

February 2018



Marco having fun making snow angels!

State of the Center

Thank you to all who attended our State of the Center meeting last month. The purpose of this meeting is to let you know our accomplishments of the past year, goals for the upcoming year and other important information. Please see the attached sheet for highlights of the meeting.

Influenza A

As a way to inform parents of illnesses at TLC-ELC we put up Illness Slips on the Parent Bulletin Board. These are square pink sheets, which usually stand out on the board so you can quickly see if there is anything going around. We have had many cases of Influenza A and want you to be aware of these.

We have attached a flyer about Influenza A and things you need to be aware of.

One of the most important things you can do to protect yourself and your children from illness is proper hand washing. Handwashing is like a "do-it-yourself" vaccine—it involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, it's simple, and it can keep us all from getting sick. Handwashing is a win for everyone, except the germs. Please remember, we ask that you please wash your child's hands before dropping them off in their classroom each morning.

Board of Directors

Karen Diller and Elisa Clark will be stepping down from our Board of Directors this month. We thank them for their time on the Board. We will be welcoming new members Amy Lefebvre and Sarah Logan.

Amy Lefebvre is the mother of Helena in the Penguin room. She has enjoyed seeing Helena grow and develop at TLC-ELC and would like to take a more active role in the TLC-ELC community.

Sarah Logan's son Kaleb is in the DuckTail room, and her daughter, Joanna, is in the Aardvark room. Sarah is interested in joining the ELC TLC board because she believes in what we are doing to educate children. She has been working on the playground committee for the past several months and enjoys working with other parents to come up with creative solutions to better the environment for our children.

Taxes

If you need a receipt for taxes, please email Barb (bwigstadt@yahoo.com) to request one. Please allow a few days for her to get this to you.

Box Tops

We will have a Box Tops Challenge this February. Our goal is to collect 2,500 Box Tops by Friday, February 23. If we meet our goal, we will celebrate with an Ice Cream Party! Box Tops can be found on a variety of grocery items, and each Box Tops earns TLC ELC 10 cents. Thanks for your support.

Droolin Moose

Thank you to everyone who participated in our Droolin' Moose Chocolate fundraiser. We earned \$1300. This

money will go to upgrading our playground. Orders can be picked up at TLC ELC on Thursday, February 8 between 1pm and 6pm.

Heart Health in Children

Heart disease is often thought of as an adult disease, but the problem can begin in childhood.

Children have an increased chance of heart disease if:

*There is a family history (especially a parent, aunt, or uncle) with high blood pressure, high cholesterol, or heart disease (stroke, stent, by-pass surgery, or heart attacks before the age of 50 in men or before the age of 60 in women).

* Your child has diabetes (type 1 or type 2)

*Your child has a BMI (body mass index) over the 85th percentile

*Your child has kidney disease

There are steps you can take to decrease the risk of your child developing heart disease:

*Stay Active- Children should get at least 1 hour of physical activity each day. Any activity is good, but activities that leave them breathless are even better. The more activity kids get, especially of the “breathless” variety, the stronger their hearts will become. An increasing body of evidence points to this step as one of the most important factors for maintaining health and extending life.

*Limit Screen Time- TV, video games, tablets and cell phones can lead to a sedentary lifestyle which can increase the risk of heart disease.

*Eat and Drink Healthy- A healthy diet should include whole grains, high-fiber foods, lean meats and poultry, fish at least twice a week, and low-fat dairy products. Replace sugary, low-nutrient beverages with more nutritious options like low-fat or non-fat milk, water and 100 percent fruit juice (in moderation).

*Check with Your Doctor-Children should have their blood pressure checked yearly beginning at age 2, and their cholesterol checked at age 10.

*Sleep- Be sure your child is getting adequate sleep. Toddlers should get 12-14 hours of sleep daily, preschoolers should get 11-13 hours and school age children should get 10-11 hours.

*Keep Calm- Like adults, kids can get stressed out, too. Low stress levels are important for maintaining a heart-healthy lifestyle, so make sure your child isn't overloaded.

How TV Can Influence What Your Child Eats

TV time can take a toll on your child's nutrition. Why? Many kids spend a fair amount of time in front of the television and research shows they are easily swayed to choose the foods they see advertised. Some of the foods shown in commercials don't do them any favors when it comes to feeding their growing brains and bodies. Many are high in solid fats, added sugars, sodium and/or calories and they often lack vitamins, minerals and dietary fiber.

Each day while watching TV, children typically see 10 to 13 advertisements that promote some type of food or beverage. More than ninety percent of these advertisements have been shown to be high in ingredients that are recommended for children to limit. In fact, even with the Children's Food and Beverage Advertising Initiative, an industry-based voluntary effort to improve the advertising of foodstuff targeted towards children, more than half of the advertisements that were approved in 2014 did not meet the nutrition recommendations established by several government agencies.

How can you tame TV temptations and promote healthier eating?

- Avoid watching TV while eating.
- Watch children's programs without advertisements.
- Spend time together learning about foods.
- Let kids help in the kitchen.
- Set limits around screen time.
- Be a good role model

Reviewed By Jill Kohn, MS, RDN, LDN Published January 04, 2018

2017 State of the Center Meetings Recap

We had our 6th Annual State of the Center meetings on January 16th and 18th. We had 38 of our families in attendance in at least 1 of the 2 meetings, which is 62% of our families.

We discussed the accomplishments of the past year, which included:

- switch from monthly field trips forms to quarterly field trip forms
- writing and disseminating an Emergency Care Plan
- putting up a suggestion box for the staff
- we renewed our 4 Star Parent Aware standing
- completed 24 years with NAEYC (National Association of Educators of Young Children) Accreditation
- provide a print rich environment and well prepared curriculum with prioritized learning through exploration and play
- we had over 175 field trips last year
- we have a commitment to having lower group sizes and ratios than is required by the state of Minnesota (about 20% more staff and lower group sizes)
- we have excellent home cooked and nutritious snacks and meals prepared by 2 cooks (Tracy and Patrick)
- We're full – thank you to everyone who has made referrals – kudos to Sarah Page and her many referrals

We have a passionate and dedicated staff

- they have 294 years of experience (at TLC)
- the staff have taken over 1000 hours of training to continue to provide the best care
- Special anniversaries this past year:
 - Tracy Witte – 5 years
 - Laura Krieger – 15 years
 - Katie Wages – 20 years
 - Tracy McGuinness – 25 years
 - Karen Wenge – 26 years

Some high points of our activities his past year:

- Dance Recital – families came and enjoyed it
- Heritage Days – 54 people (15 different families & 9 staff) participated
 - some rode in the bus, some in Matt Thomas' convertible, some walked
- Family Breakfast – last year WOYC (Week of the Young Child) – 146 fed
- Moir Park summer picnic – 98 joined us at the park
- TLCelebrates
- Thanksgiving Lunch – we've been doing these for over 10 years – this year over 200 were fed
- Activities to support Christian faith development
 - VBS
 - involves all of our children Chipmunks through TAC (about 75 kids)
 - involved out staff in leading different areas of it
 - Chapel – Renee Jefferson leads bi-monthly chapel
 - Good Friday service
- Intergenerational community building with the Nine Mile Seniors and our KinderPlus group
- Little Library – in front of the church – given to us from Sarah Page

Fundraising Update

- \$13,000 of income – Thank you for all of your support
 - Flower sale (upcoming in March)
 - Kids Stuff Sale (done with St Stephen)

- Drooling Moose
- TLC-ELC is a non-profit

Update on the Playground

- To be completed the spring/summer of 2019
- The foot print of the main part of the playground will be staying the same
 - repainting the climber and swing set
 - update some parts that need to be repaired
- the small area to the west of the main playground will be changed
- fencing will be changed – bricks will stay in place, other fencing will be replaced
- rocks are staying – cost and maintenance were the main considerations
- we will need help – some sweat equity from families to help keep the cost down

Budget Update

- Achieved our goal of having one month of operating expense cash on hand
- Currently we are in solid financial shape – we can thank this primarily to being full
- Our highest expense is personnel – this also reflects our low ratios (having more staff) and the longevity of the staff (low turnover)

Road Ahead

- Board members stepping off – Elisa Clark & Karen Diller
- Board member stepping on – Amy Lefebvre and Sarah Logan

2018

- Joint special art program with TLC and Nine Mile Creek Senior Living Center residents
- Continued training for the staff – attendance at state and national conferences
- Start working towards our NAEYC Accreditation visit (in 2019)

2018 goals:

- Develop a succession plan
- Create a marketing plan which will encompass all platforms and subject matters
- Set up an annual financial audit in the fall

Together we are strong. We are asking the parents to partner with us by

- participating in fundraisers
- helping with the playground – when the work comes up
- stay engaged with your child's learning
- say thanks to your child's teachers who are investing so much of themselves in each child
- KEEP THE REFERRALS COMING – staying full is the best thing for the center and it's financial position