

# February Menu

	Breakfast	Lunch	3:30 Snack
Monday, 2/3	French Toast, Pineapple & Milk	Whole Wheat Spaghetti w/ Meat Sauce, Broccoli, Mandarin Oranges & Milk	Yogurt & Blueberries
Tuesday, 2/4	Oatmeal, Peaches & Milk	Brunch For Lunch: Pancakes, Turkey Sausage, Applesauce & Milk	Veggie Straws & Craisins
Wednesday, 2/5	Blueberry Muffins, Pears & Milk	Whole Wheat Taco Quesadillas, Green Beans, Pineapple & Milk	Whole Wheat Crackers & Sliced Cheese
Thursday, 2/6	Waffles, Banana & Milk	Cheese Pizza, Butter Peas, Mandarin Oranges & Milk	Graham Crackers & Applesauce
Friday, 2/7	Cheese Biscuit, Pears & Milk	Meatballs w/ Brown Rice, Purple Hull Peas, Pineapple & Milk	Rice Cereal & Raisins
Monday, 2/10	Pancakes, Applesauce & Milk	Chicken Fried Rice w/ Peas & Carrots, Mandarin Oranges & Milk	Goldfish & Craisins
Tuesday, 2/11	Grits w/ Turkey Sausage, Pineapple & Milk	Cheese Tortellini, Broccoli, Pears & Milk	Yogurt & Pretzels
Wednesday, 2/12	Cinnamon Raisin Biscuits, Blueberries & Milk	Pot Roast, Mashed Potatoes, Mandarin Oranges & Milk	Graham Crackers & Applesauce
Thursday, 2/13	French Toast, Peaches & Milk	Chicken Sliders, Baked Sweet Potato Fries, Pineapple & Milk	Fresh Fruit & Veggie Straws
Friday, 2/14	Applesauce Muffin, Banana & Milk	Whole Wheat Spaghetti w/ Meatballs, Green Beans, Pears & Milk	Whole Wheat Crackers & Sliced Cheese
Monday, 2/17	Waffles, Mandarin Oranges & Milk	Chicken Parmesan Pasta Bake, Butter Peas, Pineapple & Milk	Veggie Straws & Craisins
Tuesday, 2/18	Oatmeal, Blueberries & Milk	Brunch For Lunch: Pancakes, Turkey Sausage, Pears & Milk	Yogurt & Graham Crackers
Wednesday, 2/19	French Toast, Banana & Milk	Chicken Lo Mein w/ Peas & Carrots, Peaches & Milk	Whole Wheat Crackers & Sliced Cheese
Thursday, 2/20	Cheese Biscuit, Applesauce & Milk	Hamburger Sliders, Tater Tots, Mandarin Oranges & Milk	Rice Cereal & Craisins
Friday, 2/21	Blueberry Muffin, Pineapple & Milk	Chicken Divan w/ Broccoli, Pears & Milk	Fresh Fruit & Goldfish
Monday, 2/24	Cinnamon Raisin Biscuit, Peaches & Milk	Whole Wheat Cheese Quesadilla, Green Beans, Mandarin Oranges & Milk	Graham Crackers & Applesauce
Tuesday, 2/25	Cheese Grits, Pineapple & Milk	Whole Wheat Chicken Spaghetti, Butter Peas, Pears & Milk	Veggie Straws & Craisins
Wednesday, 2/26	Pancakes, Mandarin Oranges & Milk	Cheese Tortellini, Broccoli, Pineapple & Milk	Yogurt & Pretzels
Thursday, 2/27	Applesauce Muffins, Banana & Milk	Chicken Sliders, Baked Sweet Potato Fries, Pears & Milk	Whole Wheat Crackers & Sliced Cheese
Friday, 2/28	Oatmeal, Blueberries & Milk	Pot Roast, Peas & Carrots, Mandarin Oranges & Milk	Goldfish & Craisins



February 2020

## Happy Valentine's Day

### A Pocketful of Hearts



Please join us in our celebration of Valentine's Day with your wonderful children and their amazing teachers! "Give a Heart Week" will be **February 10th to 14th**. We will have heart cut-outs available at the front desk for you to write a special message to the staff. The hearts will be proudly displayed in the front lobby. This is always a very special gift to our teachers, administrative staff and our wonderful cooks!

All classrooms will enjoy a Valentine's Day party on February 14th at 3:00 p.m. and we encourage them to come to school wearing Valentine colors that day. The children will exchange Valentine's Day cards in each of the Infant 2—K4 classrooms. Your child's teacher will provide more information about the Valentine's Day celebrations closer to time. Be on the lookout for the sign-up sheet on the classroom door.

### A Visit to the Dentist

February is National Children's Dental Health Month. This month-long national health observance brings together thousands of dedicated dental professionals, healthcare providers, and educators to promote the benefits of good oral health to children, their caregivers, teachers and many others.

The children will learn the difference between healthy and unhealthy teeth, what a cavity is and how to properly brush their teeth. They will even get to paint with toothbrushes!

It is recommended that a child's first dental check up should be around the age of one. A check-up every six months is recommended in order to prevent cavities and other dental problems.

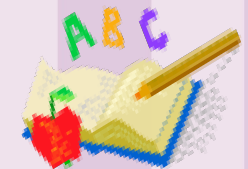
This month our children will get a special visit from Tallahassee Pediatric Dentistry!

**Growing Room Welaunee: Tuesday, February 4th**

**Growing Room Bradfordville: Wednesday, February 5th**

**Growing Room Metropolitan: Thursday, February 6th**

### Registration for the 2020-2021 School Year



The Enrollment Agreement for the 2020-2021 school year went home on January 27th. Please be sure to fill out the forms and return them to the front desk no later than February 24th. The non-refundable registration fee is due at the time you turn in your Enrollment Agreement. The non-refundable supply fee can be split into two installments for your convenience with final payment being due June 12th.

We are looking forward to spending another fun filled year with your family!



"Growing Room Tallahassee"

www.GrowingRoomChildCare.com



www.pinterest.com/grtally



@growingroomtlh

Licenses: C02LE0507, C02LE0518, C02LE0578

## Making a Difference Employee for February

Growing Room Welaunee  
Jamisha Collins  
K4A Para Pro

Ms. Jamisha Collins has been a part of the Growing Room family since April 2017. Her fun and dynamic spirit adds such a wonderful energy to the classroom. Ms. Jamisha can always be found engaged in hands on learning with the children. Her creativity and passion for learning are a great asset to the classroom and our school!

Thank you Ms. Jamisha  
for  
Making a Difference!

Growing Room Bradfordville  
Sadie Stevens  
Infant 2 Para Pro

Ms. Sadie Stevens became a part of the Growing Room Bradfordville family in November 2019. She has a bubbly and loving personality that makes it feel like she has been a part of Growing Room for years. Ms. Sadie is always willing to step up and help whenever she is needed!

Thank you Ms. Sadie  
for  
Making a Difference!

Growing Room Metropolitan  
Arleena Jones  
Floater

Ms. Arleena Jones joined Growing Room Metropolitan in July 2019. She is always willing to help with any task presented to her. Ms. Arleena has such a thoughtful and quiet demeanor about her. She is always a team player and especially loves spending her time with the babies.

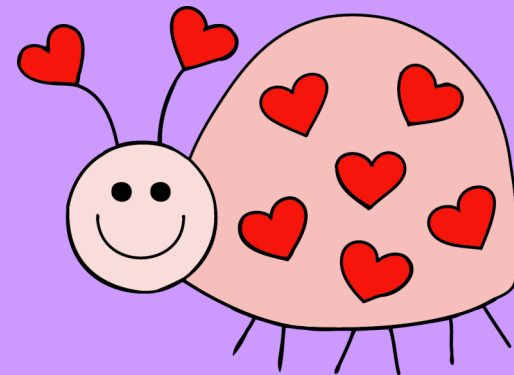
Thank you Ms. Arleena  
for  
Making a Difference!

### Character Education Topic for February BEING A FRIEND

Your child will learn about being a friend through the use of 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



## Helpful Parent Reminders

February 4.....Dentist Visit– Welaunee, 9:30 am  
 February 5.....Dentist Visit– Bradfordville, 9:30 am  
 February 6.....Dentist Visit– Metropolitan, 9:30 am  
 February 7.....Spirit Day Friday  
 February 10-14.....Parent Reading Week  
 February 10-14.....Give a Heart Week  
 February 14.....Come to School Wearing Valentine Colors  
 February 14.....Valentine's Day Parties, 3:00 p.m.  
 February 17.....LCS Closed– No VPK Only  
 February 21.....Spirit Day Friday  
 February 27.....Come to School Dressed as an Alien  
 February 28.....Spirit Day Friday

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

# Growing Room Travels Around the World

Thank you to everyone who came out to Growing Room Travels Around the World! The food was delicious and we had a great night. A big thank you to our staff for all the hard work they put into making the night a success and to all our families who brought food to share. We are already looking forward to next year!



The potential is there! Just add water!

INFANT \* CHILD \* ADULT  
**SWIM LESSONS**  
 SIGN UP NOW! SPOTS ARE LIMITED!  
 May 11 - August 30  
 The Club at Killlearn Lakes Pool  
 8050 Deerlake East, Tallahassee, Florida 32312  
 Call/Text (850) 228-7451 E-mail TheClubatKL@gmail.com

<b>5 SESSIONS</b> 30 Minutes Each Age 6 Months+ All Skill Levels	<b>FRANK BRADLEY</b> Owner & Lead Instructor 20+ Years Experience CPR Certified	<b>\$185</b> Private Lessons 41 Semi-Private Available Upon Request
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FAMILY OWNED & OPERATED

