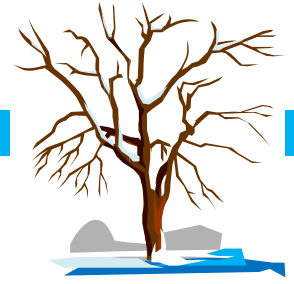


Central Early Learning Center

January 2025

9739 Joor Road • 225-261-1743
Centralelc.com



Winter Poem:

“Winter Animals”

Winter is cold
There is snow in the sky
The squirrel gathers nuts
And the wild geese fly
The fluffy red fox
Has his fur to keep warm
The bear's in her cave
Sleeping all through the
storm

~ Author Unknown

Winter Song:

“I’m a Little Penguin”

I’m a little penguin
Black and white
Short and wobbly
An adorable sight.
I can’t fly at all, but I love to
swim;
So I’ll waddle to the water
And dive right in!

~ Author Unknown

Happy New Year!!



Yep, it’s another January...another new year...and another clean slate for us to fill with excitement, adventures, lessons, and memories. We’re off and running and ready to tackle this year and make it the best yet! 2025, here we come!

The 24 Hour Rule: In an effort to keep everyone healthy, CELC has a 24 hour rule. If a child exhibits vomiting, fever over 100 degrees, or diarrhea, the child will be sent home and asked not to return until 24 hours after the last incident. In addition, if the child has any other contagious illness, he/she should not attend the center until the risk of contagion has passed. Please understand that this is for the benefit of everyone in the center, and your cooperation is appreciated. Any doctor’s excuse must state that the child is not contagious.

End-of-the-Year Tax Statements: We hope to have your tax statements ready during the week of January 20th. After the holidays, please stop by the front office and sign the request sheet. Your paperwork will be ready that afternoon or the next day.

Brrrrr...it’s Cold!



As it is Winter, please send your child to the center with a jacket or coat. It is a requirement that children spend some time outdoors. Also, please update your child’s extra clothing. Season-temperature appropriate clothing is needed, as well as extra underwear if your child has the occasional bathroom accident.

IMPORTANT!

Reminder! Winter is upon us, and being in Louisiana, you all know that our weather is anything but predictable! Hopefully, we won’t need to worry about any extreme weather, but in the event it happens, CELC follows the closures of the Central Community School System.



For Your Safety & the Safety of Your Child



Parents...

We are having some issues with people not parking in designated parking spaces, simply parking cars in the driveway and bringing children in or picking children up. Unfortunately, we have had a fender bender or two and several near misses. When picking up or dropping off your child/ children, please park in an actual parking spot. Also, on rainy days, the covered area is to be used for a quick pick up or drop off. Please do not park and enter the building, staying inside to confer with teachers. We will be happy to schedule a conference for you at another time.

The Importance of Water and Milk

What you offer your child to drink in the first 5 years of life can shape taste preferences for a lifetime. The best choice beverages are simple... water and plain milk. At about 6 months, you can start offering your child water (4-8 oz a day) in an open, sippy, or strawed cup. This helps develop cup drinking and a familiarity with water.

While 100% fruit juice can provide some nutritional value, infants under 1 year of age should not drink juice. Eating fruit is preferred to drinking juice. As for flavored milk, most contain large amounts of added sugars. This, too, may make it more difficult to get your child to accept regular milk. Plant-based milks are needed for children with dairy allergies or children who are lactose intolerant, but most are not nutritionally equivalent to cow's milk. Soy milk, however, is an acceptable alternative. Other sugary drinks like sodas, sports drinks, and lemonade, can be harmful to children's health. These drinks increase the risk of excess weight gain, dental cavities, heart disease, and diabetes.

In closing, again, keeping your child hydrated and by offering good, healthy, choices, increases the chance of your child growing up to adapting a healthier lifestyle.

- This post was taken from excerpts from an article written by Natalie Muth, MD, MPH, RDN, FAAP



You and your child are important to us.

**Should you wish to share something good a teacher has done
or if you ever have a concern, please:**

Call: Gina Merckel Telephone: 225-261-1743

Season's Celebrations

- January 1 – New Year's Day – we will be **closed**
- January 20 – Martin Luther King, Jr Day – we will be **open**.

Recipe of the Month:

3-Minute No-Bake Cookies

Ingredients

- 2 cups granulated sugar
- 8 tablespoons (1 stick) margarine or butter
- 1/2 cup low-fat milk
- 1/3 cup baking cocoa
- 3 cups Quaker® Oats (quick or old fashioned, uncooked)

Cooking Instructions

In large saucepan, combine sugar, margarine, milk and cocoa. Bring to boil over medium heat, stirring frequently. Continue boiling 3 minutes, stirring frequently. Remove from heat. Stir in oats*. Drop by tablespoonfuls onto waxed paper. Makes about 3 dozen. Let stand until firm. Store tightly covered.

Serving Tips: *If using old fashioned oats, cool mixture in saucepan 5 minutes.

