



Simply Fun Childcare News



Centers are closed:

Good Friday, April 7
Easter Monday, April 10



Elijah Van Der Westhuizen (April 08)
Facundo Ignacio Diaz Franchini (April 22)
Eva Amelia Bazant (April 08)

QUICK REMINDERS:

- Our centers are **NUT-FREE**. Please do not pack any nut-containing products in your child's lunch or snack.
- A well-balanced diet is essential for your child's growth and development, both physically and mentally. By packing **healthy lunches and snacks**, you can help ensure that your child is getting the nutrients they need to thrive.
- **New FRENCH program:** Starting in April 2023, we will be introducing French language lessons to all children at our childcare center. We believe that learning a second language at an early age is beneficial for children's cognitive and linguistic development.

Dear Simply Fun Families,

Happy Easter! Thank you for entrusting your children to us at our childcare center. We appreciate the opportunity to serve and support your family. May this Easter season bring you hope, renewal, and joy.

Best regards,
Brenda Irvine - Owner





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HEALTHY MEALS

As we strive to provide the best care for your child at our childcare center, we want to remind you of the importance of healthy eating habits. We believe that a well-balanced diet is essential for your child's growth and development, both physically and mentally.

- Here are some examples of healthy lunch and snack options you can pack for your child:

Lunch:

Turkey and cheese sandwich on whole wheat bread with carrot sticks and hummus

Grilled chicken wrap with mixed greens and sliced bell peppers

Boiled eggs

Whole grain pasta salad with cherry tomatoes, cucumber, and feta cheese

Snacks:

Fresh fruit such as apple slices, grapes, or berries

Raw vegetables like baby carrots, celery sticks, or cucumber slices with ranch dip

Whole grain crackers with cheese

- Please **avoid packing** sugary snacks, candy, juice boxes, and soda. These can cause a sugar crash and can negatively impact your child's behavior and learning.

Thank you for your cooperation in promoting healthy eating habits for your child. If you have any questions or concerns, please don't hesitate to contact us at [250-881-3958](tel:250-881-3958) (Miss Brenda).

