

# K-PREP NEWS

April 2024

## Staffing Changes

We're sad to announce that Ms. Maria has accepted a position elsewhere which better suits her family's needs. Her last day with us will be April 12<sup>th</sup>.

We have recently hired an Assistant Director, Ms. Stephanie, to help support Ms. Sam in the day-to-day needs of the center. She has many years of childcare experience. She will be joining us on Monday, April 15<sup>th</sup>, so please be sure to welcome her to the K-Prep Family!

We will continue to work at hiring new and experienced staff, so bear with us.

Summer is coming! Find the Temporary Change of Schedule and Graduate Student Withdrawal forms now at <https://www.k-prep.com/enrollment-forms>



## Edible Classroom

We're excited to welcome back the wonderful staff from the Edible Classroom! We look forward to another wonderful season of garden education and fresh produce! Lessons begin on Thursday, April 4<sup>th</sup>.

## Earth Day Celebration

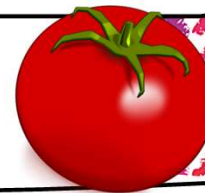
We welcome families of our PS/PK classrooms to attend our Earth Day Celebration on Thursday, April 18<sup>th</sup> from 9:30-10:30am! The Edible Classroom & Mrs. B will be here to help us celebrate!



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## What to do with Picky Eaters?



- Share mealtimes together and let them see everyone enjoying the same foods.
- **Try, try again! It can take up to than 10 times (if not more) of trying a food before they may like it. So, keep offering that broccoli!**
- Add different flavors through seasonings or dips!
- **Get your kiddo(s) involved! Let them help make dinner and they may be more inclined to try it! Now it's what *they* made for dinner!**
- Pair flavors (sweet and salty) or preferred and non preferred foods (broccoli and chicken nuggets)
- **Offer milk or other supplemental meals (such as Pediasure) after they are finished eating. Milk is very filling.**
- Make food fun -
  - Try some sensory exploration outside of mealtimes. Put a variety of textures, such as yogurt, noodles, etc. on their tray and just allow them to explore!
  - Make that pancake smiley face! Silly food is yummy food! 😊



### More Information

- <https://kidshealth.org/en/parents/habits.html>
- <https://www.myplate.gov/tip-sheet/healthy-eating-kids>
- <https://www.k-prep.com/outdoor-classroom-initiative>