



My Friends News

Orangevale

QUARTERLY NEWSLETTER
SPRING 2016

We hope you had a splendid holiday/winter season! Here is a little recap of what was going on at our center the last few months.

In December, we had our annual trip to the Alta Regional Santa Day! We had so much fun playing games and meeting Santa. We celebrated the month with weekly themes like The Grinch Who Stole Christmas, Cocoa and Cookies and of course, Frozen. The kids enjoyed singing Christmas carols while making Christmas cookies and cocoa and creating fun winter crafts.

In January, we brought in the New Year with a bang! The kids enjoyed experiments like making fireworks in a jar, celebration playdough, and delicious breadstick dippers for snack. We explored our five senses and enjoyed smelling, tasting, touching, seeing and hearing what the New Year has to offer.

In February, the children spread the love by making Valentine's Day cards for their families and friends, Valentine's Day goody bags, heart shaped brownies, and cards for one another. We exercised our gross motor skills by dancing the mornings and afternoons away with their all-time favorite song the "Cupid Shuffle." We wound down this month with outdoor play and heart shaped animal crafts.

Winter was tons of fun and we can't wait to see what the upcoming months have to offer! Here is a sneak peek...

In March, we will be on the lookout for leprechauns and going on adventurous treasure hunts in search of four leaf clovers and gold. In April, we will eagerly await the Easter bunny and search for Easter eggs throughout the center and in our backyard. In May, we will gear up for summer by starting water play and planning some awesomely fun filled trips for summer time. We will be dipping into our five senses with ocean sensory bins, under the sea animals, scavenger hunts, and exciting experiments.

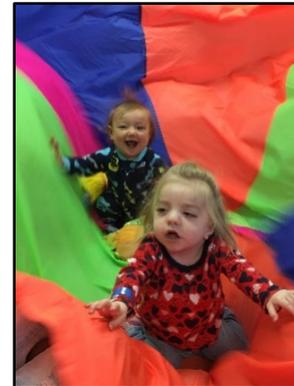
Please let us know if your child has a particular interest such as certain music, movie, books, or games. This will aid us in successfully promoting your child's development. Also, since we will be spending more time outdoors, please send any sunscreen your child will need.

"When I see you through my eyes, I think that we are different. When I see you through my heart, I know we are the same."

- Doe Zantamata



hello
spring!



Special notes to our parents:

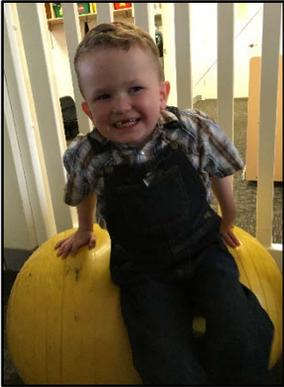
- Please remember to send diapers, wipes and formula promptly upon request.
- Please remember any items or clothing sent with your child should be labeled with your child's name or initials.
- If your child uses a GT and /or nebulizer, please remember to send at least 1 GT syringe & extension set and 1 nebulizer treatment set on a monthly basis.

SAVE THE DATE!

Music therapy - third Wednesday of each month

Pet therapy - third Saturday of each month

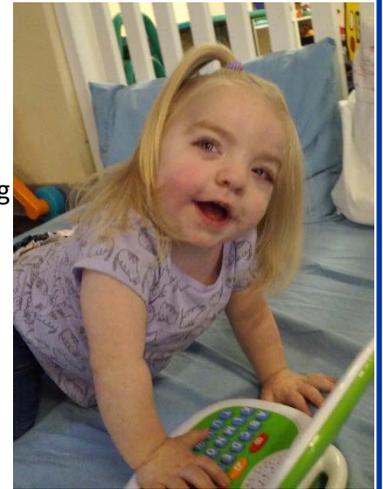
Piano man - third Thursday in March & May



Our friends at My Friends!

Meet Emma...

Emma is 2 years old and has been a part of My Friends for about a year. We are very proud of Emma on her recent accomplishment, walking! She is currently working on some new dance moves which she breaks out during circle time. Some of Emma's favorite things to do are playing in the bounce house, outdoor water play and swinging on the outdoor swing. She also loves jamming to her favorite song "Tiny Tim" while popping bubbles. Emma is a joy to have at My Friends and we love seeing her giggly face every day.



Meet Nilceli...

Nil, as her friends call her, has been with My Friends for almost a year as a PCA/Driver. She has been living in California for nearly 3 years. Before living in California, she lived in the beautiful country of Brazil and was attending nursing school.

Nil loves working with special needs children. She finds it especially rewarding when she works with non-verbal children. She loves seeing their facial expressions and how happy the children get when she works on goals with them. Nilceli feels rewarded being with our children every day and watching them grown up.

Some of Nil's favorite things to do are going to the movies with her husband, cooking new recipes, taking her dog "Chi Chi" to the dog park, exercising, and watching the T.V. show "Survivor". Nil is excited about becoming a nurse in the near future. She is also excited about her parents coming to visit from Brazil in a month.

We truly feel blessed having Nil with us at My Friends. We especially love seeing the children's happy faces when she dances with them. Thank you Nil for being the awesome person you are!



ACTIVITY CORNER: TRY THIS AT HOME!

Homemade Playdough

Supplies Needed: 1 cup flour, 1/3 cup salt, 2 tablespoons cream of tartar, 1 tablespoon vegetable oil, 1 cup water & food coloring or glitter of choice

Instructions: Combine the flour, salt, cream of tartar, vegetable oil, and liquid in saucepan. Stir over medium heat to the point where it starts to thicken. Once it's a fairly stiff ball, put it on the sheet of wax paper or safe surface. When cool, knead dough until it is smooth and mix in any desired color or glitter. 😊

