



Bonnie Academy

534 W. Glenoaks Blvd.
Glendale, CA

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Bonnie Academy Newsletter

Message from Joyce

Dear Parents

POSITIVES versus NEGATIVES

Summer is over much too soon and it is back to school for our children. As they start the new school year they will face some negatives and some positives. The problem is that those negatives are contagious. They affect your moods. Children are easily influenced by the moods of the adults in their lives. Even if they don't know for sure what is happening, they can "sense" the negative mood, and it is confusing and upsetting to them. The good news is that children are also affected by positive moods. When you are positive your joy and positive attitude is contagious. Strive to be positive. Give your child/children the entire positive attitude you can. The more positive your mood, the more positive your child/children will become.

Children react to your actions and emotions. Your attitudes are more contagious than flu.

Experience can make transition a bit easier, but even with experience, change can still be stressful. Patience and understanding on the part of parents and teachers will help children learn how to approach new situations with confidence, a skill that will help them make successful transitions all through life.

Tips to Help Children to the new School Year

Back to school time often means changes for children and families: the first day of preschool or kindergarten; new childcare settings; new classrooms and new teachers. Making smooth transactions between home, programs and schools can help children feel good about them and teach them to trust other adults and children. Helping children adapt to new situations can ease parents' minds and give them a chance to become involved in their children's education. Transitions are exciting opportunities for children to learn and grow. Parents and early childhood professionals share a role in making children feel safe and secure as they move to new educational settings. Of course, such milestones in children's lives can cause anxiety, too. Strengthening the ties between programs and families will help create smooth transitions for adults and children both.

How Parents Can Help:

1. Be enthusiastic about the upcoming change. If you are excited and confident, your child will be, too.
2. Prepare yourself. Take note of how your child reacts to separation. If possible, visit the new setting with your child. Introduce your child to the new teacher or early childhood professional in advance.
3. Arrange a play date with another child from the program, preferably one-on-one, so that your child will see a familiar face when he / she walk in.
4. Start daily routines that will add to continuity. Let your child become involved with packing lunch or laying out clothes. Also, begin an earlier bedtime several weeks before.
5. Put aside extra time, particularly on the first day, for chatting and commuting together. But remember not to prolong the good bye. If the child whines or clings, staying will only make it harder.
6. Always say good bye to your child. Be firm, but friendly about separating. Never ridicule a child for crying. Instead, make supportive statements like, "it's hard to say good bye."
7. At the end of the work day, put aside your concerns and focus on being a parent.

Welcome & Calendar of Events

Welcome to 2011 -2012 Academic year. As you might already know we are starting our academic program on September 6. At Bonnie Academy we are working hard to prepare our facility, the teaching staff and the curriculum ready for the new academic year. We have made a few changes to our program. You will be invited to attend "Back to School Night" event on September 21, 2011, during the course of the meeting we will go over the changes and give you all the information you might need for this year.

The following are important dates:

- ❖ Staff Development Day September 2, 2011
School is closed @ 12:00 noon
- ❖ Labor Day September 5, 2011 School Closed
- ❖ Academic program begins September 6, 2011
- ❖ Picture day September 20, 2011
- ❖ "Back to School Night" September 21, 2011
- ❖ Have lunch with your child Ms. Silvia's and Ms. Jasmine's classes October 12, 2011
- ❖ Pizza Night Fundraiser October 18, 2010
- ❖ Have lunch with your child Ms. Allie's class October 20, 2011
- ❖ Halloween Party October 31, 2011
- ❖ Have lunch with your child Ms. Ana's class November 8, 2011
- ❖ Picture day November 15, 2011
- ❖ Hop for Leukemia November 22, 2011
- ❖ Thanksgiving Lunch (provided by Bonnie Academy Staff) November 22, 2011
- ❖ School Closed on November 24 and 25 for Thanksgiving Holiday

Nutrition

Snacks are important part of a growing child's diet. Healthy snacks give children extra calorie and nutrients between meals. Skip a pre-packaged snack food and have some fun with your child. Here are lists of healthy snack ideas that are easy to make and kids can help with!

- ✓ Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
- ✓ Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins.
- ✓ Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
- ✓ Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
- ✓ Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
- ✓ Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.
- ✓ Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
- ✓ Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.
- ✓ Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.
- ✓ Spread peanut butter on apple slices.
- ✓ Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.
- ✓ Toss dried cranberries and chopped walnuts in instant oatmeal.
- ✓ Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
- ✓ Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
- ✓ Banana Split: Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.
- ✓ Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
- ✓ Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
- ✓ Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.
- ✓ Inside-Out Sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
- ✓ Parfait: Layer vanilla yogurt and mandarin oranges or blueberries

Autumn Cooking with your Kids

It is autumn time and the season when the leaves are changing colors, pumpkin patches abound and kids are gearing up for Halloween trick or treating. It is a busy time of year and a start of new beginnings for most kids. It is also a great time to get kids involved in the kitchen and cooking. For in autumn time apples, garden harvesting and pumpkins are readily available. Try some of these autumn time recipes and cooking activities with your kids and celebrate the season.

Chunky Applesauce in the crock pot

6 medium apples

1/3 Cup water

½ Cup sugar

¾ teaspoon cinnamon

Have adult peel and cut apples in chunks. Place in crock pot. Child can add water, sugar, and cinnamon to apples and stir together. Cover and cook on low 8 hours.

Squash Centerpiece

Pick a butternut squash that is free of blemishes. If it doesn't stand upright on its own slice off some of the bottom so it is flat. Cut off the top of the squash and hollow out seeds and insides. (as you would a pumpkin) Cut out any excess flesh inside. Place on a small saucer or plate. Use your squash vase for flowers and decorate your autumn table.

Pear and nut pizzas

pizza crust

chopped pears

chopped nuts

brown sugar

nutmeg

vanilla yogurt

Bake pizza crust until golden brown. Layer pears and nuts over top of pizza and sprinkle with brown sugar and nutmeg. Bake at 350 degrees for 10 minutes or until sugar is melted. Serve a slice of pizza with a scoop of vanilla yogurt on the side.

Flavored Roasted Pumpkin Seeds

Fresh Pumpkin seeds out of hollowed out pumpkin

1 teaspoon Worcestershire sauce

1 tablespoon vegetable oil

1 teaspoon seasoning salt

Clean pumpkin seeds with water and pat dry. Mix ingredients together and toss pumpkin seeds to coat evenly. Place on a cookie sheet in an even layer and bake at 250 degrees for 1 hour or until seeds are browned. Stir once or twice during cooking time.

Helping your child understand where and how fruits and vegetables are grown can help peak their interest in eating healthy. Cont. next column

Cont.

Cooking is a great opportunity to teach kids these skills that will last them a lifetime and build memories to pass on to their own children.

Fall Books

- **The Pumpkin Patch by Elizabeth King**
ISBN: 014055968X
- **The Little Scarecrow Boy by Margaret Wise Brown** ISBN: 0060262842
- **Corn Is Maize**
by Aliko ISBN: 0064450260
- **Picking Apples And Pumpkins**
by Amy Hutchings ISBN: 0590484567
- **How Do Apples Grow?**
by Betsy Maestro ISBN: 0064451178
- **The Lonely Scarecrow**
by Tim Preston ISBN: 0525460802
- **Why Do Leaves Change Color?**
by Betsy Maestro ISBN: 0064451267
- **Too Many Pumpkins**
by Linda White ISBN: 0823413209
- **The Stranger**
by Chris Van Allsburg ISBN: 0395423317
- **The Autumn Equinox**
by Ellen Jackson ISBN: 0761314423

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www.bonnieacademy.com

Monthly lunch menus are posted on the web page with the Newsletter.