

# LEMAY CHILD AND FAMILY CENTER FAMILY NEWSLETTER NOVEMBER 2011



## UPCOMING EVENTS

## NOVEMBER 12TH PARENT CAFÉ WILL HELP YOU PREPARE FOR THE UPCOMING HOLIDAYS

November 4  
Trivia Night  
Maria Center  
6:30 p.m.

November 12  
Parent Café  
8:30 a.m.

November 16  
Family Feast Potluck  
6:15 p.m.

November 18  
Picture Day

November 24 & 25  
Center Closed

November 29  
Parent Meeting  
6:00 p.m.

December 10  
Breakfast with Santa  
9:00 to 10:30 a.m.

December 13 and 14  
Winter Concerts

December 16  
Parents Night Out  
6:00 to 9:00 p.m.

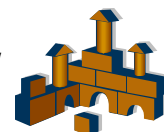
December 26  
Center Closed

January 2  
Center Closed

On Saturday, November 12, please join us for a special holiday edition of our Parent Cafe program funded by the Children's Trust Fund of Missouri. This session will focus on ways to help ease holiday stress, and our speakers will present information to help keep your family healthy and safe during the holidays.

### Presentations include:

- 8:30 to 9:30 a.m. **Winter Health**—Free winter health and safety items will be available along with the opportunity to get your annual flu shot, free lead testing, and a **chance to win gift cards** to Toys “R” Us and Dollar Tree.
- 9:30 to 10:00 a.m. **Best Educational Toys**—presented by Dream Catchers teacher and Parents as Teachers Educator, Karen Wadlow
- 10:00 to 10:30 a.m. **Budgeting for the Holidays**—presented by a representative of PNC Bank
- 10:30 to 11:00 a.m. **Stress Relievers**—presented by Sherry Rischbieter, Crisis Counselor from Hancock Place School District



As always .....breakfast and childcare will be provided!!

Check your child's mailbox for more details, and sign-up to attend in the front lobby!

## New Lunch Vendor Coming Soon!

You will probably notice some new lunch items on the menu this month. The catering company we were previously using has gone out of business and we are working hard to find a new caterer that can provide meals that meet the state's nutritional guidelines at a price we can afford! For November, we have signed a one-month contract with one of the companies that is bidding to be our regular food vendor. So talk with your children about the new foods they might be trying. Copies of the menu are posted by each classroom and are available in the front office. Some of the new items include baked ravioli, chicken quesadillas, meat loaf, and grilled cheese. Every meal is served with a fruit and a vegetable, as well as milk.

### Tina's Tidbits!!

#### We Can Be Active In The Fall and Winter

It is easier to be physically active in the spring and summer when the weather is nice, but there are lots of outdoor activities you can do in the fall and winter. Don't let the cool temperatures discourage you:

- Go bird watching
- Clean the garage
- Rake leaves
- Stack firewood
- Go ice or roller-skating
- Jump rope
- Play in the snow
- Go for a brisk walk

## Winter weather is coming!

We still play outside on cold days. Here are some guidelines for when we take kids outside.



Our **Licensing requirements** state that we must provide "a total of at least one hour of outdoor play for children attending a full day unless prevented by weather."

The Center uses a weather chart to determine if outside weather conditions require children to remain indoors or have limited outdoor time. We also carefully monitor children when we are outside in hot or cold weather conditions to be sure that they are comfortable. We also consider the age of the children when we make decisions about outside time.

The Bureau of Child Care provides the following specific guidelines for outside time:

- 32 to 90 degrees: Children can stay outside for an unlimited amount of time
- 20 to 32 degrees: Children can stay outside for 10-15 minutes
- 10 to 20 degrees: Children can stay outside for 5 minutes
- 10 degrees or below: Children should not go outside

***Temperatures include wind chill***

It is important to remember to dress children appropriately (gloves, hats, and winter coats) and that appropriate extra clothes are kept in your child's cubby.

### Fall Parent Meeting Tuesday, November 29 6 p.m.

Our last parent meeting for 2011 will be held on November 29th. As always, we will have an open agenda so we can hear your questions, ideas and concerns.

Our agenda items include:

- Results of the parent survey. If you have not yet completed one, we are still interested in your feedback. Just ask for a copy of the survey at the front desk.
- Preview of the new playgrounds being designed for Lemay Child & Family Center!

Childcare and dinner will be provided.

### ATTENTION FAMILIES!

**Your everyday purchases and holiday shopping can benefit Lemay Child & Family Center!**

By purchasing Scrip gift cards at face value through LCFC, you can help raise money for the Center. It won't cost you any more than you would normally spend, and the Center earns a percentage of every dollar spent!

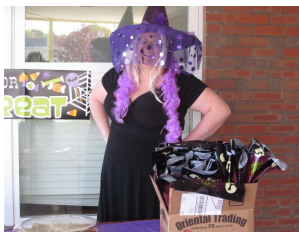
There are no extra charges. At the time of your order, you pay the face value of the card. (If a card is worth \$10, you pay \$10.) Checks should be made payable to Lemay Child & Family Center. You use the cards just like cash. These are the same cards you would buy from the store. There are no hidden charges.

The attached order form lists some of the local businesses and restaurants participating in this program. There is a complete list at [www.glscrip.com](http://www.glscrip.com) (click on retailer list).

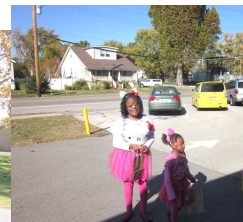


## Reminder!

Please keep your phone numbers and contact information up to date so we can reach you if needed during the day.



## Thanks for Coming to Trunks of Treats!



**Thank you to everyone who completed a parent survey. If you have not completed one yet, we would still love to have your feedback. Please check at the front desk for a copy of the survey. Results will be shared at the November 29 parent meeting.**

### Winter Weather Closings

It is unusual for Lemay Child and Family Center to close due to bad weather, but if conditions are unsafe for staff and families to travel, we may occasionally have a late start or we may need to close. Check the following places to see if the Center is open or closed on a bad-weather day.

Check our voice mail and website for announcements about closings: 314-544-3338 or [www.lemaychildandfamily.org](http://www.lemaychildandfamily.org).

You can also check the following:

KMOX Radio (1120 a.m.) and [kmox.com](http://kmox.com)

KSDK TV (NBC, Channel 5) and [www.ksdk.com](http://www.ksdk.com)

KTVI TV (Fox, Channel 2) and [www.fox2now.com](http://www.fox2now.com)

KMOV TV (CBS, Channel 4) and [www.kmov.com](http://www.kmov.com)

### Parent-Teacher Conferences

We had a fantastic turnout for our Fall conferences in October. If you were unable to meet with your child's teacher during conference week, please talk with the teachers about scheduling a different time. It's a great opportunity to share information and see what your child has been learning and accomplishing at Lemay Child & Family Center.!

### United Way Campaign Update

We appreciate your support of our effort to raise money for the United Way. With your help, we exceeded our goal! Thanks for your support of the Change Wars, the bake sale, and the TV raffle. Congratulations to Curtis Tripp on winning the TV. The United Way helps to fund our scholarship program each year, and without their support our tuition rates would be much higher.