



NOVEMBER 2017



Message from the Director

Dear KFG Families,

On Wednesday, December 6th from 5:00-6:00pm, MCCA KFG will be hosting a parent meeting on Kindergarten Readiness. This workshop is geared toward all preschool families who would like to learn more about our play-based curriculum, and how it helps to prepare children for entering kindergarten.

Due to space limitations, we can only accommodate approximately 40 people per session. We are asking families to register to attend the workshop. Registrations will be taken on a first-come, first-serve basis for the December 6th workshop. If there are more than 40 people who wish to attend, we will schedule another session later in the month.

To register for this upcoming parent workshop, please complete the form attached in the email. Registrations are due to Kathryn by Friday November 17th.

Kathryn

What's New

COOKING WITH YOUR CHILDREN

As we enter into the Thanksgiving season, many homes will be filled with smells of delicious foods and treats. Food and cooking traditions are an integral part of many holidays and the time families spend together.

Cooking is also an important part of our program. When children cook, they have opportunities to learn about nutrition, to be creative, and to prepare their own healthy snacks. Cooking teaches a lot of academic skills, too. When children learn to follow picture recipe cards, they develop skills for reading and writing. Measuring ingredients gives them a lesson in math. Whipping egg whites and melting cheese are lessons in science. When children cook, we talk a lot about what they are doing and why. They are scientists, observing what happens to flour when they add water to it and predicting how high we should fill a muffin tin so the batter doesn't overflow.

Cooking is a very special part of our program. It is one of the few activities children get to do that is also done by adults. In their dramatic play, children pretend to be grown-ups who make and serve meals. They also read books and sing songs about food, but while cooking, children can actually behave as grown-ups.

What you can Do at Home

Cooking is already a part of your home life, and involving your child does not have to be difficult. Including your child may take extra time, and there may be more of a mess than when you cook alone, but there are many rewards. Your child will be learning literacy, math, and science skills by helping you. In addition, cooking sets the stage for lifelong healthy eating habits. When children help prepare their meals, they tend to eat better. Start your child on simple tasks like stirring batter, squeezing lemons, adding spices, or shaping meatballs. Discuss what you are doing together while cooking. Ask questions like these:

- "What happened to the butter when we heated it?"
- "How should we get the flour into this cup?"
- Did we get all the juice out of that lemon? Let's push down on the lemon together and see what happens."

The beauty of cooking with children is that they learn skills and have fun at the same time that you are attending to a household task. What could be better than that?



Important Reminders

DAYLIGHTS SAVINGS

Daylights Savings time ends on Sunday November 5th. Don't forget to move your clocks back one hour!

PARKING LOT REMINDER

As a friendly reminder, the lower parking lot located at our entrance is for staff only. For dropping off and picking up your child, please use street parking. The right side of the street (coming from Forest Glen) is free parking where no permit is needed. Walking through this parking lot is also prohibited for safety reasons. Please use the sidewalk when walking to the entrance.

BUILDING SECURITY

For the safety and security of the building, please do not allow children to enter in the key codes or say them out loud. Key codes should only be entered in by adults. This will also help maintain the keypad locks.

LATE NIGHT ROOM

As a reminder, we offer a late night room option from 6:00-6:30pm for an additional fee. This is a monthly fee and can be useful for families who need care after 6pm. Contact Jeannette at Jeannette.Wilson@mccaedu.org to register.

Upcoming Dates

November 23rd and November 24th: MCCA Closed for Thanksgiving Holiday

Suggested Resources and Reading

<http://www.kids-cooking-activities.com/kids-Thanksgiving-recipes.html>

<http://www.education.com/activity/preschool/recipes/>