

# Children's Lighthouse

June 2020



Dear Families,

Some things change and some don't, thankfully. In May, as we always do, we thanked teachers during Teacher Appreciation week, showed moms appreciation at Muffins with Mom Curbside, and celebrated PreK graduation at doorsteps. It was definitely a busy month!

We are continually reviewing safety and hygiene standards with staff as more information and guidelines become available. Numerous changes in how we run our summer program have been made with these guidelines in mind.

The summer is upon us and we look forward to a different but fun few months full of activities in the center. While we cannot have visitors or field trips, we have created a summer plan that will keep the kids learning and enjoying their time with friends. Each week we will introduce a different theme and associated activities along with weekly dance, soccer, cooking, Spanish, and splash pad time.

## *Dates to Remember*

Donuts with Dad Curbside 6:30-8:30am	19th
Splash Days every Wednesdays	10th, 17th, 24th
Dance Class for Rooms 4-10	9th, 16th, 23rd
Soccer Class for Rooms 4-10	11th, 18th, 25th



## *Check Out Our New Menu!*

We have totally revised our menu to pack in more fruits and veggies, whole grains, and the protein children need to build their immune system and thrive.

In order to promote good eating habits, we cannot allow any outside food into the center. Breakfast service ends at 8:30, please plan accordingly!

## ***Covid 19 Precautions We Are Taking***

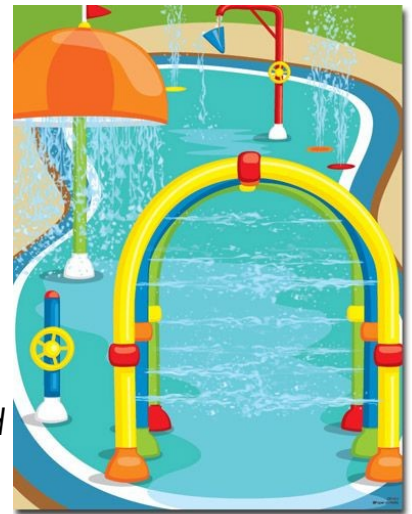
1. Only staff and enrolled children are permitted inside the building.
2. Children must sanitize hands on entry and staff must wash hand upon entry.
3. We are taking everyone's temperature everyday.
4. We ask that when children are dropped off or picked up you wear a mask in consideration of our staff and those around you.
5. DisinFX performs a deep disinfection monthly, they certify advanced disinfection and ongoing surface protection. In addition, we disinfect high touch surfaces throughout the day.
6. Difficult to disinfect items such as dress up clothes and soft seating have been removed from the rooms.
7. Staff certify every day before starting their shift that they are symptom free and have not been in contact with anyone with Covid 19.
8. Class sizes are limited and when possible we break classes into smaller groups.
9. Should a child become ill, we will keep them in a room apart from others until they are picked up.
10. Any staff or child who develops Covid 19 or have been exposed to someone with Covid 19 may not come to the center 14 days.

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## **Wednesdays are Splash Days!**

*How to enjoy splash days:*

1. Dress your child in swim clothes and water shoes (and swim diaper if applicable). Be here by 9 am.
2. Pack dry clothes, socks, shoes, small towel for afterwards.
3. Make sure you send a plastic bag for wet clothes and **EVERY SINGLE** item has your child's name on it.
4. If you want sunscreen applied, be sure you've signed the permission form and given us your labeled sunscreen.



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## **Refer-A-Friend Program**

Earn a **free week of tuition** when you spread the word about your child's school! See the office for details!

# June 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>B: Cheerios* Milk, Mixed Fruit</p> <p>L: Salisbury Steak/Mashed Potatoes/Pineapple, Bread, Milk</p> <p>Snack: String Cheese, Crackers</p>	<p>2</p> <p>B: Pancakes*, Milk, Applesauce</p> <p>L: Chicken Nuggets, Mixed Veggies, Bread, Peaches</p> <p>S: Yogurt &amp; Cereal</p>	<p>3</p> <p>B: Cheese Toast*, Milk, Mandarin Oranges</p> <p>L: Chicken &amp; Rice, Carrots, Mixed Fruit, Milk</p> <p>S: Goldfish &amp; Pineapple</p>	<p>4</p> <p>B: Waffles*, Milk, Mandarin Oranges</p> <p>L: Beefy Mac, Broccoli, Mixed Fruit, Milk</p> <p>Snack: Cheeselts, Mixed Fruit</p>	<p>5</p> <p>B: Bagels*, Milk, Peaches</p> <p>L: Spaghetti/Green Beans/Pineapple</p> <p>Snack: Sunbutter w/Crackers</p>
<p>8</p> <p>B: RiceChex*, Peaches, Milk</p> <p>L: Meatballs, Mashed Potatoes, Green Beans, Mixed Fruit, Milk</p> <p>Snack: Cheese slice, Saltines</p>	<p>9</p> <p>B: Waffles*, Milk, Mandarin Oranges</p> <p>L: Bean &amp; Cheese Burritos, Corn, Pineapple</p> <p>S: Goldfish &amp; Oranges</p>	<p>10</p> <p>B: Blueberry Muffins, Cereal, Peaches, Milk</p> <p>L: Cheeseburgers, Baked Beans, Milk</p> <p>Snack: Yogurt, Cereal</p>	<p>11</p> <p>B: Pancakes*, Milk, Mandarin Oranges</p> <p>L: Chicken Alfredo, Mixed Veggies, Pineapple, Milk</p> <p>S: Sunbutter w/Crackers</p>	<p>12</p> <p>B: Bagels*, Applesauce, Milk</p> <p>L: Chicken Nuggets, Carrots, Mashed Potatoes, Peaches</p> <p>S: Goldfish, Pineapple</p>
<p>15</p> <p>B: Cheerios*, Milk, Mixed Fruit</p> <p>L: Beefy Mac, Ranch Style Beans, Pineapple, carrots, Milk</p> <p>Snack: String</p>	<p>16</p> <p>B: Pancakes*, Milk, Applesauce</p> <p>L: Chicken Nuggets, Green Beans, Mashed Potatoes</p> <p>Snack: String-cheese/Crackers</p>	<p>17</p> <p>B: Cheese Toast*, Milk, Mixed Fruit</p> <p>L: Chicken Tetrazzini, Mixed Veggies, Peaches, Milk</p> <p>S: Goldfish, Pineapple</p>	<p>18</p> <p>B: Waffles*, Milk, Mandarin Oranges</p> <p>L: Chicken Sandwiches*, Corn, Milk, Peaches</p> <p>S: Yogurt, Cereal*</p>	<p>19</p> <p>B: Bagels*, Cream Cheese, Milk</p> <p>L: Chicken &amp; Rice, Green Beans, Pineapple</p> <p>Snack: Cheese Slices w/Crackers*</p>
<p>22</p> <p>B: RiceChex*, Mandarin Oranges, Milk</p> <p>L: Chicken Alfredo, Broccoli, Mixed Fruit</p> <p>S: Cheese slice w/Cracker*</p>	<p>23</p> <p>B: Waffles*, Milk, Peaches,</p> <p>L: Chicken Alfredo, Broccoli, Mixed Fruit, Milk</p> <p>Snack: Sunbutter w/Crackers*</p>	<p>24</p> <p>B: Blueberry Muffins*, Apple Sauce, Milk</p> <p>L: Beef Stroganoff, Carrots, Peaches, Milk</p> <p>S: String Cheese, Crackers*</p>	<p>25</p> <p>B: Pancakes*, Milk, Mandarin Oranges</p> <p>L: Bean &amp; Cheese Burritos, Mixed Veggies, Pineapple, Milk</p> <p>S: Cheese Its*, Oranges</p>	<p>26</p> <p>B: Bagels*, Milk, Mandarin Oranges</p> <p>L: Spaghetti*, Green Beans, Peaches</p> <p>S: Goldfish*, Pineapple</p>
<ul style="list-style-type: none"> <li>*All Pasta and Breads are Whole Grain or Enriched</li> <li>All meals are served with Milk and Water</li> <li>Infants under 2 will be served whole milk</li> <li>Children 2 and older will be served 1% milk</li> </ul>				

The food meets the dietary guidelines for American guidelines established by the USDA .