

SEPTEMBER



MORRILTON MESSENGER

CLASSROOM HIGHLIGHTS



SEPTEMBER, 2009

CUDDLY & BEES

September is already here. The Cuddly room and Busy Bee room have many fun activities planned for the month of September. The themes for this month are apples, transportation and farm. We have enjoyed the beautiful weather. Before long the leaves will be falling. Since the mornings are going to be cool be sure to send you child a jacket and shoes and socks. The children are all progressing well. They are working very hard on accomplishing their goals and objectives. Parents, thank you for sending your children everyday. The Busy Bee room would like to say good bye to Melinda and welcome Tylan and Jaida to their class. The Cuddly room would like to welcome Lillyanna to their class.

RAMBLIN & RAINBOW

Is it Fall?

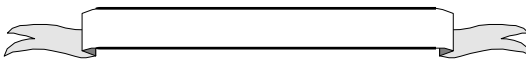
We have all been enjoying the beautiful weather. It allows us to do lots of fun things outside. This month we are studying apples, farms, and transportation. The children have all been working hard on their goals and we have seen much progress in their skills. Rambling Room wishes to welcome Melinda to the classroom.

GROWING & SUNSHINE

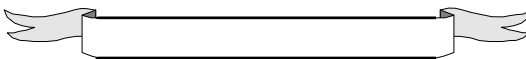
The weather that seems almost fall like and fall is what we will be discussing this month. We will be learning our fall colors of red, yellow, orange, and brown and talk-

ing about the changes in the colors of the leaves, and the changes in the weather.

It will be all about Apples this first week as we talk about the different kinds of apples: how they grow, their different colors, and taste. Yu will be hearing "Old McDonald had a Farm" being sung in room 6 as they learn about farms. What animals live on the farm and what they give us. We'll also talk about the fruits and vegetables that are grown on farms and how they are harvested. We'll also be talking about the many kinds of transportation and asking lots what and where questions. It's going to be a great



This year's BEV Award Winner for 2009 is "LISA OTTS!"



STAFF BIRTHDAYS

Ms. Susan 9/12
Dr. Ashcraft 9/14
Ms. Joan 9/17

month.

CONGRATULATIONS!

Mrs. Susan is celebrating working at KIDS FIRST for 12 years! Thank you Mrs. Susan for all your hard work and

STAFF HIGHLIGHT

Lisa Otts has been awarded the 2009 BEV award.

Beverly Bursk was an employee of KIDS FIRST and set very high standards when it came to performing her job. Ms Bursk was a cancer victim. BEV award winners are nominated by their co-workers for this award in her honor. Mrs Lisa was chosen from the Morrilton/KIDS FIRST Clinic for her continual efforts to improve our day clinic and help her co-workers. Lisa's motto is "I'm here to help." as well as "I just want to have fun!"

She believes in accomplishing any task set before her and strives to show the children at KIDS FIRST how to have fun through play. Mrs. Lisa and her husband, Rodney, have lived in the Morrilton area for 17 years. Her parents are Louis and Geneva Olinger of Lanty. Lisa and her husband have 2 grown children and 4 grandchildren of whom they are very proud. When Lisa is not working she enjoys attending church, gardening, cooking, crocheting, watching movies and spending time with her family.

BIRTHDAY WISHES

Aubree B.	9/29
Melinda D.	9/9
Ashton M.	9/16
Billy J	9/27A
Ava M.	9/1
Ramielle C.	9/10

Chocking

Some foods are easy for your preschooler to choke on when swallowing them.

These include foods that are round and about the size of the throat — about the size of a nickel. Prevent choking by avoidin these foods or cutting them in small pieces — no larger than one-half inch (1/2”).

Foods that may be choking hazards:

- Peanuts
- Chewing gum
- Popcorn
- Chips
- Rounds slices of hotdogs or sausages
- Carrot sticks or baby carrots
- Tough meat
- Hard candy
- Whole grapes
- Cherry tomatoes
- Large pieces of raw fruits and vegetables

To prevent choking:

- Have your preschooler eat at the table, or at least while sitting down. Do not let your child run, walk, play, or lie down with food in their mouths.
- Keep a watchful eye on your child while he or she eats.
- Cut food for your preschooler into pieces no larger than one-half inch (1/2”), and teach them to chew their food well.
 - Slice hotdogs and sausages lengthwise.
 - Cut meat and chicken across the grain into small pieces.
 - Slice grapes, cherry tomatoes, and other round foods in half.
 - Cook carrots or celery sticks until slightly soft, grate them, or cut them into small pieces or thin “matchsticks.”
- Spread peanut butter thinly on bread or crackers. A thick “glob” of peanut butter can cause choking.



Growth is one of the best indicators of good health and nutrition in children. Heights and weights vary depending on:

- **Family History** — Tall parents tend to have tall children. Short parents tend to have short children.
- **Sex** — Preschool boys tend to be taller than preschool girls. Boys and girls tend to have similar weights until puberty.
- **Nutrition** — Healthy food choices are necessary for your child’s growth.
 - **Sleep** — Preschoolers need 11-14 hours of sleep a day, including naps and nighttime sleep.
 - **Health Status** — Chronic illness or other special needs in children can also affect growth. Children who are sick often or have special needs should be closely monitored by their doctor.



Source: <http://www.mypyramid.gov/preschoolers/index.html>.



Let your kids be “produce pickers.” Let them help pick out fruits and veggies at the store.

Ask the KIDS FIRST Nutrionist Day!

Thursday, September 24th
**Please call for Appointment to dis-
cuss questions about you and your
child's nutrition needs.**

501-354-1170