



Play and Learn

Discovery Days

A newsletter for parents

Play and Learn Preschool, Inc.

A 2-star childcare and education center

Volume F-22, Issue 8, March 2023
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playandlearnpreschool.org

Affiliated with Yale Avenue Christian Church yacc.org

Upcoming Events

Sunday, March 12
Th/Friday March 16-17
Wednesday March 15

Spring Forward
Spring Break
Hunt for Gold/Wear Green

Look for Parent Teacher Conference Sign ups!



March 27-31

Monday– Plant Flowers
Tuesday– Clean Up Trash
Wednesday– Clean Up Playgrounds
Thursday– Fill up Blessing Box
Friday– Make cards for Nursing Home

Play and Learn Preschool is
open from 7:30am-5:30pm.

ALL students must be at school
by 9:30!!

Thank you!!

Looking for a church home?

YACC Sunday Service Times
10:30 Traditional

Please bring a change of clothes for your
child to keep in their cubby at school!

Play and Learn Meal Times

9:00	Breakfast
12:00	Lunch
2:00	Snack

Be who you are
And say what you feel
Because those
who mind don't
Matter
And those who
Matter
Don't Mind.
Dr. Seuss

March 15th , we will be hunting for Gold!!! The kids will follow the Rainbow and get a piece of the Leprechaun's Gold.....

If they can find it!!!!!!

Have suggestions?? Please let us know!

Fun Parks to visit in the area:



White Side
4009 S Pittsburg Ave

Darlington Park
5179 E 29th St

Langenheim Park
4701 S Harvard Ave

Lafortune Park
5202 S Hudson Ave

March Curriculum

Spring
Plants & Gardening
Weather
St. Patrick's Day

Eat Smart To Play Hard

Use **MyPlate** to help you fuel up with foods from each food group.



Keep on Moving!

You need at least 60 minutes of physical activity each day. Whether that's skateboarding, tossing a ball, or playing tag, every little bit counts!



FRUITS Fuel Up With Fruits at Meals or Snacks

Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.



VEGETABLES Color Your Plate With Great-Tasting Veggies

Try to eat more dark-green, red, and orange vegetables, and beans and peas.



GRAINS Make at Least Half Your Grains Whole Grains

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.



PROTEIN Vary Your Protein Foods

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.



DAIRY Get Your Calcium-Rich Foods

Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.



Know Your "Sometimes" Foods Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.

recipe *Rainbow Veggies*

ingredients

Red Beets

Orange Carrots

Yellow Bell Pepper

Green Celery

Purple Cabbage

directions

Slice vegetables of various colors. Give each child a plate with 1/2 cup of a variety of rainbow veggies with at least one slice of each color vegetable to try. Have them arrange their vegetables in the shape of a rainbow in color order. This is a great snack when you are talking about rainbows in your circle time. Blue vegetables are mostly non-existent in nature but you can sometimes find a South American blue potato. Be creative! Serve with 1/2 cup milk.



Snack Crediting: 1 Serving for ages 1-5

CREDITABLE
cacfp.org

Play and Learn Preschool Café March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheerios/ Applesauce Grilled Cheese Fries Mixed Fruit String Cheese/ Crackers	2 Pancakes/ Fruit Spaghetti Corn Pineapples Cheese Roll Up	3 Oats/ Pineapples Chicken Pot Pie Mixed Veggies Peaches Biscuits Gogurt/ Animal Crackers
6 WG Cereal/ Applesauce Pizza Quesadilla Corn Peaches Sliced Cheese & Crackers	7 Biscuits/ M. Oranges Chicken Salad Pickles Mixed Fruit Crackers WG Bean Burrito	8 Boiled Eggs/ Blueberries Chicken Legs Potato Salad Mixed Fruit WG Bread & Butter Chex & Juice	9 Pancakes/ Strawberries Chicken & Rice Peas & Carrots Pineapples WG Grilled Cheese	10 Burritos/ Applesauce Meatloaf Green Beans Mixed Fruit WG Bread & Butter Gogurt/ Animal Crackers
13 WG Cereal/ Applesauce Beef Franks on a Bun Fries Tropical Fruit Sliced Cheese & Crackers	14 Biscuits/ M. Oranges Egg Salad Tots Peaches WG Bean Burrito	15 Boiled Eggs/ Blueberries WG Turkey/ Cheese Roll Up Pickles Applesauce Chex & Juice	16 Closed Spring Break	17 Closed Spring Break
20 WG Cereal/ Applesauce BBQ Beef Franks Peas Strawberries Sliced Cheese & Crackers	21 Biscuits/ M. Oranges Beef Stroganoff Carrots Peaches WG Bean Burrito	22 Boiled Eggs/ Blueberries WG Spaghetti Green Beans Mixed Fruit Chex & Juice	23 Pancakes/ Strawberries Chicken Chunks Tots Pineapples Bread & Butter WG Grilled Cheese	24 WG Burrito/ Applesauce Cheeseburger Fries Applesauce Gogurt/ Animal Cracker
27 WG Cereal/ Applesauce Chicken Pasta Salad Broccoli Peaches Sliced Cheese & Crackers	28 Biscuits/ M. Oranges Beanie Weenies Corn Applesauce Crackers WG Bean Burrito	29 Boiled Eggs/ Blueberries WG Chicken & Noodles Peas Mixed Fruit Chex & Juice	30 Pancakes/ Strawberries Cheese Quesadilla Corn Salsa Strawberries WG Grilled Cheese	31 WG Burrito/ Applesauce Meatballs Carrots Blueberries Butter Noodles Gogurt/ Animal Cracker

Breakfast and Lunch: Children 1year of age are served whole milk; children 2-5 are served 1%. 100 % Juice is served at snack where indicated.

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Preschool Staff

Owner	Carla Story
Director	Misty Glynn
Nutrition	Cindi Wilbur
Young Infants	Amanda Godinez-Emrick
Older Infants	Melissa Langley
Young Toddlers	Jamie Hamilton
Twos	Brandi Flores
	Miranda Reaves
Older Threes/Fours	Heather Grabin
Assistants	Ethan Glynn
	Lakara Jordan
	Dani Ramirez

**HAPPY BIRTHDAY FROM ALL
 OF US TO You!!**

Drake	3/3
Asher	3/23
Londen	3/27
Adriana	3/27
Nula	3/30



Preschool Board of Directors

President	Jamie Ostroe
Treasurer	Sylvia Hill
Secretary	Sylvia Hill
Members	Frank Broostin
	Julie Hughes

"For I know the plans I have for you," declares the Lord, "plans to prosper and not to harm you, plans to give you hope and a future."
 Jeremiah 29:11

Play and Learn Preschool, Inc. accepts children of any race, color, and national or ethnic origin.



Play and Learn Preschool, Inc.

**A 2-star Christian Learning Center
 for Infants through Pre-K
 7:30 a.m. – 5:30 p.m.
 Monday – Friday**

Partnering with Families

At Play and Learn, we recognize that working families need a safe, caring environment where their children can learn the life skills of heart and mind. Excellence in care is essential because children grow and develop quickly. Since 1982, our qualified staff has helped children, from infant to pre-k, learn, gain confidence, and discover self-worth in a Christian environment.

Through play, children gain experiences in motor, cognitive and social skills, character traits, and hygiene. Parents can be confident that our comprehensive, age-appropriate guidance meets their child's individual needs.

Vision

Success for every child.

Mission

Teaching children for future success.