



# DECEMBER

In a continued effort to reduce the spread of illness between the children attending the center and/or staff we will continue to take the temperature of each child as they enter the CDC and send them immediately into the restroom to wash their hands. We will also be doing a “visual” check of each child and if we see signs/symptoms such as watery/red eyes, runny nose, flushed cheeks and a cough your child will not be able to be dropped off. If your child has allergies that may cause these symptoms you will need to bring us a note from their doctor. If your child is turned away by CDC staff they may not return for a full 24 hours and will need a doctor’s note as well. Masks will still be worn inside the center.

## APPROPRIATE CLOTHING

Please make sure you send a jacket with your child for them to wear during outside play time. Also, please make sure your child has a change of clothing that is appropriate for this time of year and that they have a blanket for nap time.



## DECEMBER HOLIDAYS!!!

Monday, December 23rd  
to  
Friday, January 3rd

**CDC WILL BE CLOSED!!**



# CURRICULUM

**Theme: Tis the Season**

**We will learn about CHRISTMAS  
AROUND THE WORLD, SNOW and  
WINTER!**



## **Academic Activities**

<b>Letters:</b>	<b>K &amp; L</b>
<b>Numbers:</b>	<b>9 &amp; 10</b>
<b>Color:</b>	<b>White</b>
<b>Shape:</b>	<b>Diamond</b>

## **Sample of Arts & Crafts Activities**

**Personal Elf, Candy  
Canes, Snowflakes,  
Wreaths, Ornaments,  
Gingerbread Men,  
Christmas Trees**

**Daily practices include**

**Calendar, ABC's, 123's, Colors, Shapes,  
Manners, Hygiene, books of the day as  
well as songs and rhymes**

**Winter  
Wonderland**



## WAYS TO HELP CHILDREN DEVELOP HEALTHY HABITS

**Be a positive role model.** If you're practicing healthy habits, it's a lot easier to convince children to do the same.

**Get the whole family active.** Plan times for everyone to get moving together. Take walks, ride bikes, or just play hide-and-seek outside. Everyone will benefit from the exercise and the time together.

**Limit TV, video game and computer time.** These habits lead to a sedentary lifestyle and excessive snacking, which increase risks for obesity.

**Be supportive.** Focus on the positive instead of the negative. Everyone likes to be praised for a job well done. Celebrate successes and help children and teens develop a good self-image.

**Make dinnertime a family time.** When everyone sits down together to eat, there's less chance of children eating the wrong foods or snacking too much. Get the kids involved in cooking and planning meals. Everyone develops good eating habits together and the quality time with the family will be an added bonus.

**Stay involved.** Be an advocate for healthier children. Insist on good food choices at school. Make sure your children's healthcare providers are monitoring cardiovascular indicators like BMI, blood pressure and cholesterol.

Stay healthy

# DECEMBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 CDC CLOSED	24 -----	25 	26 -----	27 ----->	28
29	30 CDC CLOSED	31 -----	-----	-----	----->	



**LAS VEGAS PAIUTE CHILD DEVELOPMENT CENTER**  
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# DECEMBER 2024 Breakfast & Snack Menu



	Sun	Tue	Wed	Thu	Fri	Sat	
1		2 Cold Cereal Fruit Milk Teddy Grahams (11) Milk	3 Bagel Fruit Milk English Muffin Juice	4 Cold Cereal Fruit Milk Orange Slices Water	5 Toast Fruit Milk Cookie Milk	6 Cold Cereal Fruit Milk Granola Bar Milk	7
8		9 Cold Cereal Fruit Milk Celery Sticks Peanut Butter	10 Raisin Bread Toast Fruit Milk Applesauce Water	11 Cold Cereal Fruit Milk 1/2 Banana Water	12 French Toast Sticks Fruit Milk Orange Slices Saltine Crackers (4) Water	13 Cold Cereal Fruit Milk Granola Bar Milk	14
15		16 Cold Cereal Fruit Milk Graham Crackers Milk	17 Pancakes Fruit Milk Cookie Juice	18 Cereal Fruit Milk Grapes Goldfish Crackers	19 Cinnamon Toast Fruit Milk Bread/Peanut Butter Water	20 Cold Cereal Fruit Milk Granola Bar Milk	21
22		23 Cold Cereal Fruit Milk Apple Slices Milk	24 Toast Fruit Milk Yogurt (2 oz) Juice	25 Cold Cereal Fruit Milk Carrot Sticks w/ ranch	26 Waffles Fruit Milk Strawberries Club Crackers (2) Water	27 Cold Cereal Fruit Milk Crackers w/Peanut Butter (4) Milk	28
29		30 Cold Cereal Fruit Milk Teddy Grahams (11) Milk	31 Bagel Fruit Milk English Muffin Juice				

**PORTION SIZES:**  
Milk/Juice: 1/2 cup  
Peanut Butter: 1tbsp  
Veggies/Fruit: 1/2 cup  
Bread: 1/2 slice  
Cereal: 1/3 cup

# DECEMBER 2024 Lunch Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chicken Breast w/ Tortellini Broccoli Applesauce Milk	3 <b>**TACO TUESDAY**</b>	4 Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk	5 <b>**SPECIAL LUNCH**</b>	6 Chicken Bites Super Veggies Pineapple Milk	7
8	9 Turkey Meatballs w/ Alfredo Bow Ties Broccoli Mixed Fruit Milk	10 <b>**SPECIAL LUNCH**</b>	11 Cheesy Omelet Tater Tots Banana Muffin Peaches Milk	12 <b>**SPECIAL LUNCH**</b>	13 Chicken Bites w/Mac & Cheese Green Peas Oranges Milk	14
15	16 Chicken Meatballs w/White Mac & Cheese Green Beans Peaches Milk	17 <b>**SPECIAL LUNCH**</b>	18 Bolognese Carrots Tropical Fruit Milk	19 <b>**SPECIAL LUNCH**</b>	20 Spaghetti & Meatballs w/Veggie Sauce Pears Milk	21
22	23 Chicken Meatballs w/ Spiral Pasta Broccoli/Cauliflower Oranges Milk	24 <b>**SPECIAL LUNCH**</b>	25 Chicken Bites w/Spaetzle Green Beans Mixed Fruit Milk	26 <b>**SPECIAL LUNCH**</b>	27 Cheesy Ravioli Green Beans Peaches Milk	28
29	30 Chicken Breast w/ Tortellini Broccoli Applesauce Milk	31 <b>**TACO TUESDAY**</b>				On SPECIAL ACTIVITY days lunch will be purchased from outside sources

**PORTION SIZES:**  
Milk: 3/4 cup  
Meat: 1-1/2 oz.  
Veggies/Fruit: 1/2  
cup  
Grain/Bread: 1/4  
cup



# Color Me Healthy NEWS

preschoolers moving & eating healthy

DECEMBER

## Toy Buying For The Holidays

As parents, you have to make wise choices when buying toys for the holidays. Consider the array of items that lend themselves to your child being safe and physically active. When choosing a toy, ask yourself, "Will my children be active when playing with this toy, or do they sit and watch?" Are batteries needed? Is your child's imagination involved? Do your children need a parent or friend to enjoy the toy?

Choose toys carefully. Look for good design and quality construction in the toys you buy. Watch out for toys with small parts and sharp edges. Be a label reader and look for suggested age range. Buy toys that suit your child's age, interest and abilities. Consider the following list of age appropriate toys for four and five year olds:

- Small trucks, cars, planes, and boats
- Farm, village, and other play sets
- Backyard gymsets, jungle gyms
- Puppets and theaters
- Storekeeping toys
- Playhouses
- Housekeeping toys
- Simple construction sets
- Domestic toys
- Trains
- Larger tricycles
- Sleds
- Wagons
- Tapes and CDs



### Plan: Know What's for Dinner

Sometimes the hardest part about fixing dinner is figuring out what to make. List the meals you and your family enjoy to help you plan your week. Post the list in a handy spot like the inside door of a cabinet. Keep adding new favorites.

Go to [www.colormehealthy.com](http://www.colormehealthy.com) click on Eat Smart, then Prepare More Meals at Home to find shopping and planning guides to help you make mealtime easier. Also at [www.colormehealthy.com](http://www.colormehealthy.com) you will find easy, quick recipes that will fast become family favorites.



### Being Active All Days, All Ways

Accumulating physical activity in your family's day, a little bit at the time adds up! So do the health benefits! Here are 4 quick ways to add more movement in your day, everyday:

- Walk to your mailbox instead of driving
- Avoid drive-thru. Park and walk into bank, cleaners, etc.
- Take the stairs instead of the elevator
- Park in the space farthest from your destination



## Color Me Healthy Parent Bulletin Board

Too cold to play outside? Help your child make boxer shoes by cutting holes in the front of cereal boxes large enough for little feet to fit in. Walk around the house in new shoes.

Great snacks are animal crackers, pretzels, and string cheese.

Eating out can be a high fat affair, so balance it with healthy low fat meals and snacks that you can prepare at home.



## Kids Kitchen

*This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult are required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoy eating.*

### Snack Mix

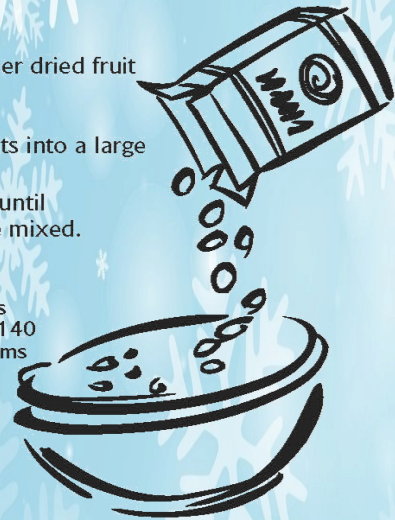
#### INGREDIENTS

- 2 cups dried cereal (Chex, Cheerios, Corn Flakes)
- 1 cup raisins
- 1 cup nuts
- 1 cup dates or other dried fruit

#### INSTRUCTIONS

1. Pour all ingredients into a large mixing bowl.
2. Cover and shake until all ingredients are mixed.

Prep Time: 5 minutes  
Cook Time: 0 minutes  
Calories per serving: 140  
Fat per serving: 7 grams



## Food For Families On The Go

### Chicken Quesadillas 4 servings

#### INGREDIENTS

- 4 flour tortillas (10")
- 1 can (10 ounces) chicken-white meat
- 2 tablespoons chunky salsa
- 1/2 cup Monterey Jack Cheese shredded
- 1/4 cup chopped white onions

#### OPTIONAL

- 1/4 cup chopped green chilies
- dash of cayenne pepper

Prep Time: 10 minutes  
Cook Time: 6-8 minutes  
Calories per serving: 388  
Fat per serving: 14 grams

#### INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Completely drain chicken.
3. Mix salsa, chicken, onions, cayenne pepper (optional) and green chilies (optional).
4. Put tortillas on baking sheet.
5. Place 1/4 of the chicken mixture on half of each tortilla.
6. Sprinkle 1/4 of the cheese on top of the chicken mixture; fold tortilla over filling.
7. Put in oven for 3 minutes; flip and cook on other side for 3-5 minutes until slightly brown.
8. Take out of oven and cool for 3 minutes; cut each folded tortilla into 3 wedges.

Color Me Healthy brought to you by...

