

KIDCO Express

March, 2020

ACTIVITIES

March 2

- Dr. Seuss' Birthday – Children create a "3-dimensional story-telling box" for the book area (Month-long activity)

March 3

- 3:30pm - Parent Committee Meeting followed by Nutrition Training
Topic: *Importance of Physical activity, healthy eating, negative consequences of sugar sweetened beverages and how to select and prepared Nutritious Meals* – KIDCO VII

March 6

- *Preventive and Dental Health Training* – all KIDCO sites
- "Making Patterns with Dr. Seuss"

March 9

- 3:00pm – Parent Committee Meeting
- 3:30pm - Nutrition Training Topic: *Importance of Physical activity, healthy eating, negative consequences of sugar sweetened beverages and how to select and prepare Nutritious Meals* – KIDCO II

March 10

- Field Trip to Miami Seaquarium (Bus will leave at 8:30 a.m.) - KII
- 3:00pm – Parent Committee Meeting followed by Nutrition Training
Topic: *Importance of Physical activity, healthy eating, negative consequences of sugar sweetened beverages and how to select and prepared Nutritious Meals* – KIDCO IV

March 11

- Celebration of Nutrition Month – Children create an "Let's Eat the "Rainbow" Collage

March 12

- Field Trip to Miami Seaquarium (Bus will leave at 8:30 a.m.) – KIDCO IV & VI

March 13

- Children will create the "Dr. Seuss Foot Book of Opposites." – Quick Foot/Slow Foot, Long feet, Short Feet, Big Foot, Little Foot, Fat Feet, Skinny Feet

March 17

- Dad Read to Your Child – all KIDCO sites
- Field Trip to Miami Seaquarium (Bus will leave at 8:30 a.m.) – KIDCO VII

March 18

- Field Trip to Miami Seaquarium (Bus will leave at 8:30 a.m.) - KV
- 3:30pm - Parent Committee Meeting followed by Nutrition Training
- Topic: *Importance of Physical activity, healthy eating, negative consequences of sugar sweetened beverages and how to select and prepared Nutritious Meals* – KIDCO VI

March 19

- Spring Begins!!!
- 12:00pm - Policy Committee Meeting at KIDCO II
- 3:00pm – Parent Committee Meeting followed by Health Training
- 3:30pm – Nutrition Training Topic: *Importance of Physical activity, healthy eating, negative consequences of sugar sweetened beverages and how to select and prepared Nutritious Meals* – KIDCO V

March 20

- Planting Seeds with Dr. Seuss – "Let's Print a Trufella" using red bean and recycled plastic 2-liter bottles

March 23 – March 27

- HS/EHS Spring Break!!!

March 30

- Celebration of Nutrition Month – "Stamping Our Way to Health! Using real cut fruit and vegetables to make a Fruit/Vegetable My Plate

March 31

- Celebration of Dr. Seuss Field Day – During the morning outdoor time
"Ten Apples on Top" Gross Motor Game
"Let's go on an ABC Hunt"
"Hop on a Pop" Rhyming word Activity"

PARENTS' CORNER

CREATIVE WAYS TO STIMULATE LEARNING

Parents can find many ways to keep children interested in learning how to **read and write**. The important thing is to find creative ways to keep children wanting to learn to read and write while having fun. One way to keep children interested in learning to read and write is by following their interests. Encourage children to create their own books drawing pictures and writing about the characters and pictures. Remember to show interest by discussing the child's story and pictures.

Make reading a family affair. Read to them about what interests them the most. All children, regardless of their age, enjoy sharing books with mom and dad. Ask them many questions, encourage predictions, and seek out new vocabulary words. The important thing is to enjoy this time together with your child.

Take an audio adventure. If you don't have a lot of time to sit down and read to your child, the library has many audio books you can listen to together in the car or as you cook dinner. Stop at certain times and ask, "What do you think is going to happen next?" This keeps the dialogue going and makes it a shared experience.

Create a discovery diary. Sit down with your child and write down in a journal or notebook discoveries he or she makes every day about her surroundings, herself, her family or the world. If he or she cannot find anything to talk or write about, this should tell you that you need to provide stimulating experiences. With the proper guidance and stimulation, you and your child make many wonderful discoveries together.

Finally, encourage a grandparent or other relative to talk with your child about their heritage. Encourage your children to **interview** the grandparent or relative by modeling how to conduct an interview. Ask questions such as, when and where they were born, what they remember about growing up, how they celebrated birthdays and holidays, if they enjoyed playing sports or a musical instrument, about their friends, etc. Afterwards, have your child draw about the relative and present him or her with a copy of their "biography."

EVENTS

Children Museum of Miami – 3rd Friday of each month

History Museum of Miami – 2nd Saturday of each month

FREE ADMISSION

NUTRITION

BAKED FISH OVER ASPARAGUS

(4 servings)

Ingredients:

<ul style="list-style-type: none"> • 1-pound asparagus, tough ends trimmed • 1 1/4 teaspoons salt • 3/4 teaspoon ground white pepper • 3 tablespoons extra-virgin olive oil • 4 (4-ounce) trout fillets • 1 (14.5-ounce) can diced tomatoes, drained 	<ul style="list-style-type: none"> • 1/4 cup capers, drained • 2 tablespoons garlic, thinly sliced • 2 tablespoons freshly squeezed lemon juice • 1 teaspoon lemon zest • 1 tablespoon chopped rosemary leaves
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Directions:

- Preheat the oven to 425 degrees F.
- On a saucepan, bring water to a boil and cook asparagus until tender, about 3 minutes. Remove the asparagus from the boiling water and place immediately into ice water to cool. Place asparagus on a sheet pan, season with 1/4 teaspoon of salt and 1/4 teaspoon of the white pepper and drizzle with 1 tablespoon of the olive oil. Place in the oven for 3 minutes to re-warm once the fish has been removed from the oven.
- Season the fish fillets on both sides with the remaining salt and pepper and lay in a baking dish. Add the rest of the ingredients and remaining olive oil to the casserole and place in the oven. Cook the fish until the flesh is lightly golden and flaky, about 10 minutes.
- To serve, divide the asparagus between 4 plates and lay a piece of fish with the tomatoes, capers, garlic and rosemary over the asparagus. Serve immediately.

MARCH'S BIRTHDAY

Lizett Varona	March 1
Chrystine Casamor	March 2
Matilde Martinez	March 13
Vera Chancy	March 17
Martha Correa	March 17
José Miranda	March 18
Maria A. Vega	March 19
Rosa Casamor	March 21
Karina Abascal	March 26

KIDCO Creative Learning (305) 576-6990

