



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Early Learning Center News

March 2018 Edition



March Madness!

Join us for some "crazy" Friday fun in March! Dress up and show your ELC spirit!

- Friday, March 9th Crazy Hat Day
- Friday, March 16th Green Day
- Friday, March 23rd Crazy Sock Day
- Friday, March 30th Mismatched Day



Family Engagement Fun in March

Family Playdate in the KidZone:
Saturday, March 17th from 8:30-10:30am

Tinkergarten Class: Saturday, March 24th at ELC from 9:00-10:15am
Register at:
<https://tinkergarten.com/classes/43817>

Tinkergarten Class: Saturday, March 31st at ELC from 9:00-10:15am
Register at:
<https://tinkergarten.com/classes/43818>

Save the Date!

Healthy Kids Day: Sunday, April 22nd
from 10:00am-12:00pm

Annual Art Show: Wednesday, May 16th
and Thursday, May 17th from 5:30pm-6:30pm

ELC Family Training Opportunities

Pre-K families, join us for a **Kindergarten Readiness Workshop** on Monday, April 9th from 6:30-7:30pm at the Early Learning Center. Learn about ways to help support your child at home as they prepare to enter Kindergarten in the fall. Advance registration is required. Please email Jamee at jbeaudry@ssymca.org to register.

CPR Training for Caregivers this opportunity can be made available to families. Get a group of friends together and make it a night out! Please email Jamee if you are interested and a date can be set.

Join the ELC Facebook Page

Stay up to date on what's happening at the Early Learning Center and request to join our Facebook page. Please email Senior Lead Infant/Toddler Teacher, Maureen Melone at mmelone@ssymca.org to request an invitation as this is a "secret" page.



Thank you for returning your 2018-19 enrollment packets for our currently enrolled children. Once all enrollments have been processed, I will reach out to you via email to confirm your child's enrollment. We will now be reaching out current family siblings and then to our

waiting lists to fill any openings in our classrooms. We look forward to another great school year in September!



**Thank you for Voting
for your Favorite ELC
Muffin at our Mini Taste
of ELC-Shore Event!**

On Monday, March 5th the children of the ELC put on their baking hats and made 200 muffins for our first Mini Taste of the ELC-

Shore Event! Congratulations

to our winners of the Best of the ELC Muffin Vote (drum roll please...The Kindergarten Class!) Thank you to all who volunteered and participated!



Taste of the South Shore

April 4th, 2018

Lombardo's in Randolph

The Taste of the South Shore is a festive, annual, community event that brings the area's top restaurants, wineries and breweries together. Join us to sample tastings and raise funds to Send Kids to Camp. Please visit the following link <https://ssymca.org/donations/event/taste-of-the-south-shore/> for more information.

**Healthy Eating and Physical Activity
(HEPA)
It's What We Do!**

HEPA INITIATIVE
Healthy Eating Physical Activity



Water is our beverage of choice

HEPA aims to promote health and wellness throughout all YMCA programs



Serve a fruit or vegetable at every meal and snack, and offer foods with whole grains



Provide children with at least 30 minutes of moderate physical activity a day and 20 minutes of vigorous activity 3 times a week



We do not serve sugar sweetened beverages



Choose foods with 0 grams of trans fat and no partially hydrogenated oils



Limit screen time, TV, and movies on computers, cell phones, and tablets



Adapted by our Y for school age, child care program, Y programs and staff. HEPA aims to promote health and wellness throughout all YMCA programs

**Great Parenting Blogs for Early
Childhood and Beyond**

Raising children is a tough job...stay connected. Share and learn from others on these great websites for parents and families!

<https://www.fatherly.com/>

<http://www.parenttoolkit.com/>

<https://www.nytimes.com/section/well/family>

<https://www.parenting.com/>

<https://www.parent.com/>

<http://blog.tinkergarten.com/>