



September Menu

*Items in green are vegetarian meals.

	Breakfast	Lunch	3:30 Snack
Monday, Sept. 2	CLOSED	LABOR DAY	CLOSED
Tuesday, Sept. 3	Peach Yogurt Parfait & Milk	Chicken Divan w/ Broccoli, Pineapples & Milk	Animal Crackers & Vanilla Pudding
Wednesday, Sept. 4	Rice Crispies, Pears & Milk	Brown Gravy Meatballs w/ Mashed Potatoes, Lima Beans, Pineapple & Milk	Strawberry Go-Gurt & Goldfish
Thursday, Sept. 5	French Toast, Sausage, Applesauce & Milk	Macaroni & Cheese, Green Beans, Mandarin Oranges & Milk	Whole Wheat Crackers & Pepperoni
Friday, Sept. 6	Yogurt, Banana & Milk	Turkey & Cheese Sliders, Tater Tots, Peaches & Milk	Graham Crackers & Craisins
Monday, Sept. 9	Pancakes, Mandarin Oranges & Milk	Spaghetti w/ Meat Sauce, Green Beans, Pears & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, Sept. 10	Blueberry Yogurt Parfait & Milk	BBQ Turkey Sliders, Mashed Potatoes, Pineapple & Milk	Vanilla Wafers & Banana Pudding
Wednesday, Sept. 11	Cheerios, Mandarin Oranges & Milk	Chicken Spaghetti, Purple Hull Peas, Peaches & Milk	Strawberry Go-Gurt & Goldfish
Thursday, Sept. 12	Waffles, Sausage, Applesauce & Milk	Cheese Tortellini, Lima Beans, Pears & Milk	Whole Wheat Crackers & Pepperoni
Friday, Sept. 13	Peach Yogurt Parfait & Milk	Ham & Cheese Sliders, Roasted Potatoes, Banana & Milk	Veggie Straws & Raisins
Monday, Sept. 16	French Toast, Pineapple & Milk	Chicken & Broccoli Alfredo, Pears & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, Sept. 17	Blueberry Yogurt Parfait & Milk	Ground Turkey Tacos, Black Beans, Mandarin Oranges & Milk	Animal Crackers & Vanilla Pudding
Wednesday, Sept. 18	Rice Crispies, Peaches & Milk	Spaghetti w/ Meatballs, Green Beans, Pineapple & Milk	Strawberry Go-Gurt & Goldfish
Thursday, Sept. 19	Pancakes, Sausage, Applesauce & Milk	Veggie Fried Rice w/ Peas & Carrots, Pears & Milk	Whole Wheat Crackers & Pepperoni
Friday, Sept. 20	Yogurt, Banana & Milk	Turkey & Cheese Sliders, Tater Tots, Mandarin Oranges & Milk	Graham Crackers & Craisins
Monday, Sept. 23	Waffles, Pineapple & Milk	BBQ Chicken w/ Brown Rice, Lima Beans, Pears & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, Sept. 24	Peach Yogurt Parfait & Milk	Sloppy Joe Sliders, Mashed Potatoes, Mandarin Oranges & Milk	Vanilla Wafers and Banana Pudding
Wednesday, Sept. 25	Cheerios, Pineapple & Milk	Chicken & Yellow Rice w/ Black Beans, Pears & Milk	Strawberry Go-Gurt & Goldfish
Thursday, Sept. 26	French Toast, Sausage, Applesauce & Milk	Broccoli Alfredo, Peaches & Milk	Whole Wheat Crackers & Pepperoni
Friday, Sept. 27	Blueberry Yogurt Parfait & Milk	Ham & Cheese Sliders, Sweet Potato Fries, Banana & Milk	Veggie Straws & Raisins
Monday, Sept. 30	Pancakes, Mandarin Oranges & Milk	Brown Gravy Meatballs w/ Brown Rice, Lima Beans, Pears & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, Oct. 1	Peach Yogurt Parfait & Milk	Cheeseburger Macaroni, Green Beans, Pineapple & Milk	Animal Crackers & Chocolate Pudding
Wednesday, Oct. 2	Rice Crispies, Mandarin Oranges & Milk	Ground Turkey Tacos, Black Beans, Pears & Milk	Strawberry Go-Gurt & Goldfish



Growing Room News

Loving and Learning The Growing Room Way.

September 2024

Growing Room Centers will be Closed on Monday, September 2nd in Observance of Labor 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 and 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.

Each day of our lives, we make deposits in the memory banks of our children.
~ Charles R. Swindoll


Growing Room Spirit Day is every Friday! Come to school wearing green and purple or your Growing Room t-shirt.

September Parent Reminders

2nd.....Labor Day - All Centers Closed
 6th.....All About My Grandparent's Show & Tell
 6th.....Grandparent's Day Tea Party 10 am
 26th.....Apple Tasting Party

 Sign Up to Bring in a Treat Made with Apples 

Fall Photo Weeks with Amber Brogdon Photography

 Growing Room Welaunee: September 16-20
 Growing Room Bradfordville: September 23-27
 Growing Room Metropolitan: September 30-October 4



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- Infant 1A
 Growing Room Bradfordville- K2A
 Growing Room Metropolitan- Infant 1A

September Character Education Be Kind and Polite

This is one of most important Character Education months. It will set the stage for the rest of your child's life. Teaching manners gives children a life filled with greater appreciation for themselves and others when they grow up with appropriate manners and respect for themselves and those around them. This all begins with the basics of teaching children to be kind and polite.

Some very important words we will teach the children are "I'm Sorry, You're Welcome, Excuse Me, Thank You, and Please."

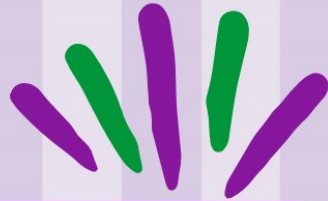
Your child will learn the importance of being kind and polite through the use of Character Education books, Character Critters, teacher role modeling, positive reinforcement, and small and large group activities.



Making a Difference Employee For September

<p>Growing Room Welaunee Ms. Ruth Solis Infant 1B Para Pro</p> <p>Ms. Ruth joined our Growing Room Family in April 2024. You can find Ms. Ruth loving and caring for all the babies in 1B. She is willing to help out all over the school with a smiling face and open arms. In her short time here, Ms. Ruth continues to learn and train to be the best in all areas of the center. We are so happy she is part of our infant team. Thank you for all that you do Ms. Ruth.</p>	<p>Growing Room Bradfordville Ms. Yarely Perez Infant 1A Para Pro</p> <p>Ms. Yarely became part of the Growing Room Bradfordville team in December 2023. She is always snuggling with the babies in her class. Ms. Yarely can be found painting tiny toes, engaging in tummy time, and cheering each baby on as they reach new milestones! She always has a smile on her face and loves every baby as her own. We are so grateful she is part of our Growing Room Infant team.</p>	<p>Growing Room Metropolitan Ms. Carolyn Veal K2B Para Pro</p> <p>Ms. Carolyn has been with Growing Room Metropolitan since June 2024. She always walks in with a smile and is ready for whatever the day may bring. Ms. Carolyn is always coming up with fun new ways for the children to learn. She makes sure everyone has what they need to be successful. Ms. Carolyn has been the perfect addition to our VPK team and we are so glad she is here!</p>
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We appreciate all you do for our Growing Room Families!



Back-and-Forth Conversations Promote Vital Brain Growth

Preschoolers who engage in frequent conversations with their parents not only have better language skills but also develop the brain power needed for school success. Back-and-forth conversations build brain pathways, which, in turn, boost children's ability to think and learn.

- To strengthen your preschooler's brain power:
- Discuss everything you do together throughout the day. Describe your actions and feelings. Encourage your child to do the same.
 - Follow her lead. Talk and play with your child as long as she shows interest. Focus on the words and objects that she's focusing on at the moment.
 - Ask open-ended questions, such as, "Why do you like playing with your stuffed animals?" Give your child plenty of time to respond.
 - Be an active listener. When your child speaks, stop what you're doing and pay attention.
 - Speak clearly and use correct grammar. Don't use baby talk.
 - Seek guidance. Talk to her pediatrician if you have any concerns or questions about your child's language development.