



# JANUARY

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.

## JANUARY HOLIDAYS!!

Monday, January 20th  
Civil Rights Day

**CDC CLOSED!**



# CURRICULUM

**Theme: Winter**

**We will learn about ARCTIC ANIMALS  
and things associated with WINTER**



## Academic Activities

Letters:	M & N
Numbers:	11 & 12
Color:	Yellow
Shape:	Star

## Sample of Arts & Crafts Activities

**Smitten with Mittens, Cottonball Art,  
Arctic Animal Art, Painting**



## Daily practices include

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



## IMPORTANCE OF DRINKING WATER



Just because they have smaller bodies does not mean children need less of it. Water is in fact one of the most important nutrients for children. Often times when we read tips for nutrition for our children, they leave out important information about the intake of healthy fluids.

Water not only keeps children healthy, but will also help them perform better in school. Dehydration leads to a reduction in both mental and physical performance. Long-term chronic dehydration may cause health problems and illnesses.

Because many schools have inadequate water resources, parents and teachers should regularly encourage children to drink water at home. Children should especially drink water after taking part in sports, such as in gym class. As stated above, even a small degree of dehydration can lead to a reduction of mental and physical performance. So, not having access to water, or not being hydrated before school, can lead to poor concentration in the classroom, which could mean not as much participation and even lower test scores.

Contrary to what people may think about size, although children are smaller than adults, they need to consume more water. In fact, the smaller they are, the more they need to drink. A boy between the ages of 11 and 14 needs to drink 3.3 liters of water per day and a girl the same age needs 2.8 liters per day. A recent survey revealed that 65% of school aged children between the ages of five and 14 drink less water than they should.

Children are at a much greater risk of dehydration, as the process can begin much more rapidly in them. Once the body is dehydrated, the internal temperature rises and the body, particularly the brain, overheats. Since children are still growing, there is all the more need to keep the body hydrated so that it functions properly. Children should always have unlimited access to safe drinking water. A loss of 2% of body fluids causes a 20% reduction in performance in both physical and mental activities. Dehydration in excess of 3% may lead to heat stroke, a condition to which children are much more prone than adults are.

Another reason why children should drink up is that their thirst mechanisms are less developed than adults, and tend to appear after dehydration has already set in. Children should therefore be encouraged to drink water even if they are not thirsty. Headaches, irritability and sleepiness are often signs of dehydration. Of course, children are bombarded with ads of cool soft drinks, but parents, please note that water is a far better choice.

The above information was provided by: <http://www.freedrinkingwater.com/water-education/water-children.htm>

\*At the CDC we provide the children with fresh, cold water at all times. We always take our individual water bottles outside and make sure to keep everyone hydrated. Drink Up!


# Winter





# WINTER WONDERLAND

# JANUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Happy New Year 2025	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 	21	22	23	24	25
26	27	28	29	30	31	



LAS VEGAS PAIUTE CHILD TRIBE  
DEVELOPMENT CENTER  
1321-1/2 Ken Street  
Las Vegas, Nevada 89106  
702.386.0040



# JANUARY 2025 Breakfast & Snack Menu



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



# JANUARY 2025 Lunch Menu



Sun

Mon

Tue

Wed

Thu

Sat

Day	1	2	3	4
5	6	7	8	9
10	11	12	13	14
15	16	17	18	19
20	21	22	23	24
25	26	27	28	29
30	31			

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

On SPECIAL ACTIVITY days lunch will be purchased from outside sources

**1** Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk

**2** \*\*SPECIAL LUNCH\*\*

**3** Chicken Bites Super Veggies Pineapple Milk

**4** Chicken Bites w/Mac & Cheese Green Peas Oranges Milk

**5** Turkey Meatballs w/ Alfredo Bow Ties Broccoli Mixed Fruit Milk

**6** Turkey Meatballs w/ White Mac & Cheese Green Beans Peaches Milk

**7** Chicken Meatballs w/ White Mac & Cheese Green Beans Peaches Milk

**8** Cheesy Omelet Tater Tots Banana Muffin Peaches Milk

**9** Bolognese Carrots Tropical Fruit Milk

**10** Bolognese Carrots Tropical Fruit Milk

**11** Chicken Bites w/Spaetzle Green Beans Mixed Fruit Milk

**12** Chicken Breast w/ Tortellini Broccoli Applesauce Milk

**13** Chicken Breast w/ Alfredo Bow Ties Broccoli Mixed Fruit Milk

**14** Cheesy Ravioli Green Beans Peaches Milk

**15** Cheesy Ravioli Green Beans Peaches Milk

**16** Spaghetti & Meatballs w/Veggie Sauce Peas Milk

**17** Spaghetti & Meatballs w/Veggie Sauce Peas Milk

**18** Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk

**19** Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk

**20** Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk

**21** Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk

**22** Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk

**23** Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk

**24** Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk

**25** Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk

**26** Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk

**27** Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk

**28** Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk

**29** Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk

**30** Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk

**31** Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk

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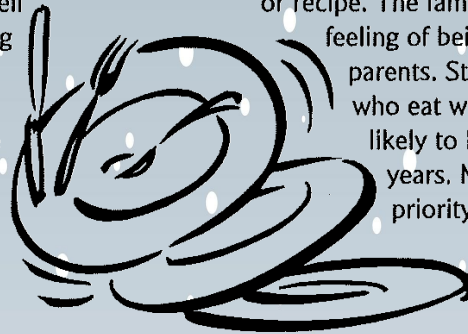
# Color Me Healthy NEWS

preschoolers moving & eating healthy

JANUARY

## Eating Together As A Family

Scheduling a family meal is not always easy. Family members have different schedules and are often running in different directions. Mealtime, however, is a great time to come together as a family to catch up on the day's activities, as well as share nutritious foods. Try scheduling at least two or three family meals each week. Avoid distractions like the TV or reading at the table. Keep the mealtime as pleasant and as unstressful as possible. Mealtime is not the time to bring up problems or discipline issues.



The family meal is a place for children to learn what their parents think is important, learn good manners and how to hold a conversation with an adult. The family meal is a good time to introduce a new food or recipe. The family meal gives children a feeling of being connected with their parents. Studies show that children who eat with their families are less likely to have problems in their teen years. Make having a family meal a priority; you'll be glad you did!



### Snacks... A Good Way To Boost Your Child's Nutrition

Snacks are a great way to help your child get the good nutrition they need. Young children can't eat enough at one meal to last them until the next scheduled meal. Their small digestive systems require snacks in between meals to help them get the energy and nutrients they need to grow and develop.

Foods eaten at snack time may make up as much as 1/4 to 1/2 of what a child eats. That's why snacks should be scheduled and selected carefully. Sometimes when we think of snacks, we think "quick," quick to prepare and quick to eat. That does not mean, however, that snacks should not be healthy. Quick healthy snacks can be as easy as a piece of fruit and a few pretzels, a snack-size can of fruit with a graham cracker or fruit juice with a slice of cheese and crackers.



### Turn It Off... And Turn On Your Child's Imagination

Our children are spending too much time in front of the television. Too much television cuts into family time, may encourage violence, and promotes inactive lifestyles. Excessive TV watching has been linked to overweight in children. Tips to help you and your family turn it off are:

- Designate certain days of the week as TV-free days
- Turn the TV off during mealtime
- Move the television to a less prominent location
- Listen to music instead of watching TV
- Read to your children
- Have your child draw a picture
- Suggest your child play a game with a sibling
- Put a puzzle together
- Limit channel surfing
- Have children choose one favorite program
- Limit the number of TV's in your home to one or two



## Color Me Healthy Parent Bulletin Board

Let your child help in the kitchen. Allow them to help measure ingredients as well as wash fruits and vegetables. Allowing children to help make a meal will make them more willing to try it.

Start a vegetable garden. Create a garden or plant a large flower box with a favorite vegetable selection. Let the children care for and harvest their own food.

Don't forget the **WATER!** To prevent dehydration and promote overall good health your child needs plenty of water throughout the day, especially during hot, humid weather. It is recommended that children drink 8-10 glasses of water per day.



## 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.*

### PIZZA 2-4 servings

#### INGREDIENTS

- pizza crust or boboli for a large pizza
- english muffins, bagel halves or pita bread for a small pizza
- spaghetti sauce
- your favorite toppings (cheese, black olives, mushrooms, onion, green pepper, broccoli, zucchini)

#### INSTRUCTIONS

1. Place pizza dough on baking sheet.
2. Spread spaghetti sauce on the crust.
3. Add toppings. Be creative. You could put mushrooms in the shape of a letter or make circles of different kinds of vegetables. You could make one half with all green toppings (broccoli, green pepper, zucchini) and one half with all yellow and white toppings (yellow squash, onions, pineapple). Add just one piece of something you haven't tried before.
4. Don't forget the cheese! Mozzarella cheese is on most pizzas. You could use mozzarella, cheddar, or any other cheese you like. You may want to experiment with some low-fat cheese or a combination of cheeses.
5. Bake at 350 degrees until the crust is golden brown and the pizza is bubbly. Take out of the oven and let it cool for 5 to 10 minutes. Slice and serve.

**NOTE:** Be creative with your toppings. You can put almost anything on a pizza. You can put a new topping on just one part of the pizza so that you can taste it. If you like it, you can put on more next time.



## Food For Families On The Go

### Oven Fried Chicken Legs 6 chicken legs

#### INGREDIENTS

- 6 chicken legs, skinned
- 1/2 cup skim milk
- 1/2 cup dry bread crumbs
- 1/3 cup grated Parmesan cheese
- Salt and pepper, to taste

Prep Time: 20 minutes  
Cook Time: 45 minutes  
Calories per serving: 134  
Fat per serving: 4 grams

#### INSTRUCTIONS

1. Heat oven to 375 degrees.
2. Remove skin from chicken. Place in a shallow pan.
3. Pour milk over chicken. Refrigerate while you prepare the coating.
4. Mix breadcrumbs, cheese, salt, and pepper in a shallow bowl.
5. Roll the chicken in breadcrumb mixture, coating well.
6. Place chicken on a lightly greased baking sheet.
7. Bake at 375 degrees for 45 minutes.

**NOTE:** You can use any chicken parts for this recipe. Try boneless, skinless chicken breasts cut into strips to make chicken fingers.

Color Me Healthy brought to you by...

