

February Menu

*Items in green are vegetarian meals.

	Breakfast	Lunch	3:30 Snack
Monday, February 3	Pancakes, Mandarin Oranges & Milk	Sloppy Joe Sliders, Mashed Potatoes, Pears & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, February 4	Blueberry Yogurt Parfait & Milk	Chicken & Yellow Rice w/ Black Beans, Pineapple & Milk	Vanilla Wafers & Banana Pudding
Wednesday, February 5	Cheerios, Peaches & Milk	Spaghetti w/ Meat Sauce, Green Beans, Mandarin Oranges & Milk	Strawberry Go-Gurt & Goldfish
Thursday, February 6	French Toast, Sausage, Applesauce & Milk	Cheddar Broccoli Rice Casserole, Pears & Milk	Whole Wheat Crackers & Pepperoni
Friday, February 7	Yogurt, Banana & Milk	Ham & Cheese Sliders, Tater Tots, Pineapple & Milk	Veggie Straws & Raisins
Monday, February 10	Waffles, Mandarin Oranges & Milk	Chicken Spaghetti, Lima Beans, Pears & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, February 11	Peach Yogurt Parfait & Milk	Brown Gravy Meatballs, Mashed Potatoes, Pineapple & Milk	Animal Crackers & Vanilla Pudding
Wednesday, February 12	Rice Crispies, Mandarin Oranges & Milk	Ground Turkey Tacos, Black Beans, Peaches & Milk	Strawberry Go-Gurt & Goldfish
Thursday, February 13	Pancakes, Sausage, Applesauce & Milk	Broccoli Alfredo, Pineapple & Milk	Whole Wheat Crackers & Pepperoni
Friday, February 14	Blueberry Yogurt Parfait & Milk	Ham & Cheese Sliders & Milk Fruit & Veggies Valentine's Day Party	Graham Crackers & Craisins
Monday, February 17	French Toast, Mandarin Oranges & Milk	Chicken Nuggets, Tater Tots, Pears & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, February 18	Peach Yogurt Parfait & Milk	Chicken Divan w/ Broccoli, Pineapple & Milk	Vanilla Wafers & Banana Pudding
Wednesday, February 19	Cheerios, Peaches & Milk	Brown Gravy Meatballs w/ Brown Rice, Lima Beans, Mandarin Oranges & Milk	Strawberry Go-Gurt & Goldfish
Thursday, February 20	Waffles, Sausage, Applesauce & Milk	Cheese Tortellini, Green Beans, Pineapple & Milk	Whole Wheat Crackers & Pepperoni
Friday, February 21	Yogurt, Banana & Milk	Sloppy Joe Sliders, Mashed Potatoes, Pears & Milk	Veggie Straws & Raisins
Monday, February 24	Pancakes, Mandarin Oranges & Milk	Ground Turkey Tacos, Black Beans, Peaches & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, February 25	Blueberry Yogurt Parfait & Milk	Spaghetti w/ Meatballs, Green Beans, Pineapple & Milk	Animal Crackers & Vanilla Pudding
Wednesday, February 26	Rice Crispies, Pears & Milk	BBQ Chicken w/ Brown Rice, Purple Hull Peas, Mandarin Oranges & Milk	Strawberry Go-Gurt & Goldfish
Thursday, February 27	French Toast, Sausage, Applesauce & Milk	Macaroni & Cheese, Lima Beans, Pineapple & Milk	Whole Wheat Crackers & Pepperoni
Friday, February 28	Peach Yogurt Parfait & Milk	Chicken Nuggets, Tater Tots, Banana & Milk	Graham Crackers & Craisins
Monday, March 3	Waffles, Mandarin Oranges & Milk	BBQ Chicken Sliders, Mashed Potatoes, Pears & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, March 4	Blueberry Yogurt Parfait & Milk	Chicken Spaghetti, Purple Hull Peas, Mandarin Oranges & Milk	Vanilla Wafers & Banana Pudding



Growing Room News

Loving and Learning The Growing Room Way.

February 2025

Making Valentine Memories

Do you remember making Valentine's Day cards as a child? Did you create fun boxes or bags to collect the cards from your friends? Did you enjoy eating the little candy hearts with messages like "Be Mine" and "Hugs?"

We'll be celebrating friendship, kindness, and appreciation during the week of February 10th-14th. This is always a fun and meaningful time for both our children and staff.

Throughout the week, the children will enjoy making handprint Valentines, dissolving candy hearts, counting hearts, stringing hearts, cutting hearts, and much more.

Please take a moment with your child to fill out Valentine's cards for their friends and teachers earlier in the week. Have your child write his/her name near "from" and leave "to" blank. This will make it so much easier to pass the cards out. Be sure to bring the cards in by February 14th.

Class parties will be held at 11:30 a.m. with lunch. We will have a sign-up sheet for the party hanging up outside your child's classroom on Monday, February 10th.

On February 14th, please send your child dressed in Valentine's colors to join in the fun.

Give a Heart

We are excited to celebrate Give a Heart Day during the week of February 10th-14th! This special event focuses on spreading love, friendship, and kindness throughout our preschool community.

Please stop by the front desk to pick up your hearts. Take a moment to write thoughtful messages of thanks and appreciation for our amazing teachers and administrative staff. Be sure to turn them in to the front desk receptionist by Friday, February 14th.



A Visit to the Dentist

This month, the children will focus on dental health –an important topic for both young children and their parents.

The children will learn about the differences between white and yellow teeth, how to brush their teeth properly, and they'll even get creative by painting with toothbrushes and dental floss!

It's essential for children to grow up without fear of visiting the dentist. A child's first dental check-up should be around their first birthday, and regular check-ups every six months are recommended to prevent cavities and other dental issues.

It's also advised that children brush their teeth twice a day. Many pediatric dentists recommend that parents begin gently brushing their infant's teeth as soon as they come through the gums.

Be sure to discuss proper brushing techniques with your child and encourage good oral hygiene habits. It's also a great time to schedule or update your child's dental check-up.

PREPAID COLLEGE PLANS starting at \$29/month



Focused on encouraging families to save as early and affordably as possible, our partner the Florida Prepaid College Savings Plans has reduced Prepaid Plan monthly prices for newborns and infants to the lowest in more than a decade.

Prepaid Plans allow families to lock in the cost of college with fixed monthly payments. A risk-free 1-Year University Plan now starts at just \$29/month.

The reduced prices result in savings of up to \$850 per plan for a 1-Year University Plan – up to \$3,400 in savings for four years.

Prepaid Plans are made to fit growing families:

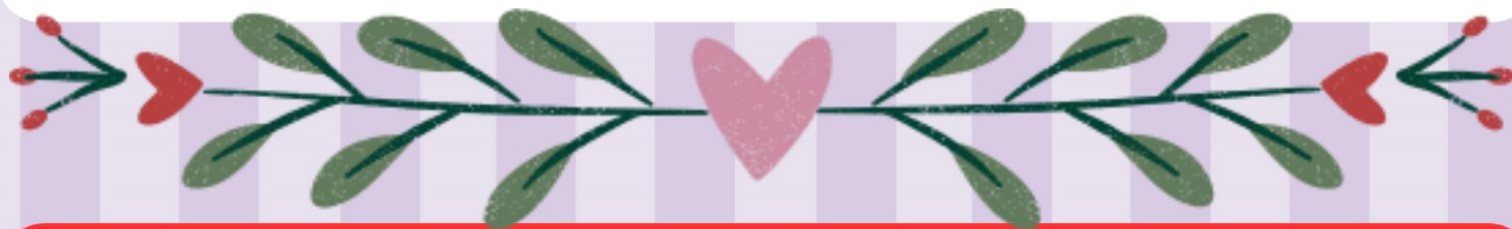
Use in-state or nationwide at public, private, trade and technical schools

Complements scholarships and financial aid

Transfer to another student or cancel anytime

Earnings grow tax-free

Every child deserves higher education. Florida Prepaid's goal is to make it possible for every Florida family to save simply and affordably. Learn more at <https://bit.ly/3PVhfSx>.



Helping Your Child Learn to Be a Good Friend at Home

As parents, you can play an important role in teaching your child how to be a good friend. Here are some ways you can encourage kindness, empathy, and cooperation at home:

Have a Conversation About Friendship: Sit down with your child and talk about what it means to be a good friend. Ask questions like, "What does a good friend do?" or "How can we show kindness to others?" This opens the door for discussion and helps your child start to understand the qualities that make a friend special, like sharing, being kind, and offering help.

Role-Play with Toys and Dolls: Use dolls, action figures, or stuffed animals to act out real-life friendship scenarios. For example, you can role-play a situation where one toy shares a toy with another or helps a friend who is feeling sad. Take turns acting out these situations with your child, so they can see how to resolve conflicts, share, and support one another.

Encourage Sharing and Taking Turns: Create opportunities at home where your child can practice sharing and taking turns, whether it's with toys, snacks, or activities. Celebrate moments when your child shares willingly or waits patiently for their turn. Positive reinforcement helps them see the rewards of being generous and fair.

Model Kindness and Respect: Be a role model by showing kindness and respect in your own interactions with others. Your child learns by watching you. Use polite words, express gratitude, and solve conflicts calmly. This teaches your child how to handle relationships with others in a positive way.

Praise Empathetic Behavior: When your child demonstrates empathy, such as comforting a friend or saying something kind, praise them for their behavior. Let them know that being a kind and caring friend is something you value. This reinforces the idea that kindness is important.

Teach Conflict Resolution: Teach your child how to manage disagreements with friends. Role-play situations where two characters disagree but find a way to solve the problem together, such as compromising or apologizing. Help them understand that disagreements are normal, but it's how we handle them that matters.

Making A Difference Employee for February

Growing Room Welaunee
Ms. Mahlon Mosteller
Floater

Ms. Mahlon has been with the Growing Room Welaunee Family since July 2024. She walks in the door everyday ready for whatever the day may bring. You can find Ms. Mahlon dancing and playing with the kiddos. She can jump in wherever she is needed each day. We enjoy having her happy spirit at Growing Room. We are so happy Ms. Mahlon is part of the Growing Room Family.

Growing Room Bradfordville
Chelsea Akins
K3A Lead

Ms. Chelsea joined the Growing Room Bradfordville team in July 2024. She always has a smile on her face and loves to laugh! You can find Ms. Chelsea playing musical chairs and doing fun art projects with the children in her class. All of the children love coming to school each day to see what Ms. Chelsea has in store for them! We are grateful Ms. Chelsea has become part of the Growing Room Bradfordville team!

Growing Room Metropolitan
Ms. LaShonda Jefferson
Infant 1A Para Pro

We welcomed Ms. LaShonda back to Growing Room Metropolitan in December 2024. She has been the perfect fit to our fabulous Infant 1A team with her spunky and fun personality. Ms. LaShonda comes to work every day ready to see her babies! She has been the perfect addition to our team, and we are so thankful to have her at Growing Room Metropolitan.

We appreciate all you do for our Growing Room Families!

Superstar Classroom

Each month a classroom from each center will be chosen and rewarded for standing out from the others. This classroom is an excellent representation of The Growing Room Way!

Congratulations to our classrooms of the month!

Growing Room Welaunee- K2C

Growing Room Bradfordville- K2A

Growing Room Metropolitan- Infant 2



February Character Education Be a Friend

Your child will learn about being a friend through character education books, character critters, teacher role modeling, and positive reinforcement.

As part of the learning process, your child will learn that:

- Good friends are kind.
- Good friends help each other.
- Good friends share.
- Good friends stick together.
- Good friends care for each other.
- Good friends listen to each other.
- Good friends help each other solve problems.
- Good friends give each other compliments.
- Good friends don't put each other down or hurt each other's feelings.

