. One in the morning and one in the afternoon. This includes such foods as fruits, vegetables, milk, cheese, crackers, yogurt, cereal, etc.

## Why is Balanced Diet Important..

By giving your child a healthy balanced diet, you are ensuring that they are getting all the essential vitamins, minerals and other nutrients that children need for healthy growth and development. Certain nutrients are required for a variety of reasons. Some nutrients worth noting are:

1. Calcium and Vitamin D: Essential for the normal growth and development of bones in children.
2. Iron: Supports normal cognitive development in children.
3. Vitamin D: Helps support the immune system.
4. Omega-3 DHA supports normal brain function.

This is just a small list of important nutrients and their uses in the body. You can see that children will need foods that give them all these nutrients for their growth and development.



### EAT THE RAINBOW!

Know the nutrition in the foods they're choosing. They can also help fix meals and take some ownership in what they're eating.

Another fun way to involve your child is to plant a garden. Growing some of your favorite fruits, vegetables, and herbs can teach children valuable lessons. Planting, maintaining, and harvesting your own food is satisfying. It can be a fulfilling experience for children and adults alike.

## Get Kids involved

Have your kids help you shop for groceries and choose foods to eat. Teach them how to read a food label so they

## Kid's Healthy Eating Plate



### Benefits of healthy eating:

- Stabilize their energy.
- Improve their minds.
- Even out their moods.
- Help them maintain a healthy weight.
- Help prevent mental health conditions.

These include depression, anxiety, and ADHD.