



# April 2012 Newsletter

## Field Trip

The JK and SK classes will be going to Creative Kids Place on Tuesday April 17, 2012. We will be leaving the centre at 9:15 travelling by Laidlaw bus and returning at 11:30 am. The cost of the trip will be \$15.00 per child and \$8.00 per adult, this will be added to your May fees.

## Creative Kids Place

55-3176 Ridgeway Dr Mississauga. On L5l 5S6  
905 820-5437



## Easter Bunny Show

The Penguins, Preschoolers and Kindergarten Classes will be having an Easter Show on Wednesday April 4, 2012 at 10:00am. The cost of the show is \$7.00 and it will be added to your May fees.



## Scholastic Order

April Scholastic order is due  
Friday April 13, 2012



## Centre Closed

The centre will be closed on Friday  
April 6, 2012 and will **re-open** on  
**Monday April 9, 2010.**





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## Tips to Help Your Child Grow Up Healthy

Helping your child grow up healthy isn't an easy task. These tips are some of the ways to guide their choices and pass on lessons they can use for life .

- Make eating breakfast a regular habit for the whole family
- Share decisions about food and ask questions. Family snack and mealtime helps promote healthy eating overall
- Drink water often- it's the best choice when thirsty
- Build physical activity into the daily routine
- Get enough sleep- A child is more ready for their daily activities if they are well rested

By: Food For Tots

