

March Menu

*Items in green are vegetarian meals.

	Breakfast	Lunch	3:30 Snack
Monday, March 3	Waffles, Mandarin Oranges & Milk	BBQ Chicken Sliders, Mashed Potatoes, Pears & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, March 4	Blueberry Yogurt Parfait & Milk	Chicken Spaghetti, Purple Hull Peas, Mandarin Oranges & Milk	Vanilla Wafers & Banana Pudding
Wednesday, March 5	Cheerios, Pineapple & Milk	Chicken w/ Yellow Rice & Black Beans, Peaches & Milk	Strawberry Go-Gurt & Goldfish
Thursday, March 6	Pancakes, Sausage, Applesauce & Milk	Cheddar Broccoli Rice Casserole, Pears & Milk	Whole Wheat Crackers & Pepperoni
Friday, March 7	Yogurt, Banana & Milk	Chicken Nuggets, Tater Tots, Pineapple & Milk	Veggie Straws & Raisins
Monday, March 10	Pancakes, Mandarin Oranges & Milk	Spaghetti w/ Meat Sauce, Green Beans, Pears & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, March 11	Peach Yogurt Parfait & Milk	Ground Turkey Tacos, Black Beans, Pineapple & Milk	Animal Crackers & Chocolate Pudding
Wednesday, March 12	Rice Crispies, Mandarin Oranges & Milk	Brown Gravy Meatballs, Mashed Potatoes, Pears & Milk	Strawberry Go-Gurt & Goldfish
Thursday, March 13	Waffles, Sausage, Applesauce & Milk	Broccoli Alfredo, Pineapple & Milk	Whole Wheat Crackers & Pepperoni
Friday, March 14	Blueberry Yogurt Parfait & Milk	Ham & Cheese Sliders, Veggie Straws, Banana & Milk	Graham Crackers & Craisins
Monday, March 17	Waffles, Mandarin Oranges & Milk	Spaghetti w/ Meatballs, Green Beans, Pears & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, March 18	Peach Yogurt Parfait & Milk	Chicken Divan w/ Broccoli, Pineapple & Milk	Vanilla Wafers & Banana Pudding
Wednesday, March 19	Cheerios, Peaches & Milk	Sloppy Joe Sliders, Mashed Potatoes, Mandarin Oranges & Milk	Strawberry Go-Gurt & Goldfish
Thursday, March 20	Pancakes, Sausage, Applesauce & Milk	Cheese Tortellini, Lima Beans, Pears & Milk	Whole Wheat Crackers & Pepperoni
Friday, March 21	Yogurt, Banana & Milk	Chicken Nuggets, Tater Tots, Pineapple & Milk	Veggie Straws & Raisins
Monday, March 24	Pancakes, Mandarin Oranges & Milk	Ground Turkey Tacos, Black Beans, Pears & Milk	Whole Wheat Crackers & Sliced Cheese
Tuesday, March 25	Blueberry Yogurt Parfait & Milk	Chicken Broccoli Alfredo, Pineapple & Milk	Animal Crackers & Vanilla Pudding
Wednesday, March 26	Rice Crispies, Peaches & Milk	BBQ Chicken w/ Brown Rice, Lima Beans, Mandarin Oranges & Milk	Strawberry Go-Gurt & Goldfish
Thursday, March 27	Waffles, Sausage, Applesauce & Milk	Macaroni & Cheese, Green Beans, Pears & Milk	Whole Wheat Crackers & Pepperoni
Friday, March 28	Peach Yogurt Parfait & Milk	Ham & Cheese Sliders, Roasted Potatoes, Banana & Milk	Graham Crackers & Craisins
Monday, March 31	Waffles, Pineapple & Milk	Brown Gravy Meatballs w/ Brown Rice, Lima Beans & Pears	Whole Wheat Crackers & Sliced Cheese
Tuesday, April 1	Blueberry Yogurt Parfait & Milk	Spaghetti w/ Meat Sauce, Green Beans, Mandarin Oranges & Milk	Vanilla Wafers & Banana Pudding



Growing Room News

Loving and Learning The Growing Room Way.

March 2025



Empowering Children Through Choice

Offering children choices is one of the most effective parenting strategies you can implement. The purpose of giving children choices is not only to help them practice decision-making but also to give them a sense of control over their own lives. By offering choices, you're encouraging independence, building their decision-making skills, and fostering respect. It also gives children limited control, which empowers them and supports language development. If we always make decisions for them when they're young, how can we expect them to know how to make their own choices when they grow older and we're not around?

Benefits of Giving Children Choices:

- Fosters independence by allowing children to feel capable of making decisions.
- Promotes decision-making skills by providing opportunities to choose and experience the outcomes.
- Shows respect by acknowledging their ability to think and decide for themselves.
- Empowers children by giving them control over their actions, which helps build confidence.
- Supports language development as children practice expressing their preferences and reasoning.

Helpful Tips for Parents:

- Offer limited choices. For young children, or any child who may feel overwhelmed by too many options, presenting two simple choices works best, such as "Would you like to wear the red shirt or the blue shirt?"
- Gradually increase complexity. As children grow, you can offer more complex choices that help them build their decision-making skills, such as allowing them to choose between two activities or two snack options.
- Use choices to help with self-regulation. Giving children choices can also guide them in learning how to manage themselves. For example, "You can either finish your homework now or after dinner, but it needs to be done before bedtime."
- Teach consequences. Choices can be linked to understanding consequences, such as, "If you choose to play outside, you might get dirty, but if you stay inside, you can stay clean."
- Empathy enhances effectiveness. Pairing choices with empathy is key. For example, "I can see you're upset. Would you like to take a break and play with your toys, or would you like to talk about what's bothering you?" This validates their feelings while offering a sense of control.

By offering choices in a thoughtful way, we help children become more confident in their ability to make decisions and understand their consequences.



March Parent Reminders

4th: MARDI GRAS PARADE, 10 AM

7th: DRESS LIKE YOUR FAVORITE STORYBOOK CHARACTER AND BRING THE BOOK TOO

13th: DRESS LIKE YOUR FAVORITE COMMUNITY HELPER

19th: WEAR HOT PINK

21st: WEAR CRAZY SOCKS AND/OR BLUE & YELLOW

25th: DRESS LIKE SOMETHING FROM OUTER SPACE

Spring Photos with Amber Brogdon Photography

Welaunee: March 24th-March 28th

Bradfordville: March 31st-April 4th

Metropolitan: April 7th-11th



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 2

Growing Room Bradfordville- K2B

Growing Room Metropolitan- K2B



Making A Difference Employee For March

Growing Room Welaunee
Ms. Jasmine Odom
K2B Para Pro

Ms. Jasmine has been with the Growing Room Welaunee family since May 2024. She welcomes all of the children with a smile and open arms. Ms. Jasmine is a creative and artistic teacher who can be found singing, dancing, and doing art. We love seeing Ms. Jasmine's smile around the school and appreciate everything she does. We are glad Ms. Jasmine has become part of the Growing Welaunee team.

Growing Room Bradfordville
Ms. Ledjia Legros
K2B Para Pro

Ms. Lee-Lee joined the Growing Room Bradfordville team in January 2025. You can always find her completing art projects, playing on the playground, or playing in centers with the children. She celebrates the little accomplishments and the big ones alike. Ms. Lee-Lee always has a smile on her face and shows love to each child she spends time with each day. We are so grateful she is part of the Growing Room team.

Growing Room Metropolitan
Ms. Tori Staller
K3A Para Pro

Growing Room Metropolitan welcomed Ms. Tori in August 2024. She jumped right in like she has been here for years. Ms. Tori is always ready for what the day may bring. She does a great job keeping the children engaged and loving on those that may need some extra snuggles throughout the day. We are so happy Ms. Tori is part of the team and can't wait to see what the future holds for her at Growing Room!

We appreciate all you do for our Growing Room Families!



"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart."
Helen Keller

World Down Syndrome Awareness Day

Please join us in celebrating World Down Syndrome Awareness Day on Friday, March 21st! We will be rocking our crazy socks and/or blue & yellow to help raise awareness of what Down Syndrome is, what it means to have Down Syndrome, and how people with Down Syndrome play a vital role in our lives and communities.



March Character Education Be Helpful & Do Your Best

Your children will be empowered to grow through a dynamic approach that includes Character Education Books, interactive Character Critters, teacher modeling, and a focus on positive reinforcement. This well-rounded approach helps foster personal development and life skills in an enjoyable and meaningful way.

As part of their journey, children will learn:

- To always give their best effort in everything they do, understanding that striving for excellence leads to success.
- The importance of persistence, learning to keep trying even when tasks are challenging, and embracing mistakes as opportunities for growth.
- To take pride in their actions and accomplishments, building self-confidence and encouraging them to engage in tasks that they can feel proud of.
- To approach each task with dedication and commitment, understanding that quality and effort matter more than perfection.
- The value of kindness and generosity, learning how to be helpful to others, whether it's lending a hand to friends or supporting family members.
- Practical ways they can contribute to their community, fostering empathy and social responsibility by identifying opportunities to help those around them.

By reinforcing these important values and life skills, the children will not only develop strong character but also gain the tools to navigate the world with confidence, compassion, and a growth mindset.