

<div>*Items in green are vegetarian meals.</div> <div>July Menu</div>		
	Lunch	3:30 Snack
Tuesday, July 1	Chicken Parmesan Pasta Bake, Green Beans, Mandarin Oranges & Milk	Strawberry Go-Gurt & Goldfish
Wednesday, July 2	Broccoli Alfredo, Pears & Milk	Veggie Straws & Pepperoni
Thursday, July 3	Brown Gravy Meatballs w/ Brown Rice, Lima Beans, Pineapple & Milk	Animal Crackers & Craisins
Friday, July 4	CLOSED	HAPPY 4TH OF JULY
Monday, July 7	Ham & Cheese Sliders, Veggie Straws, Pears & Milk	Vanilla Wafers & Banana Pudding
Tuesday, July 8	Chicken Spaghetti, Purple Hull Peas, Pineapple & Milk	Graham Crackers & Raisins
Wednesday, July 9	Chicken Divan w/ Broccoli, Peaches & Milk	Whole Wheat Crackers & Sliced Cheese
Thursday, July 10	Cheese Tortellini, Green Beans, Applesauce & Milk	Veggie Straws & Pepperoni
Friday, July 11	Turkey Pot Roast, Mashed Potatoes, Mandarin Oranges & Milk	Strawberry Go-Gurt & Goldfish
Monday, July 14	Spaghetti w/ Meat Sauce, Green Beans, Pineapple & Milk	Blueberry Yogurt Parfait
Tuesday, July 15	Ground Turkey Tacos, Black Beans, Peaches & Milk	Whole Wheat Crackers & Sliced Cheese
Wednesday, July 16	Cheddar Broccoli Rice Casserole, Applesauce & Milk	Veggie Straws & Pepperoni
Thursday, July 17	Brown Gravy Meatballs, Mashed Potatoes, Mandarin Oranges & Milk	Strawberry Go-Gurt & Goldfish
Friday, July 18	Turkey & Cheese Sliders, Tater Tots, Pears & Milk	Animal Crackers & Craisins
Monday, July 21	BBQ Chicken w/ Brown Rice, Lima Beans, Peaches & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, July 22	Macaroni & Cheese, Green Beans, Mandarin Oranges & Milk	Veggie Straws & Pepperoni
Wednesday, July 23	Baked Chopped Steak, Mashed Potatoes, Pears & Milk	Peach Yogurt Parfait
Thursday, July 24	Chicken w/ Yellow Rice & Black Beans, Pineapple & Milk	Graham Crackers & Raisins
Friday, July 25	Ham & Cheese Sliders, Roasted Potatoes, Applesauce & Milk	Strawberry Go-Gurt & Goldfish
Monday, July 28	Turkey Pot Roast Stroganoff, Green Beans, Mandarin Oranges & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, July 29	Ground Turkey Tacos, Black Beans, Pears & Milk	Vanilla Wafers & Banana Pudding
Wednesday, July 30	Broccoli Alfredo, Peaches & Milk	Veggie Straws & Pepperoni
Thursday, July 31	Spaghetti w/ Meatballs, Green Beans, Pineapple & Milk	Animal Crackers & Craisins
Friday, August 1	Turkey & Cheese Sliders, Tater Tots, Applesauce & Milk	Strawberry Go-Gurt & Goldfish



July 2025

Let Your Imagination Bloom!

We're excited to begin another amazing year of growth, learning, and discovery! Our theme, "Let Your Imagination Bloom," encourages creativity, exploration, and curiosity in every corner of the classroom.

Each day, your child will engage in a rich and thoughtfully designed curriculum that includes literacy, language, science, math, engineering, creative art, sensory play, writing, social studies, and gross motor activities. These components are integrated in fun and meaningful ways through educational games, books, hands-on projects, group discussions, art experiences, science experiments, and other engaging activities.

Our curriculum fosters not only academic development but also important life skills. Children will practice problem-solving, critical thinking, creativity, and collaboration. They will also develop self-help skills, perseverance, confidence, and a love for learning.

Growing Room will be closed Friday, August 8th, for Teacher Planning Day. We will have an open house that afternoon from 4:00 to 5:00 p.m. The new school year begins on Monday, August 11, 2025, and we can't wait to welcome your child into a year filled with imagination, growth, and blooming potential!



Growing Room centers are closed on Friday, July 4th, in observance of Independence Day. We wish you all a Safe and Happy 4th of July!



July Parent Reminders

July 3rd– Wear Patriotic Colors

4th of July Parties, 10 am

July 9th– Come To School Dressed Like A Tourist

July 15th– Come To School Wearing Pink

July 23rd– Come To School Wearing Green

July 29th– Come To School Dressed Like A Sea Creature

Water Play Fridays!



We're splashing into fun every Friday during morning outside time throughout the summer! The children will enjoy water games and sensory tables filled with cool water; it's sure to be a blast!

Please send your child to school wearing:

- Swimsuit
- Water Shoes
- Sunscreen

Also, don't forget to pack and label:

- Swim Diaper- if not potty trained
- A Towel
- A Full Change of Dry Clothes
- A Pair of Shoes
- A Plastic Bag for Wet Clothes/Shoes

After all the water play fun, the children will change into dry clothes so they can enjoy the rest of the day.

We can't wait for a day full of splashes, smiles, and summertime fun!

★ ★ Congratulations ★ ★

This month, Mrs. Elizabeth Harrington is celebrating 15 years with Growing Room Tallahassee! Over the years, Elizabeth has worn many hats—an amazing classroom teacher, Assistant Director, Marketing Director, and now Center Director. Her unwavering “can-do” spirit, passion for early childhood education, and commitment to our mission make her an invaluable part of our team.

We are beyond grateful for you and all that you bring to our Growing Room family!

Congratulations on your 15 years!



"To be in your children's memories tomorrow, you have to be in their lives today." Barbara Johnson

What is on your summer bucket list to do with your child? Some ideas you could add to your summer bucket list include:

- Visit a local park and have a picnic with your favorite snacks and drinks.
- Go on a nature walk in a nearby nature trail or park and look for different animals and plants.
- Attend a local farmers' market and pick out fresh produce to bring back home.
- Take a walk around the neighborhood and play a game of “I Spy.”
- Visit a community garden and learn about fresh fruits and vegetables.
- Have a backyard scavenger hunt with a list of unique items to find.
- Attend free live music at a local park.
- Go to a splash pad or public pool and play in the water.
- Take a trip to a nearby beach or lake for a fun day in the sun.
- Attend a local fair or carnival and try different rides and games.
- Take a bike ride around the town and explore unknown places.
- Visit a nearby zoo or aquarium and learn about different animals.
- Have a backyard water balloon toss.
- Attend a story time or craft event at the local library.
- Take a trip to a nearby playground and play on the equipment.
- Visit a local petting zoo or farm and interact with different animals.
- Go on a bug hunt in the nearby park.
- Attend a local parade or festival and enjoy different activities and food.
- Visit a nearby outdoor sculpture or art exhibit and learn about different artists.
- Take a trip to a nearby hiking trail and explore nature.
- Visit a nearby botanical garden and learn about different plants and flowers.
- Attend a free outdoor fitness or yoga class for kids and parents.
- Watch a local baseball game.
- Visit a you-pick berry farm.



July Character Education: Kindness

This month, we are focusing on one of the most meaningful and impactful topics of the year, kindness. Kindness is a core value that helps shape the way children treat others, make decisions, and build healthy relationships. The lessons learned this month will lay the foundation for your child's behavior not only in the classroom, but also at home and in the community. By introducing and reinforcing these values early, we are helping to guide their character development now and into the future.

Your child will be learning in fun and meaningful ways through:

- Engaging Character Education Storybooks
- Character Critters
- Teacher modeling and daily examples
- Positive reinforcement and encouragement

Throughout the month, our goal is to help children:

- Use kind and respectful language with others
- Think about how their words and actions affect those around them
- Learn to do things that bring joy to others and create a positive environment
- Be helpful both at home and in the classroom
- Practice good manners, such as saying “please,” “thank you,” and “excuse me”
- Understand the golden rule: Treat others the way you want to be treated

We encourage you to reinforce these lessons at home to help your child grow into a kind, thoughtful, and respectful individual. Together, we can build strong character that lasts a lifetime!



Making A Difference Employee for July



Growing Room Welaunee
Kayleigh Eikeland
Floater

Ms. Kayleigh just joined our team this summer and has jumped right in as an amazing teacher! She walks in with a big smile ready to go into any classroom that needs help and can be found singing and laughing with the children. Ms. Kayleigh won the Early Childhood Student of the Year award in high school, and we can see why. We are so thankful for the time she will be here with our team and wish her good luck in college this fall!

Growing Room Bradfordville
Ms. Journey Wynn
K2A Para Pro

Ms. Journey joined the Growing Room Bradfordville team in January 2025. You can always find Ms. Journey jumping in to help wherever needed. She always has a smile on her face, no matter what the task! Ms. Journey is wonderful at training new employees, helping in any classroom, and keeping our center clean and welcoming. We are so grateful Ms. Journey has become part of the Growing Room Bradfordville team!

Growing Room Metropolitan
Ms. Kimberly Lee
Infant 2 Para Pro

Ms. Kimberly became part of the Growing Room Metropolitan team in April 2025! Her sweet smile and calm nature make her a perfect fit in our Infant 2 classroom. Ms. Kimberly comes in each morning with a smile, ready for whatever the day may bring. She can always be found engaged in centers with the children. Ms. Kimberly has been a great addition to our 1 year old team. We are so thankful for her and all she does each and every day.

We appreciate all you do for our Growing Room Families!