

September 2025



A teacher is sitting on a small wooden stool, reading a book to a group of young children sitting on a green rug with large white polka dots. The children are of diverse backgrounds and are looking towards the teacher. The classroom background includes a whiteboard with various educational activities, including a calendar, a list of names, and a large cartoon pencil character. The teacher is a Black woman with her hair in a ponytail, wearing a black top and blue jeans. The children are sitting in a semi-circle around the teacher. The classroom is filled with educational materials, including books, toys, and a large cartoon pencil character on the wall.



Healthy and nutritional tips

Back to School with Smart Snacks!

Welcome back to a New school year! As routines pick up and lunchboxes fill up, don't forget the power of a healthy snack to fuel young minds and bodies.

Why Healthy Snacks Matter:

Nutritious snacks help kids stay focused, energized, and ready to learn. Skip the sugar crashes—think brain fuel instead!

Top 5 Smart Snack Ideas:

Apple slices + peanut butter – Crunchy, sweet, and packed with protein!

Greek yogurt + berries – Creamy and full of probiotics and antioxidants.

Hummus + baby carrots or whole wheat crackers – A fun dip that's full of fiber.

Homemade trail mix – Nuts, seeds, and a few dark chocolate chips.

Cheese sticks + whole grain mini muffins – A protein and fiber combo to keep them full.

You are invited
to join us

WE NEED YOUR VOICE!



We are looking for dedicated parents to join our Policy Council a leadership group that helps guide and support the decisions that shape our program. As a representative, you will:

- Represent your site/center and speak on behalf of other parents
- Share your input, ideas, and suggestions
- Support the program in making informed decisions
- Work alongside the management team to improve the quality of our services
- Be actively involved in Program Governance and leadership

If you decide to join, training will be provided on:

- Program Governance
- Policy Council Bylaws
- How to Call for a Motion and Participate in Council Procedures



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Become a Policy Council
Representative for your child's
site/center.

