

September Menu

SEPTEMBER 1 - 2

THURSDAY 9/1
 Breakfast - Cheese Grits, Diced Peaches & Milk
 Lunch - Chicken Sliders, Butter Peas, Mixed Fruit & Milk
 3pm Snack - Frozen Yogurt

FRIDAY 9/2
 Breakfast - Pancakes, Diced Pears & Milk
 Lunch - Chicken & Sausage Paella, String Beans, Pineapple Tidbits & Milk
 3pm Snack - Cheese & Crackers

SEPTEMBER 5 - 9

MONDAY 9/5
LABOR DAY—
ALL CENTERS CLOSED

TUESDAY 9/6
 Breakfast - Waffles, Mandarin Oranges & Milk
 Lunch - Chicken Cordon Bleu, Green Beans, Diced Peaches & Milk
 3pm Snack - Animal Crackers

WEDNESDAY 9/7
 Breakfast - Oatmeal, Applesauce & Milk
 Lunch - Directors Choice, Pineapple Tidbits & Milk
 3pm Snack - Goldfish Crackers

THURSDAY 9/8
 Breakfast - Cheese Grits, Mixed Fruit & Milk
 Lunch - Oriental Chicken w/Rice & Vegetables, Diced Pears & Milk
 3pm Snack - Apple Slices

FRIDAY 9/9
 Breakfast - French Toast, Mandarin Oranges & Milk
 Lunch - Chicken & Pasta Primavera, Diced Peaches & Milk
 3pm Snack - Frozen Yogurt

SEPTEMBER 12 - 16

MONDAY 9/12
 Breakfast - Oatmeal, Applesauce & Milk
 Lunch - Turkey Stroganoff w/Noodles, Broccoli, Mixed Fruit & Milk
 3pm Snack - Goldfish Crackers

TUESDAY 9/13
 Breakfast - Blueberry Muffins, Mandarin Oranges & Milk
 Lunch - Italian Chicken & Pasta, String Beans Diced Peaches & Milk
 3pm Snack - Vanilla Wafers

WEDNESDAY 9/14
 Breakfast - Peach Muffins, Applesauce & Milk
 Lunch - Baked Chopped Steak, Purple Hull Peas, Diced Pears & Milk
 3 pm snack - Animal Crackers

THURSDAY 9/15
 Breakfast - Cheese Grits, Diced Peaches & Milk
 Lunch - Chicken Etouffee w/ Rice, Broccoli Mixed Fruit & Milk
 3pm Snack - Frozen Yogurt

FRIDAY 9/16
 Breakfast - French Toast, Diced Pears & Milk
 Lunch - Fish Nuggets, Tater Tots, Pineapple Tidbits & Milk
 3pm Snack - Pretzels

SEPTEMBER 19 - 23

MONDAY 9/19
 Breakfast - Cheese Grits, Applesauce & Milk
 Lunch - BBQ Turkey Sliders, String Beans, Diced Peaches & Milk
 3pm Snack - Cheese & Crackers

TUESDAY 9/20
 Breakfast - Pancakes, Mandarin Oranges & Milk
 Lunch - Chicken Nuggets, Mashed Potatoes, Diced Pears & Milk
 3pm Snack - Goldfish Crackers

WEDNESDAY 9/21
 Breakfast - Ham Biscuits, Diced Pears & Milk
 Lunch - Chicken Spaghetti, Purple Hull Peas, Diced Peaches & Milk
 3pm Snack - Frozen Yogurt

THURSDAY 9/22
 Breakfast - Oatmeal, Pineapple Tidbits & Milk
 Lunch - Beef & Broccoli w/Rice, Mixed Fruit & Milk
 3pm Snack - Apple Slices

FRIDAY 9/23
 Breakfast - French Toast, Mandarin Oranges & Milk
 Lunch - BBQ Chicken & Rice, Butter Peas, Pineapple Tidbits & Milk
 3 pm Snack - Vanilla Wafers

SEPTEMBER 26 - 30

MONDAY 9/26
 Breakfast - Oatmeal, Diced Pears & Milk
 Lunch - Cheese Pizza, String Beans, Diced Peaches & Milk
 3pm Snack - Apple Slices

TUESDAY 9/27
 Breakfast - Cheese Biscuits, Mixed Fruit & Milk
 Lunch - Chicken & Broccoli Alfredo w/ Pasta, Pineapple Tidbits & Milk
 3pm Snack - Animal Crackers

WEDNESDAY 9/28
 Breakfast - French Toast, Applesauce & Milk
 Lunch - Chicken & Sausage Tetrazzini, Purple Hull Peas, Diced Peaches & Milk
 3pm Snack - Goldfish Crackers

THURSDAY 9/29
 Breakfast - Cheese Grits, Mandarin Oranges & Milk
 Lunch - Sloppy Joes, Tater Tots, Diced Pears & Milk
 3pm Snack - Frozen Yogurt

FRIDAY 9/30
 Breakfast - Waffles, Pineapple Tidbits & Milk
 Lunch - Meatballs & Spaghetti, String Beans, Mixed Fruit & Milk
 3pm Snack - Cheese & Crackers

Like
 "Growing Room Tallahassee"
 @Growing_Room
 www.pinterest.com/grtally

**** Please remember to send in a substitute if there is something on the menu your child cannot eat due to allergies or other food restrictions. All substitutes need to be checked in at the front desk and must be nut free!**

**** Sausage being served is turkey sausage**

www.GrowingRoomChildCare.com

Growing Room News

Loving and Learning The Growing Room Way.

September 2016

Grandparent's Day Tea Parties

To honor our grandparents, we are having a special morning with refreshments and a special art project. Please invite your children's grandparents to visit on the following dates:

Thursday, September 8th at 10:00 a.m. for

Infant through K-2 Classes

Friday, September 9th at 10:00 a.m. for

K-3 and K-4 Classes



Building a Strong Partnership Growing Room & You

At Growing Room, we view our relationship with parents as a partnership. Throughout the school year we celebrate many events and encourage our families to come participate with their child. We would love for you and your family to join us for these events should your schedule permit. Our school calendar lists the dates and times for class parties, parent reading weeks, grandparent's day tea party and more!

Parent-teacher conferences are offered twice a year, once in the fall and once in the spring. However, if at any time you have a concern about your child and would like to request a conference, you may speak to your child's teacher or the center director and we will be happy to set this up.

In addition, Growing Room has an open door policy. You and your family are welcome in the center at any time. Please feel free to call the center to check on your child during the day as well.

Another way we like to get you involved is by giving your child a little bit of Growing Room to take home. Some of the things we may send home include: homework sheets, special activities and books. Children love to take a little bit of Growing Room home with them to share with their family.

As parents, you are encouraged to make suggestions, share concerns, ask questions and partner with us to ensure your child has the best early childhood education experience possible! At Growing Room, we believe strongly in the partnership between our center and your family and look forward to this growing over the course of the year.

Making a Difference Employee for September

Growing Room 1
Ms. Christi King
K3C Para Pro

Growing Room 2
Ms. Katie Ervin
Toddler B Para Pro

Growing Room 3
Ms. Kayla Neugent
Floater

Ms. Christi is willing to step in where ever we need her. She assists in the classrooms, kitchen and at the front desk. She is a true team player and huge asset to our Growing room family!

Katie joined our Growing Room family in August of 2015. She has been a wonderful addition to our school. Katie is very patient, kind and loving. She was made to teach toddlers!

Ms. Kayla helps with lunch breaks in our infant and toddler classrooms. She has a sweet heart for children, especially babies! Ms. Kayla is a hard worker and great team player!

Thank you Ms. Christi
for
Making a Difference!

Thank you Ms. Katie
for
Making a Difference!

Thank you Ms. Kayla
for
Making a Difference!

Grandparent Reading Week September 6th—9th

We love Grandparents! Please invite your child's grandparents to come in and read to their class. They can bring a book from home to read or can pick one from our classroom library!

Look for the sign-up sheet on the classroom door.



Character Education *Being Kind and Polite*

Your child will learn through books, videos, character critters, teacher modeling and positive reinforcement.

Key Words Include:

I'm Sorry

You're Welcome

Excuse Me

Thank You

Please

Helpful Parent Reminders

September 2.....	Spirit Day Friday
September 5.....	Labor Day—All Centers Closed
September 6-9.....	Grandparent Reading Week
September 8.....	Grandparent's Day Tea Party, Infant—K2 10:00 a.m.
September 9.....	Grandparent's Day Tea Party, K3—K4 10:00 a.m.
September 9.....	Spirit Day Friday
September 15.....	Infant Diaper Derby, 10:00 a.m.
September 16.....	Spirit Day Friday
September 23.....	Miss Manners Tea Party
September 23.....	Spirit Day Friday
September 24.....	Night Owl
September 30.....	Apple Tasting Party
September 30.....	Spirit Day Friday

TO ALL OF OUR FAMILIES WHO CELEBRATE BIRTHDAYS IN SEPTEMBER, WE WISH YOU A VERY HAPPY DAY!

September is National Literacy Month

Literacy development is a continuous process that begins in infancy when babies are first exposed to language, books and stories. This month celebrate reading, books and the joy of literacy with your child.

Below are some ways you can promote literacy within your own home:

- Be a reading role model for your child by reading newspapers, magazines and books of your own.
- Establish a routine time and place for reading. Try to set aside at least 20 minutes each day to read with your child.
- Invite your child to select books to read. Before you begin a new book, engage your child's imagination by reading the book's title and asking your child what the story might be about.
- Allow your child to hold the book, see the illustrations and turn the pages.
- Pause periodically to ask questions about the text in order to help your child develop comprehension.
- Share your love of books and reading. You may say to your child, "This was my favorite book when I was your age" or "I can't wait to start my new book."
- Read the same books over and over again. Children love repetition and they delight in being able to "read" along when a book becomes familiar to them.
- Take a trip to the library.
- Make reading a relaxed, fun activity and eliminate distractions such as television, music and phone.



Kids Yoga Teacher Training

We are excited to be offering a kids yoga certification class at Growing Room! There will be 2 days of classroom training and online curriculum.

October 1st—2nd, 9:30 a.m.—5:00 p.m.
1271 Metropolitan Blvd. (Growing Room 3)

Visit the link below to register!

<http://kiddingaroundyoga.com/kids-yoga-teachertrainings/schedule/tallahassee-fl/>