



JULY

In a continued effort to reduce the spread of illness between the children attending the center and/or staff we will continue to take the temperature of each child as they enter the CDC and send them immediately into the restroom to wash their hands. We will also be doing a “visual” check of each child and if we see signs/symptoms such as watery/red eyes, runny nose, flushed cheeks and a cough your child will not be able to be dropped off. If your child has allergies that may cause these symptoms you will need to bring us a note from their doctor. If your child is turned away by CDC staff they may not return for a full 24 hours and will need a doctor’s note as well. Masks will still be worn inside the center.

MONTHLY REMINDERS

Please have your girls wear shorts or leggings under their dresses. We go outside daily so they need to be appropriately dressed. Please do not send children in flip flops. Socks are preferred, even with sandals, to protect their toes

DATES CDC WILL BE CLOSED!!!

Thursday @ Noon & Friday, July 3rd & 4th
Thursday, July 31st & August 1st
Graduation



CURRICULUM

Theme: BACK TO SCHOOL

**We will talk about starting Kindergarten
and changing preschool classrooms**

Academic Activities

Letters: Review
Numbers: Review
Color: Review
Shape: Review

Sample of Arts & Crafts Activities

**Outside Water Art, Bird Houses,
4th of July projects, Watermelon Bust**

**Daily practices include
Calendar, ABC's, 123's,
Colors, Shapes, Manners,
Hygiene, Books of the Day,
Songs and Rhymes**



WARM WEATHER TIPS!

Warm weather means activities and fun under the sun! Whether you love putting on shorts and feeling the warm outdoors, or find it hot and sticky, everyone must be careful not to let a heat-related illness spoil the day. Normally, the body has ways of keeping itself cool, by letting heat escape through the skin, and by evaporating sweat (perspiration). If the body does not cool properly or does not cool enough, the victim may suffer a heat-related illness. Anyone can be susceptible although the very young and very old are at greater risk. Heat-related illnesses can become serious or even deadly if unattended.

Preventing Heat-Related Illness

Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.

Drink water. Carry water with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.

Eat small meals and eat more often. Avoid foods that are high in protein which increase metabolic heat.

Avoid using salt tablets unless directed to do so by a physician.

Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m.-7:00 a.m.

Stay indoors when possible.

Take regular breaks when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize that you, or someone else, is showing the signs of a heat-related illness, stop activity and find a cool place.

Remember, have fun, but stay cool!

NEVER leave a person or a pet in a locked car in the sun.

Check local news for the day's heat index, as well as heat advisories, and adjust your plans for the day accordingly.

Wear sunscreen. The American Cancer Society recommends a sunscreen with SPF 15 or higher.

Use air conditioning, if possible. If you don't have access to air-conditioning, use a fan to create a breeze. Keep shades drawn and blinds closed.

Take a cool (not cold) bath or shower once or twice a day — or more often if you wish.

If you feel nauseated, dizzy or weak, sit down quickly, which may keep you from fainting.

Don't forget your pets! Be sure to provide shade and plenty of cool water for them.

www.redcross.org & www.simivalleyhospital.com

JULY 2025

SU	MON	TUE	WED	THU	FRI	SAT
		1	2	3 CDC	4 CLOSED!	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31 CDC CLOSED	1 FOR GRADUATION	

**LAS VEGAS PAIUTE TRIBE
CHILD DEVELOPMENT CENTER**
1321-1/2 Ken Street
Las Vegas, Nevada 89106
702.386.0040



JULY 2025

Breakfast & Snack

Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Pancakes Fruit Milk Cookie Juice	2 Cereal Fruit Milk Grapes Goldfish Crackers Water	3 Cinnamon Toast Fruit Milk Bread/Peanut Butter Water	4 Cold Cereal Fruit Milk Granola Bar Milk	5
6	7 Cold Cereal Fruit Milk Apple Slices Milk	8 Toast Fruit Milk Yogurt (2 oz) Juice	9 Cold Cereal Fruit Milk Carrot Sticks w/ ranch Water	10 Waffles Fruit Milk Strawberries Club Crackers (2) Water	11 Cold Cereal Fruit Milk Crackers w/Peanut Butter (4) Milk	12
13	14 Cold Cereal Fruit Milk Teddy Grahams (11) Milk	15 Bagel Fruit Milk English Muffin Juice	16 Cold Cereal Fruit Milk Orange Slices Water	17 Toast Fruit Milk Cookie Milk	18 Cold Cereal Fruit Milk Granola Bar Milk	19
20	21 Cold Cereal Fruit Milk Celery Sticks Peanut Butter Water	22 Raisin Bread Toast Fruit Milk Applesauce Water	23 Cold Cereal Fruit Milk 1/2 Banana Water	24 French Toast Sticks Fruit Milk Orange Slices Saltine Crackers (4) Water	25 Cold Cereal Fruit Milk Granola Bar Milk	26
27	28 Cold Cereal Fruit Milk Graham Crackers Milk	29 Pancakes Fruit Milk Cookie Juice	30 Cereal Fruit Milk Grapes Goldfish Crackers Water	31 Cinnamon Toast Fruit Milk Bread/Peanut Butter Water		PORTION SIZES: Milk/Juice: 1/2 cup Peanut Butter: 1tbsp Veggies/Fruit: 1/2 cup Bread: 1/2 slice Cereal: 1/3 cup

JULY 2025 Lunch Menu

happy 4th of JULY!

Sun	Mon	Tue	Wed	Thurs	Fri	Sat
PORTION SIZES: Milk: 3/4 cup Meat: 1-1/2 oz. Veggies/Fruit: 1/2 cup Grain/Bread: 1/4 cup	On SPECIAL ACTIVITY days lunch will be purchased from outside sources	1 Banana Pancake Puffs Sausage Sweet Taters Oranges	2 Bolognese Carrots Tropical Fruit Milk	3 Spaghetti & Meatballs w/Veggie Sauce Pears Milk	4 Butter Chicken w/Rice & Peas Mini Naan Applesauce Milk	5
6	7 Chicken Meatballs w/ Spiral Pasta Broccoli/Cauliflower Banana Milk	8 Cheesy Ravioli Green Beans Peaches Milk	9 Pancake Puffs w/Cheesy Omelet Mixed Fruit Milk	10 Mac & Cheese w/Hidden Butternut Squash Pears Milk	11 Chicken & Spaetzle Green Beans Apples Milk	12
13	14 Swedish Meatballs w/ Noodles Broccoli Applesauce Milk	15 White Mac & Cheese w/Hidden Cauli Broccoli Pears Milk	16 Chicken Parm w/ Veggie Spaghetti Banana Milk	17 Tortellini Bolognese Green Beans Peaches Milk	18 Creamy Bacon Tortellini Fava Beans & Carrots Oranges Milk	19
20	21 Turkey Meatballs w/ Alfredo Bow Ties Broccoli Mixed Fruit Milk	22 Short Rib Ragu Pasta Broccoli Apples Milk	23 French Toast Sticks Scrambled Eggs Peaches Milk	24 Chicken Bites w/Mac & Cheese Green Peas Oranges Milk	25 Beef Taco Pockets Corn Pears Milk	26
27	28 Chicken Meatballs w/White Mac & Cheese Green Beans Peaches Milk	29 Banana Pancake Puffs Sausage Sweet Taters Oranges Milk	30 Bolognese Carrots Tropical Fruit Milk	31 Spaghetti & Meatballs w/Veggie Sauce Pears Milk		



Color Me Healthy NEWS

preschoolers moving & eating healthy

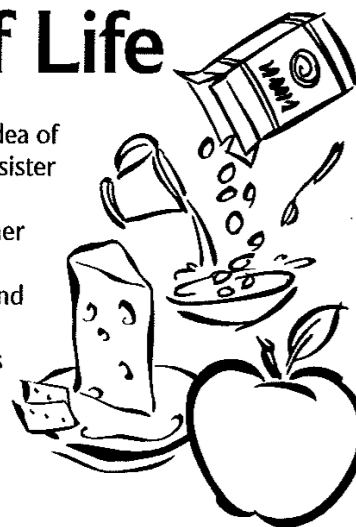
JULY

Variety Is The Spice Of Life

All foods can fit into a healthy diet. Even young children understand the idea of "sometimes." Sometimes you sit in the front seat and sometimes your sister does. Sometimes you pick the television show and sometimes Dad picks it.

The same applies to foods. There are "sometimes" foods that are higher in fat and sugar. Sometimes there will be cookies after school, sometimes fresh fruit, sometimes a bowl of cereal, sometimes cheese and crackers, and sometimes ice cream. Learning to expect and enjoy variety is one of the greatest lessons you can teach your children as they develop eating habits they will carry with them for a lifetime.

Encourage your children to try new foods and become interested in food preparation and how food is grown. Try the KIDS KITCHEN with your children to get started!



Check Out The Colors, Check Out The Smells

Children love to play with the colors and smells of food. Here are some ideas you can use with your child.

CHECK OUT THE COLORS

Food comes in a rainbow of colors. Here are some ways to check out the many colors of food:

1. Go to the fruit and vegetable section of the store. Talk about the many colors of the food.
2. For fun, have a red day, yellow day, orange day or green day. On these days, eat at least one food of that color. It may be a good way to get your child to try a new food.

CHECK OUT THE SMELLS

The smells of food are also very different. Here is a game that you and your child can play:

1. Gather foods with strong smells: banana, cinnamon, chocolate, lemon, orange, onion, peanut butter, or others.
2. Put a little bit of each food in a separate dish.
3. Put a blindfold on your child.
4. Let your child smell a food and guess what it is.
5. You take a turn with the blindfold.



Does Your Child REALLY Get A Chance To Be Physically Active?

Where and when during the day does your child have the opportunity to be active? Looking at your child's and your family's environment will help you assess how easy it is to be active. Think about where your child spends most of his or her day, what your neighborhood is like, where you and your family can go to be active, and what activities you can incorporate into your family routine.

CHILD CARE

- Do your children have enough activity time in their day at the child care center?
- Is the equipment, toys and active area both inside and outside the child care center adequate and safe?

YOUR NEIGHBORHOOD

- Do you have sidewalks in your neighborhood for you and your family to enjoy?
- Do your children have a safe place to play and ride a bike at your home or close by in your neighborhood?

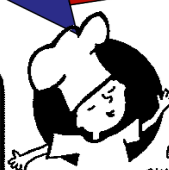


Color Me Healthy Parent Bulletin Board

Allow your children to have some choice in what they eat. You can help guide them in the right direction but help them to make good choices on their own. Having a wide variety of healthy foods to choose from will make this task easier.

When your child plays outside, remember to put sunscreen on to eliminate the risk of sunburns.

Studies show that kids who watch the least TV are the kids who are least likely to be overweight.



Kids Kitchen

This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult are required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoy eating.

Red, White, Blue And Yummy

4 servings

INGREDIENTS

- 4 scoops vanilla frozen yogurt
- 1-cup skim (fat-free) milk
- 1/2 cup strawberries; cut into quarters
- 1/2 cup blueberries

INSTRUCTIONS

1. Place all ingredients in blender.
2. Blend until smooth; serve.



Food For Families On The Go

Garden Bow Tie Pasta 6 servings

INGREDIENTS

- 1 can (12 ounces) tuna, drained and flaked
- 1/2 pound bow tie pasta
- 2 tablespoons olive oil
- 1 cup sliced onions
- 1 cup chicken broth
- 3 tablespoons fresh thyme or 1 tablespoon dried thyme
- 4 cups frozen vegetable medley
- garlic salt and pepper to taste

INSTRUCTIONS

1. Cook pasta according to package directions, drain; rinse.
2. In large skillet, heat olive oil over medium-high heat; sauté onions for 3-5 minutes.
3. Add broth and continue cooking 2 minutes.
4. Add thyme, tuna, vegetables, and mix gently.
5. Add pasta; season with garlic salt and pepper.
6. Heat 3-4 minutes or until broth is reduced.
7. Garnish option: grated Parmesan cheese.

Prep Time: 10 minutes
Cook Time: 20-25 minutes
Calories per serving: 311
Fat per serving: 6 grams

Color Me Healthy brought to you by...

