

Wise and

Wonderful



Good news and information for our friends and families

The Teachable Moments Of Spring

Spring is a wonderful time of the year for children and adults alike. It is full of promises of the growing season to come as well as the opportunity to bid farewell to the shorter, colder days of winter.

Spring offers parents a lot of teachable moments and opportunities. It is wonderful time to stimulate a child's natural curiosity about the world around them and to help them to connect the changing of the seasons with changes in nature.



Life Cycles

The warmth of spring combined with the increased hours of daylight, not to mention the rains, quickly gets the trees budding and the flowers blooming. Kids often see spring as the season of growth, which is true, but spring only comes about through the ability of the plants to rest and burst forth again after the winter.

Talking about life cycles, including the change of seasons and how all seasons are necessary, is a great life lesson for kids.

Quick Changes

A terrific use of technology in the spring is to find a tree, a bulb or a plant and have the children or kids and parents take a picture of the exact same plant, twig or stem every day. Then, put the photos in a slide show on the computer to show children just how fast changes happen in nature.

This is another great activity to do in the home as well. Plant bulbs such as hyacinths, tulips, daffodils or crocuses and watch them sprout, grow and flower. With a photo record this is an amazing way to see the beauty and strength of the natural world.

Visit a Farm

For children in a city or an urban area the wonders of spring in a rural community are often lost. If you live in the city plan to take your children to a farm or the zoo and see the cycle of life and birth that is going on in the animal world as well.

Your children can see baby chicks and ducks, calves, lambs and foals, all which are a part of spring in the country. However, please avoid buying ducklings or chicks for your children unless you are committed to caring for them once they are out of the chick and duckling stage.

Spring offers parents a lot of opportunities to talk to children about the world around them and the cycle of life. This is always an interesting topic for kids and one that is lots of fun to explore as a family.

Hello! We are pleased to send you this monthly issue of *Wise and Wonderful*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

Monthly Joke



Bumper Stickers You May Not Have Seen

Looking for a unique message to stick on the back of your car? Try some of these . . .

- Depression is just anger without the enthusiasm.
- I'm not cheap—but I am on special this week.
- I drive way too fast to worry about cholesterol.
- I intend to live forever . . . so far, so good.
- Mental backup in progress —DO NOT DISTURB!
- The only substitute for good manners is fast reflexes.
- When everything's coming your way, you're in the wrong lane.

Monthly Quotes

"Get happiness out of your work, or you may never know what happiness is."

—Elbert Hubbard

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GOOD NEWS AND INFORMATION FOR OUR FRIENDS AND FAMILIES

APRIL 2015

Tips For Alleviating Allergy Attacks Due To Pollen & Mold

- Keep your windows closed at night. Use air conditioning, which cleans, cools, and dries the air.
- Minimize early morning activities outdoors between 5 and 10 a.m. This is the time of day when pollen is most prevalent.
- Keep your car windows closed when you drive.
- Take a vacation during the height of the pollen season. Pick a place that's more pollen-free, like the beach or the sea.
- Take the medications prescribed by your allergist.
- Don't spend too much time outdoors when the pollen count, humidity, or wind factor is high.
- Don't hang sheets or clothing out to dry. Pollens and molds may collect on these items.
- Don't grow too many indoor plants. Wet soil is a breeding ground for molds.

From the desk of

Ms. Jenn, Director, President CAEYC, Pikes Peak Chapter

*Whew! What a busy early spring we have had ☺
Our Spring Break was a HUGE success! Huge!*

*We will be having our parent/teacher conferences shortly
so look for the sign up sheets. Our children have been
working hard at learning!*

*Thank you for the donations for the Easter
Eggstravaganza you guys are amazing.
I am working on choosing a kindergarten curriculum and
would love your input.
As always, my door is open for you if you need me! – Ms.
Jenn*

½ OFF SUMMER CAMP REGISTRATION!

*Sign up for summer camp before April 30th and
we will give you half of your registration- a
\$25.00 dollar value!*

Stay Healthy With These Simple Tips

A healthy lifestyle isn't that hard to achieve. Start with these basic tips for getting into good shape and staying there:

- **Energy.** For more energy that lasts longer, avoid sugar and eat foods like lentils, soybeans, couscous, and dried fruits.
- **Water.** Make sure that you drink plenty of water every day to replenish and cleanse your body.
- **Happiness.** Pop a single chocolate kiss into your mouth. They've been shown to raise endorphin levels and make you feel better. Just don't go overboard; a full bag won't make you feel any better than just one.
- **Digestion.** Add some ginger to your recipes. Ginger has been used since ancient times in China to help digestion and cleanse the body.
- **Exercise.** After age 30, people begin to lose muscle mass and weight-bearing exercises become increasingly important.
- **Nutrition.** Eat 1 cup of yogurt per day. In one study, women who ate 1 cup of yogurt per day for six months got fewer yeast infections.

