

School Days

Faculty Monthly News and Events from *A World of Children*

August 1, 2008

Volume # 1

Renovations to the first-grade classroom are still underway. Please be aware that children and staff are prohibited in the first-grade classroom until the painters have completed their project. After the crew has completed the restoration, ventilation will be necessary to assure a safe, clean air environment. Signs will be posted throughout the process to alert staff to the progress of the task. Please assist in keeping children clear of the work area entrance and exit so that workers may focus on the task at hand.



During the next few weeks we will have many parents dropping by to observe our classrooms and our curriculum activities. Please be aware that Ms. Vicki and Ms. Tiny will be busy escorting the parents throughout the facility to fulfill our enrollment objectives. With this in mind, please be extra vigilant in preparing good examples of our special care and attention to each child's specific learning needs. This is our greatest advantage over the competition. Let's show them how great we really are. Don't forget our annual open house has been rescheduled for Monday, Aug. 18.

**WET
PAINT!**

When the first-grade renovations have concluded, the team will begin to update the activity room. Assigned employees for afternoon care should arrive at 10 a.m. rather than the usual 11 a.m. on August 11 to commence removal of all artwork and furniture. These items are to be placed in the playroom storage area and locked to prevent danger to our children. The removal should be completed no later than Friday, Aug. 22.



Keep in mind that extra time must be allotted for one-on-one attention that will arise each day without notice. It is difficult to know how many children in your classroom will have difficulty keeping up with the remainder of the class. Remember, if you find yourself spending more time with a particular child on a regular basis, please notify Ms. Vicki or Ms. Tiny immediately so that the parents can be notified and a schedule can be set up to meet the needs of the child.

Announcements:

Congratulations to Timeka White on her promotion. Timeka has been our Kindergarten teacher for three years. In September she will move up to our first-grade classroom. Bravo on your accomplishment.

August Birthday Wishes: Silvia Cuffee (staff)

Be sure to take a moment or two to say good bye to Kalob Eiler, Chadd Cunningham, Matthew Cunningham, Tyler Harper, Michael Harper, Thomas Labarge, and Aizk Golf. They have all worked very hard and have been with us growing and learning for many years. We will miss them. We wish them all the best on the future and hope they will stop by to see us again.

There are a number of openings available for the fall. We have six openings in our new first grade classroom and three openings available for after-school care in Chesapeake. In Virginia Beach we have one remaining spot in our two-year-old class. If you have a referral, please be sure to let Ms. Vicki know in advance so that she may welcome your special guest.

Healthy Living Tip

With the heat reaching in excess of 90 degrees, make sure that each child receives proper hydration.

“Thousands have lived without love, not one without water.”
W.H. Auden



Tips for Proper Hydration

Proper hydration does more than just keep you from getting thirsty. Hydration is the replacement of body fluids lost through sweating, exhaling and elimination. We need to replenish those fluids to avoid dehydration. It's just as important to stay properly hydrated at the office, at home and at the gym.



Mild dehydration can cause feelings of lost energy and general illness. If fluids are not replaced quickly, severe and even life-threatening dehydration can occur. This is especially true in the very young and the elderly.

Signs and symptoms of dehydration include the following:

- mild to excessive thirst
- dry mouth and/or skin
- fatigue
- dizziness, nausea and/or headache
- muscle weakness
- darkened, little, or no urination
- increased body temperature
- labored breathing

So, Are You Drinking Enough Water?

Determining how much water you should drink each day depends upon your body type, health, how active you are and where you live. Consider the following*:

1. **Age:** Children get hotter than adults during exercise because they don't sweat as much. The feeling of thirst actually lags behind water loss, so by the time children feel thirsty, they may already be dehydrated. For seniors, they may not recognize their own thirst signals.
2. **Exercise:** If you are active, you lose more water than if you are sedentary. In general, most doctors recommend a few extra cups of fluid for intense workout sessions. Plus, if the weather is exceptionally warm, increase your fluid intake even more.
3. **Environment:** Exposure to hot, humid or arid weather requires additional fluids too. During wintertime, your body's increased efforts to regulate warmth and dryness from heated indoor air, both require additional fluid intake.
Learn more in the year-round refreshment article.
4. **Illnesses or health conditions:** Fever, vomiting and diarrhea cause your body to lose additional fluids that must be replaced. Certain infections also increase your fluid intake needs. On the other hand, other conditions such as heart failure, some types of kidney, liver and adrenal diseases may actually require reductions in your fluid intake.
5. **Pregnancy and/or breast-feeding:** As recommended by doctors, pregnant and/or breast-feeding women need additional fluids since large amounts of water are needed by the growing fetus and are lost during nursing.
6. **Traveling:** When traveling on an airplane, it is probably a good idea to drink eight ounces of water for every hour you are on board the plane. As you can see, your daily need for water can add up to quite a lot.
7. **Other beverages:** Alcoholic beverages, and to some extent caffeinated beverages too, add to your daily water needs since both beverage types act as diuretics, meaning they encourage the body to lose more water faster than consumed.



***Note:** It is possible to drink too much water. A condition known as hyponatremia (low sodium levels in the blood caused by too much water) has caused deaths. If you feel concerned about your fluid intake, or don't know exactly how much you should be drinking each day, it is best to check with your doctor or a registered dietitian to help you determine the amount of water that is best for you.

Keep in mind at least twenty percent or more of your body's water needs will come from the foods you eat. The rest of your needs could be met from the beverages you drink.

***Disclaimer:** This article is not meant to diagnose, treat or cure any kind of a health problem. These statements have not been evaluated by the Food and Drug Administration. Always consult with your health care provider about any kind of a health problem and especially before beginning any kind of exercise routine.


Sources:

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Armstrong LE, Pumerantz AC, Roti MW, Judelson DA, Watson G, Dias JC, Sokmen B, Casa DJ, Maresh CM, Lieberman H, Kellogg M. "Fluid, electrolyte, and renal indices of hydration during 11 days of controlled caffeine consumption." Int J Sport Nutr Exerc Metab. 2005 Jun;15(3):252-65.

Mayo clinic (2006) <http://www.water.com/AboutBottledWater/proper-hydration.aspx>

Date:	Event:	Preparation needed:
August 1, 4, 26	Puppets, SPCA, and Karate	Be sure to discuss the appropriate conduct with your students prior to the arrival of our guest
August 5	Employee Meeting	All employees are required to attend this meeting. Please be on time.
August 5 & 19	Wet-N-Wild days	All employees on the morning shift are expected to arrive at 6 a.m. to prepare the water play accessories and assure safety for the children.
August 7 and 20	Field Trips	Birdie's Inflatable's CANCELLED – We will discuss the possibilities for activities in our monthly meeting on August 5 at 6:30 p.m. for August 7. Remember, on August 20 to wear your t-shirt and arrive no later than 9:30 a.m. for departure at 10 a.m..
August 11	OPEN HOUSE	Postponed until August 18!
August 11 – 15 August 18 - 22	Chinese Week Italian Week	Organize an age appropriate curriculum for the theme of the week. Be sure to include the flag, cultural artifacts, music, and a craft project. The chef will prepare a meal on Friday for the children to experience each cuisine.
August 12	Easter in August	Please bring in your selected candies and toys to fill the plastic eggs by Friday August 8.
August 18	OPEN HOUSE	Please be sure that your classroom is neat and orderly. Parents will be escorted through the building all day. Keep in mind that they will scrutinize each activity that they observe. Any concerns should be reported to the director or assistant director immediately.
August 29	End of Summer Farewell Party	Wish your students good luck in the up coming school year. Prepare fun activities for the day and be ready to enjoy in the entertainment with the other children from 11 a.m. to 3 p.m..

Job Postings:	 Teachers Aide – Monday –Friday: 6 a.m. – 6 p.m. (Two positions are available, one in Chesapeake, and one in Virginia Beach.
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Recipes for this month:

Chinese Week:

JUDY'S CHICKEN FRIED RICE

2 Boneless, skinless, chicken breast halves (cut into strips)	2 c uncooked rice
1 Can fresh water chestnuts, sliced (approx. 8 oz)	1 T Peanut Oil
2 Green onions, chopped	1/3 c Soy sauce
1 Can peas and diced carrots (approx. 8 oz)	1 c fresh snow peas
1 Packet Fried rice seasoning mix (approx. ¾ oz)	2 Eggs, beaten
Salt and pepper to taste	1 T Butter

- 1) In a medium sauce pan, bring 4 cups of water to a boil.
- 2) Pour in the uncooked rice and stir.
- 3) Reduce heat to low and simmer for 20 minutes.
- 4) Heat butter in a large, deep skillet over medium heat.
- 5) Toss in the sliced green onion and sauté until tender.
- 6) Add chicken strips and sauté until golden brown.
- 7) Now incorporate peas, carrots, and snow peas.
- 8) Spoon rice into chicken and vegetables.
- 9) Pour soy sauce over the mixture and stir until fully incorporated.
- 10) Push all ingredients against the sides of the pan.
- 11) Add beaten eggs to the center.
- 12) When the eggs start to cook, gently mix-in the chicken and rice mixture. Be sure to coat the rice with the eggs and cook completely.
- 13) Salt and pepper the mixture to your taste.



Italian Week:

Judy's Penne a la Vodka

1 lb. Boneless Skinless Chicken Breasts, <i>cut into strips</i>	¼ cup Extra Virgin Olive Oil
1 lb. Barilla Mini Penne Pasta (<i>any pasta will work</i>)	2 oz. Skyy Vodka (<i>name brands produce the best results</i>)
4 Cloves Fresh Garlic, <i>minced</i>	1 cup Heavy Whipping Cream
10-12 Button Mushroom Caps, <i>sliced</i>	½ Red Onion, <i>sliced thin</i> (<i>you can use any onion</i>)
½ cup Fresh Basil, <i>chopped</i>	½ cup Pancetta, <i>chopped</i>
2 cans Petite Diced Tomatoes	Salt & Pepper
3 T Butter	Freshly grated parmesan cheese (<i>optional</i>)

- 1) Boil pasta, in salted water, cook until al dente (firm to the bite) while preparing the sauce.
- 2) In a large skillet, brown chicken breast strips with butter, salt and pepper to taste.
- 3) Remove chicken and set aside.
- 4) Sauté onion slices, olive oil, mushroom cap slices, and garlic until onions are translucent and mushrooms are tender.
- 5) Toss onions and mushrooms with chopped Pancetta; add tomatoes, basil, and vodka.
- 6) Once deglazed (cooked until the alcohol has evaporated), add cream and stir constantly until thickened.
- 7) Combine chicken with your new creamy marinara sauce and salt and pepper to taste.
- 8) Serve over penne with freshly grated parmesan cheese.

