

September 2021



"You won't know how refreshing a puddle can be unless you take a moment to jump in and see"

From Laurie's Desk

We are still maintaining curbside pick up and drop off. If you are picking up your little ones please call us so we can have them ready.

Only staff and children are permitted past the lobby.

Also, until further notice Date Night canceled.

Thank you for your patience and understanding during these uncertain times.

-Laurie



Kiddos

Birthdays

Lauryn Rosado 9/3/2018

Alaia Bonner 9/9/2019

Walker Kennedy 9/13/2019

Emery Smith 9/15/2017

Reagan Harper 9/16/2017

Liam Trevor-Smith 9/17/2018

Mila Trevor-Smith 9/17/2018

Daphne Tuggle 9/24/2013

Charlotte Mays 9/27/2017

Grayson Mays 9/27/2017



Important Dates

September 5—International Day of Charity

September 6—Read a Book Day

September 6—Labor Day (**Puddle Jumpers CLOSED**)

September 8—International Literacy Day

September 11—Patriot Day

September 12—Grandparents Day

September 17—Constitution Day/Citizenship Day

September 18—Batman Day

September 21—Feast of St. Matthew

September 21—International Day of Peace

September 22—World Rhino Day

September 22—Fall Begins

September 27—**Last Day to Order Scholastics @ Puddle Jumpers (I will close order at 6:30pm)**

September 27—World Tourism Day

September 28—National Voter Registration Day



Employee Birthdays

Karen Williford 9/26

Hello
September.
Employee of the Month

Corey Baker is our September employee of the month! Thank you for all your hard work and dedication! We are so lucky to have you as part of our family!

Congratulations!



Grandma's Apple Pie Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	4 lb	8 cups
Juice, apple, unsweetened, chilled	2 lb 3 oz	4 cups
Cinnamon, ground		1 Tbsp
Nutmeg, ground		3/4 tsp
Allspice, ground		1/4 tsp
Sugar, brown		3 Tbsp
Applesauce, unsweetened, chilled	2 lb 4 oz	4 cups
Total Weight	8 lb 7 oz	

DIRECTIONS

1. Combine yogurt, apple juice, spices and brown sugar in 8 quart or larger measurement-marked storage container, stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIPS

1. Substitute 4 tsp Apple Pie Spice in place of cinnamon, nutmeg and allspice.
2. Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 170 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 37g (Dietary Fiber 1g; Sugars 28g); Protein 3g

% Daily Value: Vitamin A 10%; Vitamin C 2%; Calcium 10%; Iron 0%

Exchanges: 1 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 2 1/2



The Crafty Corner

Vibrant Fall Mobiles

To make our vibrant fall mobiles, we used:

- smooth, dry sticks
- cardboard
- aluminum foil
- Sharpie markers
- yarn
- hole punch

Instructions:

- ◇ To start, We searched in our yard and a nearby field for sticks that were smooth and dry.
- ◇ Draw a leaf shape on a thin piece of cardboard. You can use a template, or trace a bunch of leaves on a thicker piece of cardboard.
- ◇ Younger children will likely need you to cut out their leaves for them. Older kids who can safely manage scissors sharp enough to cut through the cardboard can cut out their own leaves. When the leaves are all cut out, the decorating begins.
- ◇ For each leaf, tear off a piece of tin foil, and wrap the leaf in it.
- ◇ Press the ends of the tin foil together, squeezing the foil together so it stays in place. You can use a bit of glue to stick any loose ends down but it isn't necessary.
- ◇ When all of your leaves are covered in foil, have the kids choose Sharpies in bold, vivid colors to decorate them. (We chose colors that most resembled the leaves that we see in our yard and neighborhood: red, orange, yellow, brown, magenta and green)
- ◇ The results are beautiful as the color of the ink becomes shimmery and iridescent on the foil.
- ◇ You'll want to color both sides of your leaves because they'll spin and turn when they're hanging from the mobile. One side might be more crinkly than the other but that's ok because Fall leaves are crinkly!
- ◇ When your leaves are colored, punch a hole in the top of each leaf. Slip a length of yarn through the hole, and knot it.
- ◇ Now, tie several leaves to a stick, staggering them at different heights.
- ◇ To finish your mobile, cut a long length of yarn for hanging, and tie each end to opposite ends of the stick.
- ◇ Now, hang your vibrant fall leaf mobile in a place where you can enjoy its shimmering colors.

Is Your Pet in Pain?

September is Animal Pain Awareness Month

Difficulty standing up after lying down
-Could be osteoarthritis



Reluctance to jump to/from chairs, countertops, etc.
-Especially seen in cats

Decreased Appetite
-Pet may avoid eating due to mouth pain



Look for these common signs of pain!



Decreased Activity
-Pay attention to changes in behavior patterns. Pain may be interfering with usual activity



Avoiding Stairs
-Arthritic pets may have difficulty climbing stairs



Excessive licking/grooming a particular area
-Could be a sign of skin irritation or pain related to other conditions

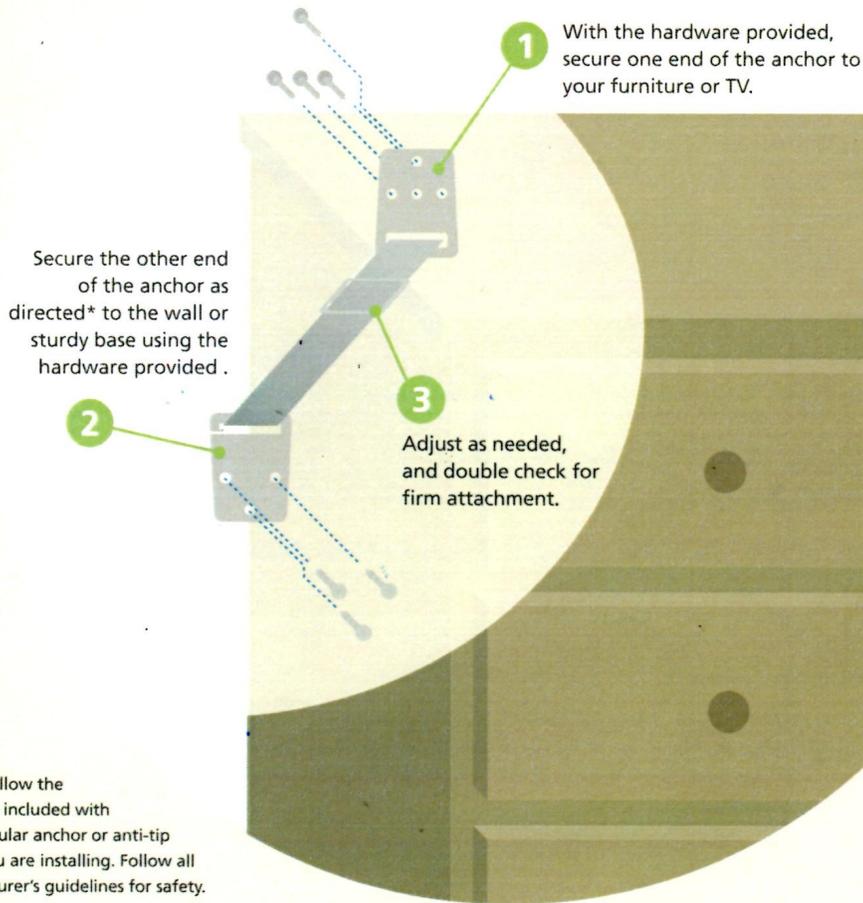
Anyone Can Anchor It!



Every 24 minutes, tipped furniture or a fallen TV sends an injured child to the emergency room. Get on top of it before they do. Learn how to secure your furniture and TVs to protect children.

Anchoring Is Easy:

It's easy, inexpensive, and only takes a few minutes. Just a few simple steps and basic tools could save a child from injury.



What You Need:

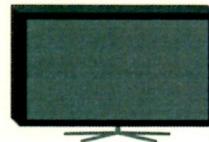
A variety of products are readily available to fit your budget and help secure items in your home, from wall- and furniture-mounted straps to anti-tip brackets.



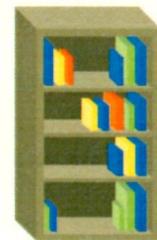
What Needs to Be Secured?



Dressers



TVs



Large Furniture