KIDCO Express

Days to Remember

MARCH IS NUTRITION MONTH

March 1 March 2
- Celebration of Dr. Seuss' Birthday - Children create books for their classroom library.

March 6 March 10
- *Sensory Week*
  - Children create a sensory table at the playground sand table
  - Children create pinwheel from recycled materials
  - Children create a sensory pond for the playground
  - Children will plant an herb garden
  (This activity is extended throughout the month).

March 9
- 3:00pm – Parent Committee Meeting – KIDCO II
- 4:00PM – *Nutrition Training* – KIDCO II

March 12
- 3:00pm – Parent Committee Meeting – KIDCO IV
- 4:00pm – *Health/Dental Training* – KIDCO IV

March 13
- 3:30pm - Parent Committee Meeting – KIDCO VII
- 4:30pm – *Health/Dental Training* – KIDCO VII

March 14
- 3:00pm – Parent Committee Meeting – KIDCO V
- 4:00pm – *Health/Dental Training* – KIDCO V

March 15
- 3:30pm – *Nutrition Training* – KIV, KV, KVI, KVII at KIDCO V
- 1:00pm – *Policy Committee Meeting* at KIDCO V

March 16
- 3:00pm – *Health/Dental Training* – KIDCO II

March 17
- **Saint Patrick's Day**

March 19 – First Day of Spring

March 20 – March 22
- "***Bugs are in the Air.***" Day – Children will create a bug habitat for their classroom.

March 20
- **3:00pm – Parent Committee Meeting – KIDCO VI**
- 4:00pm – *Health/Dental Training* – KIDCO VI
- Dad read to your child day – all centers

March 23
- **Teacher Planning Day** – No school for HS/EHS
  - 9:00am – 11:00am - KIDCO VII – *Galileo CLASS Observation Record Training*
  - 11:00am – 12:00pm – KIDCO VII – *Federal Review Training*

March 26 – March 30
- **Spring Break – No school for HS/EHS**

March's Birthdays

Name	Date
Chrystine Casamor	March 2
Maria Navarro	March 4
Vera Chancy	March 17
Martha Correa	March 17
Jose Miranda	March 18
Maria A. Vega	March 19
Rosa Casamor	March 21
Karina Abascal	March 26

Parent's Corner

INTRODUCING MUSIC EARLY

It is never too early to introduce your child to music.

Children exposed to music in their early years can develop recognition and preferences for that music in later years. Listening to any music also builds music-related pathways to the brain that will improve as the child gets older. It is useful when parents make music special in their family life.

Parents should play different kinds of music for their children. Make sure the noise levels are moderate. Exposure to loud music can permanently damage young ears. And you should never place earphones on a baby or toddler.

Dance with your child to your favorite CDs and let your face express the different emotions you feel with each tune. Your child will learn that music evoke feelings. Sing and encourage your child to sing along when he/she is able. This can help babies develop language skills. If you or anyone in the family plays a musical instrument, practice when the baby is nearly.

For more information on musical programs for young children, contact: *Arts for Learning Miami* at 305-576-1212.

Nutrition

Glazed Ham with Dijon – Pineapple Sauce

- 1 cup firmly packed dark brown sugar
- 1/2 cup maple-flavored or packed syrup
- 1/4 cup GREY POUPON Dijon Mustard
- 1 whole fully cooked boneless ham (5 Ib.)
- Whole cloves
- 12 maraschino cherries, halved
- 1 Tbsp. cornstarch
- 1 can (20oz.) crushed pineapple in juice, undrained

PREHEAT oven to 350F. Mix sugar, syrup and mustard until well blended; set aside. Score ham with sharp knife; insert cloves into ham as desired. Arrange cherries, cut-sides down, on surface of ham. Place ham on rack in shallow baking pan.

BAKE 2 hours or until ham reaches internal temperature of 140F when tested in center with meat thermometer, brushing occasionally with ½ mixture after 1-1/2 hours.

MIX remaining syrup mixture syrup mixture with cornstarch and pineapple with its liquid in saucepan; cook on medium –high heat until mixture comes to boil and thickens, stirring constantly. Serve with the sliced ham.

By Kraftfood.com

Community Events

Miami Children Museum – 3rd Friday of each month

Miami History Museum – 2nd Saturday of each month

FREE ADMISION