



## **AKIVA ACADEMY DAYCARE NEWSLETTER**

### **Director's Report:**

Welcome to Akiva Academy Daycare! We hope you had a wonderful and restful summer break and are as excited about the upcoming school year as we are. We would like to welcome back all of our returning families, and extend a special greeting to the families who are joining us for the first time. We are delighted to your child's teachers and looking forward to a fantastic school year ahead!

### **Classroom news:**

#### **Mrs.Vendekkan & Ms.Viola**

This month we will be focusing on our classroom routines and practicing grace and courtesy skills. We had a fantastic first week of school with lots of fun activities, stories and songs.

#### **Themes of the month**

**Sept 04-07-Welcome week**

**Sept 10<sup>th</sup>-14<sup>th</sup> -All about me**

**Sept 17<sup>th</sup> -21<sup>st</sup> –My Body**

**Sept 24<sup>th</sup> -28<sup>th</sup> –My Family**

### **Some friendly reminders:**

-Please make sure to cut up fruits and vegetables that you are sending to school that may pose a choking hazard. These items may include, but are not limited to, grapes and carrots.

-Please ensure that all personal belongings (Shoes, back packs, coats, water bottles and spare clothing) should be clearly labeled with your child's name as this allows us to return misplaced items.

## Nutrition Bites



### School Lunches: No Microwave? No Problem!

If your child's school doesn't have microwave ovens you can still send your child to school with a tasty and healthy lunch! Try these 'no microwave needed' lunch ideas:

**Yummy dippers:** Pack [hummus](#) with a whole grain pita, carrot sticks, celery sticks or apple slices for dipping. Add a piece of low fat cheese or a small container of milk.

**Build your own wrap:** Let your child choose sliced ham, tofu or chicken, a low fat cheese and lettuce, tomatoes, peppers, or cucumbers) to wrap in a whole grain tortilla. Add a side of canned or fresh mixed fruit.

**Homemade Soup:** Combine diced cooked chicken, reduced salt chicken stock, cut up fresh vegetables, whole wheat pasta and spices into a pot; boil until vegetables and pasta are cooked; transfer to a Thermos<sup>®</sup>. Add a whole grain bun, an orange and a small container of milk.

**Stuffed pita:** Chop up leftover cooked chicken, turkey or beans and put inside a whole grain pita or a few mini pitas. Add bell peppers and shredded lettuce. Complete the meal with yogurt and a pear.

**Leftovers:** Some foods can be eaten cold rather than hot, such as homemade pizza and hamburgers.

### Keep food safe. Food safety tips for packing lunches:

- Use an insulated lunch bag rather than a plastic bag or box. This will help keep **hot foods hot** and **cold foods cold**. Clean the lunch bag every day.
- Use a heat preserving or insulated container for hot foods like soup or chili. To keep food hot longer, fill your insulated container with hot water for a few minutes, then pour it out and fill with hot food.
- To keep foods cool and fresh, partially freeze items like yogurt, milk, or put a frozen ice pack in the lunch bag.
- Remind your child to wash their hands before eating their lunch.



For more information and lunch ideas, please visit:

<http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf>

### Wellness Articles

Alberta Health Services provides weekly health and wellness articles as a way to help all Albertans live a healthy life.

*Please click the link below for information about upcoming events and workshops.*

<http://www.albertahealthservices.ca/news/page9966.aspx>

### Happy Birthday!

*Happy 3<sup>rd</sup> Birthday to Mussia.L ☺*

### Classroom activities:









