

May your
pockets be
HEAVY
and your
heart
be light.
May good
luck
pursue you each
morning and night.



Kids R Kids South Fulton



Newsletter

March 2016

Picture Day is March 7th.



Wyning Team: Front Desk Note

Black History Celebration! We truly hope you all enjoyed our week of black history celebrations. All of the children did a spectacular job honoring the heritage of African– Americans past, present and future! Kudos to the teachers for their hard work and the demonstration of their creativity. You all made us very proud!

Tuition Policy:

It is Kids R Kids' Policy that your child's full tuition is due each Monday whether he or she is in attendance. We do not prorate for partial attendance or give free weeks.

Sick Discharge Policy: As a friendly reminder, we ask that your child be kept home with a fever, diarrhea, vomiting or a contagious condition. Also We must send your child home, if he or she has a fever over 100 degrees, if vomiting, has diarrhea or a condition that is known to be contagious. Your child may return to

the center after he or she has been out for the next full school day. In some cases, you may also be required to provide a doctor's note before your child can return to school.

Hand Washing Policy: Parents please remember to take the time to wash your child's hands as a part of your drop-off routine in the morning. This is very important because it will help your child learn to practice safe hygiene at a young age.

March is National Nutrition Month

"Kids who fuel up in the morning focus and concentrate better in the classroom and perform better on math, reading and standardized test

Easy Tips to Remember

Set the alarm 10 minutes early—Dress first, eat second —Make sure you're well stocked.

Dates to Remember:

**Dr. Seuss Birthday—
March 2, 2016**

**Picture Day—
-March 7, 2016**

**Daylight Saving
Time— March 13, 2016**

**St. Patrick's Day—
-March 17, 2016**

**First Day of Spring—
-March 21, 2016**

**Good Friday—
-March 25, 2016**

**Easter—
—March 27, 2016**

Spring is in the air.....

Don't forget to move
your clock 1 hour ahead

Sunday, March 13th.

Did You Know that.....

March the 2nd is Dr. Seuss birthday????? Happy birthday, Dr. Seuss! Theodor Seuss Geisel (yes, that's his real name) was born today in 1904. His timeless books were celebrated not only for their inventiveness, but for the messages that they bestowed upon their readers. Dr. Seuss had a lot to say about the world and this would be the perfect time to (for those of you who have not already) introduce him to your child.

Today you are YOU,

That is truer than true

**There is no one alive who
isYouer than YOU!**

—Dr. Seuss





Picture Day is March 7, 2016



**Today you are YOU,
That is truer than true.
There is o one alive who is
Youer than YOU!**

—Dr. Seuss



Eat Healthy and Exercise

March is National Nutrition Month!!!

“Eat Right, Your Way, Every Day!” is the theme of national nutrition month this year. An article on nutrition states that

“ Kids who fuel up in the morning focus and concentrate better in the classroom and perform better on math, reading and standardized tests. They also have fewer behavior problems and are less likely to be tardy.” Some easy tips on making sure breakfast is a part of your day:

- **Set the alarm 10 minutes earlier:** Hectic mornings can make it difficult for kids (and parents) to find time for breakfast. Waking up just a few minutes earlier provides time to squeeze in a quick morning meal.
- **Dress first, eat second:** Kids are

more likely to feel hungry once they've had a chance to wake up.

- **Make sure you're well stocked:** No time to cook? No problem. Quick-fix foods like whole-grain cereal, string cheese, berries, yogurt, and whole-wheat toast, mini bagels and English muffins make grabbing breakfast a cinch.

Excerpts from,
“Breakfast: The Key to Learning” by [Karen Ansel, MS RD](#)

