

# February Menu

|                        | Lunch  | 3:30 Snack                           |
|------------------------|--|--------------------------------------|
| Monday, February 2     | Baked Chopped Steak, Mashed Potatoes, Mandarin Oranges & Milk              | Whole Wheat Crackers & Sliced Cheese |
| Tuesday, February 3    | Chicken w/ Yellow Rice & Black Beans, Peaches & Milk                       | Animal Crackers & Chocolate Pudding  |
| Wednesday, February 4  | Spaghetti w/ Meatballs, Green Beans, Pears & Milk                          | Strawberry Go-Gurt & Goldfish        |
| Thursday, February 5   | Cheddar Broccoli Rice Casserole, Pineapple & Milk                          | Veggie Straws & Pepperoni            |
| Friday, February 6     | BBQ Turkey Sliders, Baked Beans, Applesauce & Milk                         | Cheerios & Banana                    |
| Monday, February 9     | Turkey Pot Roast Stroganoff, Lima Beans, Pears & Milk                      | Whole Wheat Crackers & Sliced Cheese |
| Tuesday, February 10   | Ground Turkey Tacos, Black Beans, Pineapple & Milk                         | Strawberry Go-Gurt & Goldfish        |
| Wednesday, February 11 | Cheese Tortellini Bake, Green Beans, Peaches & Milk                        | Veggie Straws & Pepperoni            |
| Thursday, February 12  | Brown Gravy Meatballs, Mashed Potatoes, Mandarin Oranges & Milk            | Animal Crackers & Vanilla Pudding    |
| Friday, February 13    | Brunch for Lunch: Cheesy Hashbrown Casserole w/ Sausage, Applesauce & Milk | Graham Crackers & Craisins           |
| Monday, February 16    | Turkey & Cheese Sliders, Veggie Straws, Pineapple & Milk                   | Whole Wheat Crackers & Sliced Cheese |
| Tuesday, February 17   | Turkey Pot Roast, Mashed Potatoes, Pears & Milk                            | Strawberry Go-Gurt & Goldfish        |
| Wednesday, February 18 | Macaroni & Cheese, Lima Beans, Mandarin Oranges & Milk                     | Veggie Straws & Pepperoni            |
| Thursday, February 19  | Hamburger Sliders, Baked Beans, Applesauce & Milk                          | Graham Crackers & Craisins           |
| Friday, February 20    | Cheesy Chicken Noodle Casserole Bake, Green Beans, Peaches & Milk          | Cheerios & Banana                    |
| Monday, February 23    | BBQ Chicken w/ Brown Rice, Purple Hull Peas, Mandarin Oranges & Milk       | Vanilla Wafers & Banana Pudding      |
| Tuesday, February 24   | Spaghetti w/ Meat Sauce, Lima Beans, Pineapple & Milk                      | Strawberry Go-Gurt & Goldfish        |
| Wednesday, February 25 | Broccoli Alfredo, Pears & Milk   | Veggie Straws & Pepperoni            |
| Thursday, February 26  | Sloppy Joe Sliders, Mashed Potatoes, Pineapple & Milk                      | Whole Wheat Crackers & Sliced Cheese |
| Friday, February 27    | Tex Mex Chicken w/ Rice & Black Beans, Peaches & Milk                      | Graham Crackers & Craisins           |
| Monday, March 2        | Baked Chopped Steak, Mashed Potatoes, Mandarin Oranges & Milk              | Strawberry Go-Gurt & Goldfish        |
| Tuesday, March 3       | Chicken w/ Yellow Rice & Black Beans, Peaches & Milk                       | Animal Crackers & Chocolate Pudding  |
| Wednesday, March 4     | Ground Turkey Tacos, Black Beans, Pears & Milk                             | Whole Wheat Crackers & Sliced Cheese |

# Growing Room News

Loving and Learning The Growing Room Way.

February 2026

## Making Valentine Memories at Growing Room



Do you remember making Valentine's Day cards as a child? Decorating envelopes, creating special boxes or bags to collect cards from friends, and enjoying sweet candy hearts with messages like "Be Mine" and "Hugs"? These cherished traditions bring back so many happy memories, and we are excited to share them with our children.

We will be celebrating friendship, kindness, and appreciation during the week of February 9th-13th. This is always a fun, meaningful, and heartwarming time for our children and staff.

Throughout the week, the children will enjoy a variety of Valentine-themed activities, including creating special Valentines, counting and sorting hearts, stringing and patterning hearts to make necklaces, catching hearts, playing games, completing a science experiment, and much more. These experiences support creativity, fine motor development, early math skills, and social-emotional learning.

We will be hosting a Valentine's card exchange. Please take a few moments earlier in the week to help your child fill out Valentine cards for their friends and teachers. More details will be shared by your child's teacher. Please bring all Valentine cards in on Friday, February 13th.

Valentine's Day class parties for Infants through K4 will be held at 3:00 p.m. on Friday, February 13<sup>th</sup>. Parents are encouraged to sign up to bring healthy snacks such as fruit, cheese and crackers, vegetables, juice, etc. Your child's teacher will share additional information about how to sign up.

To add to the fun, on February 13th, please send your child dressed in Valentine's colors so they can join in the festive celebration.

We look forward to a week filled with smiles, friendship, and love! ❤

## Give a Heart

We are excited to celebrate Give a Heart Day during the week of February 9th-13th! 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 your child's teachers and other staff members, including your admin, kitchen staff, and more. Be sure to turn them in to the front desk by Friday, February 13th.

These hearts will be displayed at the front desk throughout Valentine's Week to celebrate and honor our wonderful staff.



## February Parent Reminders

**Give a Heart Week**  
**February 9<sup>th</sup> - 13<sup>th</sup>**

**Wear Valentine's Day Colors**  
**February 13<sup>th</sup>**

**Valentine's Exchange & Party**  
**February 13<sup>th</sup>**

**Mardi Gras Parade**  
**February 17<sup>th</sup>**

## 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.



## MAKING A DIFFERENCE EMPLOYEE FOR FEBRUARY

Growing Room Welaunee  
Mr. Metrius Hadley  
VPK Para Pro

Mr. Metrius joined the Growing Room Welaunee Family in August 2025 as one of our VPK teachers. He is known for his patience, calm demeanor, and consistently positive attitude, bringing a smile to work each day and creating a welcoming environment for children and staff alike. You can often hear him chanting with his class as they transition through the halls, making routines fun and engaging. His dedication to supporting the VPK classrooms and assisting teachers has not gone unnoticed. Mr. Metrius does an excellent job helping prepare children for kindergarten, and the children absolutely adore him. He is a wonderful role model who fosters confidence, kindness, and a love of learning in his students. We are grateful for his hard work, helpful spirit, and willingness to step in whenever needed. Thank you for all you do!

Growing Room Bradfordville  
Ms. Leah Kent  
Infant 1A Para Pro

Leah joined our team in October 2025 and has quickly become a cherished member of our Growing Room Family. We are incredibly grateful for the love, care, and warmth she brings to our infant classroom each day. Her gentle nature, patience, and nurturing spirit create a calm, safe, and comforting environment where our babies feel secure and truly thrive. Leah has a special way of connecting with each child, making them feel seen, loved, and valued. Whether she is reading stories, singing songs, or taking the babies on buggy rides, she fills their days with joy, learning, and meaningful moments. These experiences not only bring smiles and giggles but also support early development and curiosity. The trust and security she helps build lay an important foundation for our youngest learners, and her dedication is felt in every interaction. We deeply appreciate the heart, compassion, and intentional care Leah puts into everything she does.

Growing Room Metropolitan  
Ms. Destinee Jones  
VPK Lead Teacher

Ms. Destinee became a part of the Growing Room Family in July of 2018. Over the years, she has consistently shown dedication, professionalism, and a genuine love for the children in her care. Ms. Destinee is a nurturing and loving teacher who builds strong, meaningful relationships with her students. She is always fully engaged with the children and is known for planning fun, creative, and developmentally appropriate activities that make learning exciting. She continually thinks of new and innovative ways to introduce concepts in her classroom, helping to keep children motivated, curious, and actively involved in their learning. We are incredibly grateful for Ms. Destinee's hard work, positive attitude, and commitment to excellence. She is a valued member of our team, and Growing Room is truly better because of all that she does each day.

We appreciate all you do for our Growing Room families!



### Create "Technology-Free Zones"

Establish zones in your home where electronics simply are not allowed—whether it's cell phones, handheld video games, or laptops. One example is your home's dining room or kitchen, which you could keep reserved for having meals and family conversations.



We never know the love of a parent till we become parents ourselves.

Henry Ward Beecher

**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.

## February Character Education Be a Friend



As part of our character education focus, your child will be learning what it means to be a good friend. Through engaging character education books, character critters, teacher role modeling, and positive reinforcement, the children will explore friendship skills in meaningful and age-appropriate ways.

Throughout this learning experience, your child will discover that good friends:

- Are kind and caring
- Help and support one another
- Share and take turns
- Stick together and include others
- Listen to each other's thoughts and feelings
- Help solve problems peacefully
- Give compliments and encourage one another
- Use kind words and actions, and never intentionally hurt feelings

By practicing these skills daily, children build strong foundations for empathy, cooperation, and positive relationships. We are excited to support your child as they grow into thoughtful, caring friends both in and out of the classroom.

