

KUCCCC

Child Care Center

Newsletter September 2024



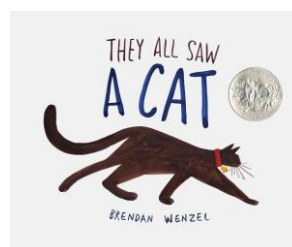
INFORMATION

Bring your Teddy on Sept 9th

This is National
Teddy Bear day,
and we are
excited to
celebrate.



BOOKS



[They All Saw
a Cat by
Brendan
Wenzel](#)

Dates:

- ❖ 9/2 center CLOSED
- ❖ 9/6 PreK at Parade
- ❖ 9/9 PAC mtg @6pm
- ❖ 9/9 Board Mtg @7pm
- ❖ 9/25 KPS dismiss noon
- ❖ 9/27 KPS NO school

Did you know that too much
screen time can have a significant
impact on your child's physical
health, leading to issues with
weight and sleep

[Click here to learn more!](#)

HAPPY BIRTHDAY & ANNIVERSARIES

Mabel O. 21st

Myles N. 25th

Layla E. 26th

Mrs. Jaime – 3 years

Mrs. Theresa – 3 years



Screen Time



Healthy Screen Use for Young Children



Screen time is the number of hours per day spent viewing TV/video, computer, electronic games, hand-held devices or other visual devices.



Screen use in modern times

In the age of home-based learning, screens are pervasive in our children's lives. Screen use expectations need to be calibrated to account for this. Our recommendations are focused on control of recreational screen time outside the classroom.



Impacts of Excessive Screen Use

Behavioural

Excessive screen use, including background screen exposure, can lead to 'overstimulation' of your child, or sensory overload.

This can lead to:

- Poor focus and attention span
- Decreased energy
- Challenging/difficult behaviour

Myopia

Myopia can be aggravated by higher screen use. Take these steps against it!



Check for signs of myopia, such as:

- Squinting
- Holding screens/books very close to the face

Developmental

Impaired social and cognitive development, due to:

- Less exposure to social cues
- Language delays and poorer language acquisition



Use the 20-20-20 rule

For every 20 minutes spent using a screen,



Look away at an object that is at least 20 feet (6m) away.

For at least 20 seconds

Recommendations For Healthy Screen Use

The Ministry of Health advisory "Guidance on Screen Use for Children" recommends:



0-24 mo
No screen time except for video calling



2-5 mo to 5 yrs
No to limited screen use daily in viewing educational content



5-17 yrs
Make a collaborative screen use plan appropriate to educational, leisure use and other age-appropriate activities

Not all screen time is bad!

In the digital age, almost all learning and social interaction involves a screen. The key lies in achieving balance between different screen time types. Below are some tips on how to ensure healthy screen usage.

Socialising

- When video calling, encourage visual and verbal communication.
- Watch shows that teach social reasoning.

Did you know?

Screen time should be of high quality, in order to be beneficial. To determine that, ask yourself:

- Is it engaging or stimulating?
- Does it actively encourage your child to explore more?
- Can your child talk about what he/she sees?
- Is the content meaningful?

Sleep

Screen based light increases alertness at night, and causes insomnia in children.



- Avoid screens within 1 hour of bedtime.
- Keep screen devices out of the bedroom, so as not to disrupt sleep.

Eating

Watching television when eating stops children from realising when they are full, which could result in overeating.

- Avoid screens during meals (including background TV).
- Put away your own devices as well, so as not to distract your child.

Physical Activity

With more screen use, children tend to spend less time on physical activity.

- Play screen-based games that encourage physical activity.
- Set aside time for your child to engage in non-digital exercise.

Did you know?

Muscle and bone strengthening exercises (e.g. skipping and hopping) are critical for physical development.

Suggestions and Alternatives

Agree within the family and other caregivers what your child's maximum daily screen time should be and stick to it.



Explain to your child about your screen time limit and what consequences there would be if the limit is exceeded.

Expose your child to a variety of activities, both digital and non-digital (e.g. board games, arts & craft).



Play cooperative games with your child to teach teamwork skills, while also having some fun family-bonding time.

Where possible, watch videos/shows with your child and discuss lessons learnt.



Set a good example amongst the adults in the household. Limit your own screen time, especially when interacting with your child. Avoid watching or playing inappropriate content while children are present.

Future considerations

It is important to continue to ensure proper oversight of screen use as your child enters primary school.

For example, limit recreational screen time to <2 hours per day.



Menu

September 2024



2) CLOSED	3) B: Omelet & Oranges L: BBQ Riblet, Beets, Blushing Applesauce Sn: Carrot Stick, Veggie Crackers	4) B: English Muffin & Fruit cocktail L: Meatballs with gravy, rice, carrots, pears Sn: banana and milk	5) B: Cereal & Pineapple L: Tater Tot Casserole, Green Beans, Fruit Cocktail Sn: Bread Stick, Apple Juice	6) B: Waffle, Sausage L: Fish Sticks, Corn, Oranges Sn: Yogurt & Blueberries
9) B: Oatmeal & Banana L: Hamburgers, Corn, Peaches Sn: Chat Snacks & Milk	10) B: French Toast Sticks, Pears L: Mac & Cheese with ham, Broccoli, Apple Slices Sn: Cheese Sticks, Sun Chips	11) B: Cereal & Pineapple L: Chick & Noodles, Peas, Oranges Sn: Celery & Carrots with ranch, pretzels	12) B: Scrambled Eggs, Banana L: Salisbury Steak, Carrots, Applesauce Sn: Apples with PB & Milk	13) B: Waffle & Pears L: Corn Dogs, Mixed Veggies, Fruit Cocktail Sn: Pumpkin Muffin, Milk
16) B: Cereal, Peaches L: Sloppy Joes, Grn. Beans, Pears Sn: Blueberry Muffin, Milk	17) B: Omelet, Banana L: Tuna & Noodles, Peas, Pineapple Sn: Apple Slices, Sun Chips	18) B: Waffle & Sausage L: Meatballs & Noodles, Corn, Applesauce Sn: Cheese Stick & Pretzels	19) B: Yogurt & Toast L: Fish Sticks, Carrots, Oranges Sn: Cottage Cheese, Peaches	20) B: Cereal & Fruit Cocktail L: Cheeseburger Mac, Beets, Peaches Sn: Chex Mix & Apple Slices
23) B: Omelet & Apple Slices L: Crisпитos, Peas, Oranges Sn: Yogurt & Animal Crackers	24) B: French Toast Sticks, pineapple L: Pizza, Grn. Beans, Peaches Sn: Applesauce, Milk	25) B: Cereal & Pears L: Scalloped Potatoes and Ham, Carrots, Fruit Cocktail Sn: Gold Fish & Apple Juice	26) B: scrambled eggs with ham, toast L: Chicken Nugs, mixed veggies, pears Sn: Hard Boiled Eggs, Milk	27) B: Waffle, fruit L: Hot Dogs, Corn, Apple Slices Sn: Goldfish Grahams, Milk
30) B: Cereal & Pears L: Goulash, Peas, Oranges Sn: Pumpkin Muffin, Milk	1) B: Yogurt & Peaches L: Cheesy Chicken Quesadilla, Spinach, Pineapple, Sn: Pretzels, Cheese Stick	2) B: French Toast Sticks, Applesauce L: Tater Tot Casserole, grn Beans, peaches Sn: Blueberry Lemon Bites, Milk	3) B: Omelet, Toast L: Little Smokies, Mixed Veg, Pears Sn: Cottage Cheese & Peaches	4) B: Cereal, Fruit Cocktail L: Chicken Fried Steak Fingers, Corn, Applesauce Sn: Goldfish, Apple Juice

**Menu subject to change with availability.