

## Let's Move!



We are happy to announce that we are taking part in the *Let's Move!* Child Care Campaign, a program

developed by First Lady Michelle Obama to solve the epidemic of childhood obesity within a generation. The five goals of the *Let's Move!* Child Care Campaign are in the following areas:

- 1. Physical Activity** – 1-2 hours of physical activity throughout the day, including outside play when possible.
- 2. Screen Time** – No screen time for children under age 2. For 2 and up, aim for limiting to 30 minutes per week during child care. Aim for no more than 1-2 hours a day of quality screen time at home.
- 3. Food** – Serve fruit or vegetables at every meal, eat family-style whenever possible, and don't serve fried foods.
- 4. Beverages** – Provide access to water during meals and throughout the day, and avoid sugar-sweetened drinks. For children, age 2 and older, serve 1% or nonfat milk, and no more than one serving of 100% juice per day.
- 5. Infant Feeding** – Support all new parents' decisions about infant feeding, including welcoming mothers who want to breastfeed during the day, and assisting them in providing their milk to their infants.

If you have been with us for awhile, you know that we already embrace most of the essentials in this campaign. We are registered and we are working with the campaign on total implementation. We have made a few revisions to our menus and are working to spread the word to our community.



## Calendar

<b>May 17</b>	Kindergarten Graduation at Pine Hills Church
<b>May 22</b>	Spring Program at Carroll High School
<b>May 28</b>	Memorial Day — Closed
<b>May 29</b>	Summer Day Camp Begins

## Let's Get Social

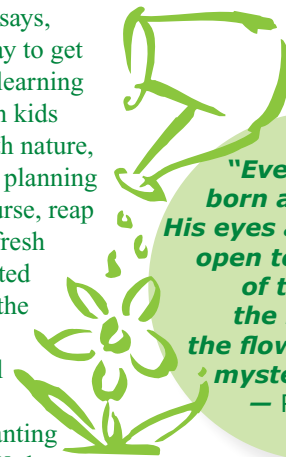


Our family-focused Facebook page and a revamped website are coming in May! Both will allow our families to learn more about our focus on child development. In addition, we can learn more about your needs and how we can better serve you.

Help us understand your family's needs by connecting through Facebook – whether you have a sleep tip to share, or question to ask. We will use both resources to build deeper relationships, reinforce early childhood learning tools/tips/resources, and promote events. Now we will be better connected. Look for our Facebook icon coming in May.

## How Does Your Garden Grow?

This month's newsletter says, "Gardening is a great way to get kids digging in the dirt, learning how things grow...When kids garden, they connect with nature, get exercise, learn about planning and patience, and, of course, reap the benefits of growing fresh and tasty food." We created garden space outside of the playground last spring because we believe in all of those things. Your children will soon be planting their gardens this year. We hope you enjoy the Pine Hills Learning Place garden with your children as you watch our garden grow.



*"Every child is born a naturalist. His eyes are, by nature, open to the glories of the stars, the beauty of the flowers, and the mystery of life."  
— R. Search*

## Bev's Corner

I was fortunate to spend time in Fort Wayne in early April. I am pleased with the way the building is looking. We will continue our quest to make every space a place of beauty. During the third week of April, we installed a new computer system. We made the decision to replace the check-in computer with the Pro-Care Touch, including a biometric ID pad. We believe it is another step in making Pine Hills Learning Place a safe and secure place for your children.