

# Discovery Gardens Families

Visit us at: [www.childcarediscovery.com](http://www.childcarediscovery.com) T: (971) 400-8212

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Dear Parents/Guardians,

I surely hope that all families have been able to get out in the community during the weekends and enjoy your children. Make sure to read my side margarine's to hear more about some of the events going on in your communities.

For this month's newsletter I wanted to make sure to address a few reminders from each site, give thanks to all families, list some recommended community events, as well as healthy nutrition building. We want all parents to work with us to promote healthy meal habits. Your children will be reading books, practicing family style meals with their class, and learning more about the nutritional food groups. If you have any tips or questions regarding "mealtime," please feel free to reach out to myself or the director at your child(s) center.

I would also like to take a quick moment to say Thank You to all of the families who have participated in our Tea Socials last month at the Lombard & Kenton locations. Your input matters to us and we all want to be on the same page, the children are our future; thank you for all of your honest questions, comments, and concerns.

If you have any questions regarding the newsletter, the website, or just a general questions or concern please feel free to contact me directly at:

[destiney@childcarediscovery.com](mailto:destiney@childcarediscovery.com)

Warm regards,

Destiney Clark

Parents Coordinator

Direct Line: (971) 400- 8212

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## Thank you

Thank you to all the families that came out to our Annual Butterfly Release last month. It was such a wonderful turnout. We hope that parents were able to meet some of their child(ren)s classmates and their families, enjoy some of the food, capture lots of photos, view other classroom displays, etc.

**Look out for more fun family events coming your way soon!**

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## Upcoming Events

### July 4

No School-Holiday

### July 5

No School In-Service Day

### August 8

No School In-Service Day

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## Important Announcement

### Summer Time Reminder:

Parents we ask that you remember to send your children to school with an extra change of clothing, sunscreen, sun hats, water bottles, and anything else you feel is summer appropriate. We want to protect their skin & keep the children hydrated while they enjoy the sunshine.

### Big Kid/Summer Program

Parents please remember to send your child with the items listed below daily for water activities.

- Water bottle
- Back pack
- Extra clothes
- Towel
- Anything else you feel your child may need.

**Thank you!**

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## Fun Nutritional Facts:

With your children potentially being home more in the summer now that school is out and your job may be slowing down for the summer. These are a few tips to take into consideration.

Happy Endings-Create a routine for the end of a meal.

- Ask your child to scrape leftovers into the garbage & put his/her plate on the counter
- Help your child wash his/her hands & face over the sink, away from the table
- Limit meals to 20 minutes & snacks to 15 minutes
- If your child doesn't eat within that time, remove the food and clean up
- If he/she refused to eat most of their meal, you can cover their plate & put it in the refrigerator. It can be warmed and served if the child chooses to eat it before the next planned snack or meal
- Finish meals together- DON'T make your child stay at the table after everyone has left; finish with your child.



## Parent Resources

### Vroom Brain Building Moments

Vroom is an app created to turn family routines and moments into educational experiences that boost early learning. This app helps parents and caregivers turn daily routines (bath time, meal time, bed time) and transitions into quick learning educational activities. This app is absolutely free and very easy to navigate, when you begin using the app it will ask you for your child(ren)'s information to set activities Developmentally Appropriate to your child. Please send me feedback and let me know what you think.

### All of July!

**Summer Free for All!** You and your family go out and enjoy some of the free events across the city all throughout the summer, including Movies in the Park, Concerts in the Park, Summer Playgrounds and lunch & much more. There are schedules on website, [portlandoregon.gov/parks/61921](http://portlandoregon.gov/parks/61921)

### Portland Children's Museum

Every first Friday of the month is FREE! It's a great place to enjoy priceless moments & create memories with your child while exploring art and science – and a nice cool environment for the summer!

## More Important News

### Kenton

Toddler families we are sad to say that Devin will soon be leaving our program within the next week. She will be working full time for Chief Joseph Elementary School, we will all miss Devin but wish her luck at her new job.

Come September 2016 the center overall will do a BIG transition. Many of your children will be moving with their classmates to the next classroom. For more information, please contact Ms. Sanita directly.

Lastly, the Wobbler classroom door is being fixed, we ask that you bear with us. You may have to knock and wait for a staff to open the door. But we should be up and going again soon.

### Lombard

Lombard parents, I'm sure that you have all been told a little about Mrs. Netra being in an auto accident. I want to let all parents know that Mrs. Netra is doing much better. The accident surely scared us all, but we are all ecstatic to know that she is doing fine. She is currently recovering, and taking some time to heal but also get away. She will return to work at the end of this month. Furthermore, if you have any questions, comments, or concerns please feel free to contact myself or Sheila directly.

### Columbia Knolls

Columbia Knolls Parents (ONLY), your first **Tea Social** will be held on **Saturday, July 23<sup>rd</sup>, 2016** at our Columbia Knolls location from **10am-12pm**. Ms. Nova and myself will take this time to answer any questions that you parents may have regarding Discovery Gardens Child Care LLC. We have chosen a Saturday date to give parents time to find a sitter outside of DG, because we are **not** able to provide child care for our Tea Social events since they are *optional*. We do also understand that there are families that may need to bring their child

along and that's okay too every situation is unique. We ask that parents that are bringing their children to take into consideration that with there are families that may not, and we would like to make sure to give everyone an equal chance to address any concerns or questions without interruptions. We hope that you & or your spouse will be able to attend. If you have more questions regarding this event contact myself or Ms. Nova directly.

## Contact List

Sheila Watson (Executive Director): [sheilawatson@childcarediscovery.com](mailto:sheilawatson@childcarediscovery.com)

Destiney Clark (Parent Coordinator): [destiney@childcarediscovery.com](mailto:destiney@childcarediscovery.com)

### **Lombard**

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Sonya Noil (Infant Coordinator): [sonya@childcarediscovery.com](mailto:sonya@childcarediscovery.com)

Brittany Roberts (Toddler/Preschool Coordinator): [BrittanyR@childcarediscovery.com](mailto:BrittanyR@childcarediscovery.com)

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### **Kenton**

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### **Columbia Knolls Location:**

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