

St. Catharine Early Childhood Center

Dear Parents:

Winter is in full swing. As always, we are trying to keep the Center as germ-free as possible. Thanks for doing your part by keeping your child home when they feel ill. Please continue to call or email the Center if your child is ill - especially if it's something highly contagious, so that we can advise other parents to watch their children for symptoms.

The month of February is Dental Health Month. The children will be learning about ways to keep their teeth healthy, strong, and bright. Through activities and songs, the children will develop awareness of proper dental hygiene.



Dr. Angela Boudounis-Hatzis from Nyack Pediatric Dentistry will be visiting our Center this month to help the children better understand ways to keep their teeth healthy. Thank you Dr. Angela for taking the time to brighten our smiles!!

Lessons about good health and nutrition will continue as the children learn what foods will keep them healthy and keep their bones and teeth strong. Through fun activities and games, the children will explore good sources of vitamins and minerals that different foods provide. Each child will begin the process of making healthy choices in selecting foods for meals and snacks. What an important lesson for your little ones. A lunch that includes protein and a fruit or vegetable is sufficient for your little ones. Some children are bringing in a lot of sugary snacks with their lunches. Please provide only one sugary snack in their lunch. Please remember: no hard candies or popcorn as they are choking hazards.



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We will celebrate Valentine's Day with a party in each of the classrooms. The children will be creating lots of Valentine-themed crafts! Please have your child bring in Valentine cards for all of the children in their class. You do not have to put each child's name on each card unless your child is sending a card or two to a friend in another class. Just have your child write his/her name on each card (if they can); otherwise, you can sign their name. This makes it easy for you and for the teachers as they help each child deliver his/her Valentines to their friends in a special Valentine carrier. We are sure to have a LOVELY day!

If you have signed up for your child's Valentine's Day Party, your class parent will be in touch to help organize the refreshments. You can drop off items for the party when you bring your child to school on the day of their party. Please remember: NO NUTS

Registration for 2024-2025 is off to a great start! If your child (or a sibling) is returning to St. Catharine Early Childhood Center, please remember to register on Tuesday, January 30. We want to make sure you secure a place for next year.

St. Catharine's Tax ID Number 132687430

Happy Valentine's Day!

Sincerely,

Lorrayne Hubert
Director

February 2024

