

## MORE PROTEIN LESS SUGAR

We have just completed another round of classroom meetings. I am thankful to all the parents who participated. One concern raised at almost every one of these meetings involved the challenge of picking up “starving” kids at the end of the day... Here are some thoughts on how we hope to address these concerns and support your children:

Here at ChildRoots we are dedicated to providing healthy, vegetarian choices at snack and lunch times. Joseph prepares healthy food pairings at regular intervals designed to provide children with a good balance of vitamins, proteins, fats and carbs to sustain them throughout their school day. All meals are served family style which ideally allows children to choose how much and what they would like to eat – beyond the initial prompt that “we always try everything on our plate before taking more of something else.” For most ChildRoots students, lunches and snacks are an exciting part of their day, but we also know that there are always a few who are slow to veer from the ever pervasive white and beige kid diet.

Currently, our morning and afternoon snacks are usually a fresh fruit paired with a dry cereal or other grain. After our discussions with parents during these last meetings, and additional observations of end of the day behavior in the preschool, we have begun to suspect that the usual end of the day hunger may be stressed by a post snack sugar crash. Because these end of day snacks generally contain simple carbs, small bodies are burning through them at top speed. In other words, because the bulk of the protein and fat in the CR diet is served in the middle of the day (around 12:00), kids’ afternoon energy is mostly derived from simple carbs. To combat this end of the day crash, and give these little bodies the fuel they need to make it through to the end of the day, we are looking into some simple ways to add proteins and fats to our pm snack menu. In the toddler rooms, this may be as simple as offering milk with snack – where we previously only served water. In the preschool this will probably mean the addition of seeds, hummus, yogurt and other higher protein options. Stay tuned to Joseph’s blog as he develops some new snack offerings.

March Drum March

Saturday March 13<sup>th</sup> from

10:00-11:00 AM



## **EMERGENCY DRILLS**

Our Center practices two emergency drills each month in every classroom. Fire Drills are a requirement of the Child Care Division and we must document that we have participated in an all school fire drill on our "emergency drill log" on the parent board in the front hall.

During fire drills, we evacuate the building in under 3 minutes. We practice getting outside and lining up on the back wall safely and quickly. Shoes and coats are not put on for these drills, sleeping children are awakened. Babies are carried in a pouch and extra staff (our cook, office staff and art teachers) assist infant rooms in getting outside. Once everyone from inside the building is outside, we count to 60 and go back in.

We also practice lock-downs, earthquake and flood drills on a rotating bases. If you wonder how your classrooms undertake these drills ask your teachers. Each room has a very specific plan appropriate for their space.

## **WHO WORKS HERE**

The following is a list of our current staff. We are working to add this list (with pictures) to our Blog. Check it out in the next few weeks.

### **Toddler Teachers**

Jordan- room 1 teacher. Will move upstairs in September with current students. Started December 2009

Gwen- room 1 teacher. Started august 2007

Charity- teacher is room 2. Started February 2009

Becky- teacher in room 2. Started June 2009

Sarah- classroom 5 teacher will move up to south with group in September. Started September 2008.

Jordan- room 5 teachers. Started October 2009

### **Specialists**

Robert- toddler specialist, works with rooms 2,4,1 and 5. Started June 2006

Beverly- preschool specialist works with west, east, and south. Started July 2008

Karen- Infant specialist- works with infant rooms 7,6, and 3. Started June 2009



Preschool parent/teacher conferences for preschool children will be March 19<sup>th</sup>. Please sign up for your conference time.

### Support Staff and Substitutes

Hannah- Art studio teacher in the art studio, works with preschool classrooms. Started December 2009

Russ- cleaner custodian- works every night. Started March 2009

Isaac- Resource librarian- delivers books to all classrooms each Monday. Started August 2006

Joseph-cook/chef/kitchen crew. Started December 2007- left July 2007- returned March 2009

Deanna- preschool and toddler substitute. Started February 2010

Jamie- substitute for all classrooms. Started September 2007

Cole- Teacher in rooms 2 and 5 and toddler substitute. Started January 2009

Andrew- Preschool break support teacher. Started December 2009

Bridget- infant and toddler substitute teacher. Started February 2010

Katie- substitute for all classrooms. Started February 2010

BreAnna- substitute and break person for preschool classrooms- December 2009

Kristin- asst to Christina and sub for all classrooms (supports breaks for infant rooms). Started September 2007

Kim- substitute for all rooms and movement specialist for preschool movement atelier. Started February 2010



## Preschool Teachers

Harry- teacher in West. Started April 2008

Susan- east preschool teachers. Started March 2010

Skyler- teacher in south. Started august 2009

Bethany- Teacher in East. Started in October 2009

Lauren- room south teacher. Started June 2009

Jessica- teacher in West. Started September 2006

Guga- will be returning to South classroom as a teacher in April. Started June 2009

## Infant Teachers

Matt- Teacher in room 3. Started March 2008

Carmen- room 3 teacher. Started December 2009

Chelsea- room 6 teacher. Started august 2009

Zachary- Teacher in room 6. Started August 2009

DyLynn- classroom teacher for room 7. Started October 2010

Danielle- teacher in room 7. Started august 2009



### March Welcome Box

West classroom welcomes Jasper and teachers Bridget, Katie, Kim and DeAnna are all new substitutes this month.

Check out our blogs!

For general news updates  
[www.childroots.com/blog](http://www.childroots.com/blog)

For fun cooking tips and tidbits from Joseph  
[www.childrootsfood.blogspot.com](http://www.childrootsfood.blogspot.com)

For Atelier updates go to  
[www.childrootsatelier.blogspot.com](http://www.childrootsatelier.blogspot.com)