



February 2012

Play and Learn at Community Place
50 Community Place ~ Crownsville, Maryland 21032
Phone: 410-987-3312 ~ Fax: 410-987-0968 ~ Email: ARedlin@playcenters.org
Visit us at www.playandlearnmaryland.org ~ Tax ID: 52-1259566



From the Director

Welcome to the “love”ly month of February! LOVE is in the air! Please join us in welcoming Ms. Jessica Dunkerly who transferred from our Odenton center and is now teaching in the Chipmunks classroom with Ms. Melani and Ms. Jamie. Ms. Jessica is a wonderful addition to our Community Place teaching team!

We would like to also thank Ms. Diana for co-teaching with Ms. Lisa in the Kindergarten classroom over the past month. She has been amazing, but needs to transfer to our Annapolis center in early February. Ms. Katie will be taking Diana’s place. Ms. Katie has her Bachelor’s degree in Elementary Education and is very excited to begin teaching with Ms. Lisa in the Mousketeer’s classroom!

We will continue to hold Self-Appraisal Team meetings for Accreditation purposes. We are so grateful to have many wonderful parent representatives as part of our team, working hard to be sure we are maintaining and improving our program and center. Our next meeting will be held on Wednesday, February 7th, at 6:30 p.m. Parents are always welcome to join us.

Valentine festivities will be enjoyed on Tuesday, February 14th, in the classrooms. Love notes and cards may be exchanged and don’t forget to dress your child in red or pink to add to the celebration!

Play and Learn at Community Place is partnering with Play and Learn at Odenton for a field trip to Chesapeake Children’s Museum, located in Annapolis, on Friday, February 17th. This trip is related to our curriculum theme of music. Permission slips are required and will be distributed the first week of February. Parents are welcome to join us. Please contact Ms. Allie for more details.

Just a reminder that Play and Learn at Community Place will be open Monday, February 20th, for Presidents’ Day!

The center will begin a heartfelt initiative and labor of love by collecting items for the “ Letters to Soldiers Project”, beginning Wednesday, February 15th. Boxes will be available in the classrooms where we will collect small donations to send to a soldier we adopt. More comprehensive information will be distributed in early February for this worthy cause.

Parent Letters that coincide with each curriculum will be available, beginning February 1st. Please visit our website at www.playandlearnmaryland.org. Click on **Important Information** to find exciting information about home activities for each Infant /Toddler Focus and each Preschool Unit.

Finally, please join us in wishing a very “Happy Anniversary” to Ms. Lisa who celebrates her first year with Play and Learn and Ms. Robyn, who celebrates 19 years with our company. We are so grateful for their dedication and love for the children daily. Congratulations!

Happy Valentine’s Day!

Ms. Allison, Ms. Cindy, and Loveable Super Star Staff

Important Dates

(See Calendar for more information)

February 14 - Valentine’s Day

Parents -

Please check for the posted Parent Resource List as well as the Parent Resource Binder. We hope you find this information to be useful!



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Healthy nutrition starts as early as infancy with breastfeeding. Once your baby begins eating solid foods, introduce nutritious foods early on and often. Sometimes toddlers need to try a food 10 times before they actually accept and enjoy it. It is also important to encourage play time as soon as they start crawling and walking. As your children grow, continue to help them live a healthy active lifestyle.

To lead a healthy active life, families can strive to reach these goals:

- 5 fruits and vegetables a day,
- 2 hours or less of screen time (TV, computer, video games) per day,
- 1 hour of physical activity a day, and
- 0 limit sugar-sweetened drinks.

To help children live healthy active lives, parents can:

- be role models themselves by making healthy eating and daily physical activity the norm for their family.
- create a home where healthy choices are available and encouraged
- make it fun - find ways to engage your children such as:
 - ◊ playing a game of tag,
 - ◊ cooking healthy meals together,
 - ◊ creating a rainbow shopping list to find colorful fruits and vegetables,
 - ◊ go on a walking scavenger hunt through the neighborhood, or
 - ◊ grow a family garden.

In addition to the 5, 2, 1, 0, families can make small changes in their family routines to help everyone lead healthier active lives. Try:

- Eating breakfast every day;
- Eating low-fat dairy products like yogurt, milk, and cheese;
- Regularly eating meals together as a family;
- Limiting fast food, take out food, and eating out at restaurants;
- Preparing foods at home as a family;
- Eating a diet rich in calcium; and
- Eating a high fiber diet.

Help your children form healthy habits now.

Healthy active children are more likely to be healthy active adults!

<http://www.aap.org/obesity>