



# August Newsletter

## Monthly Themes

- July 31st-August 4th: Bible Heroes
- August 7th-11th: Disney
- August 13th-18th: It's a Small World
- August 21st-25th: Summer Fun
- August 28th-September 1st: It's a Wrap



## upcoming birthdays



- ◆ Kendall M.-August 10th
- ◆ Elena C.-August 10th
- ◆ Heidi G.- August 11th
- ◆ Julia B.-August 15th
- ◆ Madison H.- August 16th
- ◆ Mackenzie C.-August 20th
- ◆ Mia S.- August 21st
- ◆ Elyse P.-August 21st
- ◆ Mairead M.-August 28th
- ◆ Colton C.-August 29th
- ◆ Dylan P.- August 30th

## Chemicals and You—What to do?

Information received from  
ECO-Healthy Child Care®

### IN YOUR HOME

Use non-toxic ingredients: A 1:1 mix of vinegar and water in a spray bottle can replace many cleaners at home. Did you know vinegar kills bacteria?

Leave your shoes at the door, wash your hands before eating, and dust regularly to avoid buildup of harmful chemicals.

Do not microwave food in plastic. Transfer food to glass or ceramic containers so chemicals

don't leach from plastic into your food.

### AT THE STORE

Look for products that list ALL of their ingredients, not just the active ones.

Keep an eye out for these chemicals— and skip them!

- Bisphenol A      -Triclosan
- Phthalates      -Parabens
- Flame Retardants

### SHOP SMART

Look for products without "fragrance" in the ingredients list. That one word could mean a hundred additional

chemicals, including phthalates.

Avoid BPA. Don't buy polycarbonate plastic, and choose fresh or frozen foods instead of canned whenever possible.

Choose toys that are not made of PVC (#3) or other soft, flexible plastic. Some kids' jewelry can contain lead or cadmium.



## Special Days in August

- ◆ **August 1st**– Punkin the Clown
- ◆ **August 2nd**– Pony Rides
- ◆ **August 3rd**– Mike Randall
- ◆ **August 11th**– Pirate and Princess Party
- ◆ **August 17th**– Adventure Landing Field Trip
- ◆ **August 21st**–Teddy Bear Picnic
- ◆ **August 24th**: Hawaiian Luau
- ◆ **August 28th**–Ice Cream Social
- ◆ **September 1st**– Goodbye Summer , Back to School Party

# Plan a family game night on a budget

Spending a fun night at home with the kids playing different games and having a family favorite meal is a wonderful way to stretch your entertainment dollar. Often cash strapped Moms and Dads can't afford a night at the movies for the family or simply wish they could attend a major sporting event with the kids. The reality is that yes, children would like to do those things, but spending time as a family is just as much fun. Once your kids are old enough encouraging them to get involved in helping you with planning a family game night is a great way to be very inclusive and ensure that you are doing things that everyone will enjoy. Some low cost ideas for a family game night include:

- Make snacks or meals at home that are favorites for the family. Kids will love a **"make it yourself pizza night"** or making their own treats and healthy snacks.
- Use a spinner or numbered dice to **allow each child to roll to choose a game**. Each game is numbered to correspond with a number on the dice, which avoids issues about who gets to choose.
- Consider a **game swap night with the neighbors**. You can swap board games or other games that you have in your house with theirs, giving everyone a new set of games to play without the need to buy anything.
- **Go unplugged** and limit games to those that don't include technology. This avoids the additional costs of renting games and encourages interaction and conversation between the entire family.
- Try playing old school games like jacks, marbles, charades, or even **go outside and have a family game of soccer, basketball or football** in the back yard. You can always make up your own game using different toys and items that you have around the house.

The biggest benefit to being on a budget is that you can really get creative. Encourage your kids to come up with ideas for family game nights; you may be surprised at what they enjoy.



## Special Days in August at Laverack

- ◆ **August 1st:** Hero/Princess Day
- ◆ **August 2nd:** Field Trip to Transit Lanes
- ◆ **August 4th:** Peter Pan/Pirate Day
- ◆ **August 7th:** Field Trip to Hidden Valley Animal Adventure
- ◆ **August 11th:** Buffalo Zoo World Safari
- ◆ **August 14th:** Field Trip to Chestnut Ridge
- ◆ **August 17th:** Field Trip to Get Air
- ◆ **August 22nd:** Field Trip to Flix Theater
- ◆ **August 28th:** Pizza Party
- ◆ **August 30th:** Buffalo Museum of Science Presentation

## Announcements

### Upcoming Theme Days at Walden:

#### Disney Week (August 7th-11th)

- ◆ Monday– Star Wars
- ◆ Tuesday-Minion Mania
- ◆ Wednesday-Finding Nemo
- ◆ Friday-Pirate and Princess

#### It's A Small World (August 14th-18th)

- ◆ Monday-Africa
- ◆ Tuesday-Asia
- ◆ Wednesday-Europe
- ◆ Friday-North America: Western Party

