



# APRIL

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.

The children go outside to play so please make sure they are wearing shoes that are secured with a strap and wearing socks. No flip flops! Please send a lightweight jacket as well.

We are starting to use air conditioning so the center becomes cool during nap time so please make sure your child has a blanket! We will send the blanket home every week for you to wash.

**CDC CLOSED!!**

*Friday, April 18th*

# CURRICULUM



**Theme: OUR EARTH**

**We will learn about RECYCLING, SPRING CLEANING, GARDENING and ways to PROTECT and PRESERVE OUR LAND**

## **Academic Activities**

**Letters: S & T**  
**Numbers: 17 & 18**  
**Color: Pink**  
**Shape: Review**



## **Sample of Arts & Crafts Activities**

**Flower power, Handprint painting, Planting**

## **Daily practices include**

**Calendar, ABC's, 123's, Colors, Shapes, Manners, Hygiene, books of the day as well as songs and rhymes**



**Parenting Tips**  
**Provided by: Native Wellness Institute**



- Listen to your children
- Expect them to make mistakes
- Be firm, fair and flexible
- Let your child know what your expectations are of them
- Set clear boundaries– most children want them
- Be clear and specific when giving instructions
- Develop family rules together
- Expect your children to obey you– Be in charge!
- Spend quality time with your children
- Know they are watching you to see how they should behave– be a good role model
- Always encourage your child
- Praise them when they do something special
- Be as consistent as possible
- When possible, offer children choices to help them develop decision-making skills
- Use teachable moments
- Practice patience
- Explain consequences of poor behavior-logical and natural
- Expect your teen to rebel-identity search
- Hug your children
- Say “I love you” to your children
- Give them the gift of your spirit-unconditional love
- Nurture interest in native ways of life



**WE**  
are  
**FAMILY**





# APRIL 2025



SUN	MON	TUE	WED	THU	FRI	SAT
		1 	2	3	4	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			



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





Happy Easter

# APRIL 2025 Breakfast & Snack Menu



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



# APRIL 2025 Lunch Menu



Sun	Mon	Tue	Wed	Thurs	Fri	Sat
6	7	1	2	3	4	5
	Chicken Meatballs w/White Mac & Cheese Green Beans Peaches Milk	<b>**SPECIAL LUNCH**</b>	French Toast Sticks Scrambled Eggs Peaches Milk	<b>**SPECIAL LUNCH**</b>	Chicken Bites w/Mac & Cheese Green Peas Oranges Milk	
13	14	8	9	10	11	12
	Chicken Meatballs w/ Spiral Pasta Broccoli/Cauliflower Oranges Milk	<b>**SPECIAL LUNCH**</b>	Bolognese Carrots Tropical Fruit Milk	<b>**SPECIAL LUNCH**</b>	Spaghetti & Meatballs w/Veggie Sauce Pears Milk	
20	21	15	16	17	18	19
	Swedish Meatballs w/ Noodles Broccoli Applesauce Milk	<b>**SPECIAL LUNCH**</b>	Waffle Sticks w/Bacon & Egg Scramble Mixed Fruit Milk	<b>**SPECIAL LUNCH**</b>	Cheesy Ravioli Green Beans Peaches Milk	
27	28	22	23	24	25	26
	Turkey Meatballs w/ Alfredo Bow Ties Broccoli Mixed Fruit Milk	<b>**TACO TUESDAY**</b>	Chicken Parm w/ Veggie Spaghetti Tropical Fruit Milk	<b>**SPECIAL LUNCH**</b>	Chicken Bites Super Veggies Pineapple Milk	
		29	30			
		<b>**SPECIAL LUNCH**</b>	French Toast Sticks Scrambled Eggs Peaches Milk			<b>On SPECIAL ACTIVITY days lunch will be purchased from outside sources</b>
						<b>PORTION SIZES: Milk: 3/4 cup Meat: 1-1/2 oz. Veggies/Fruit: 1/2 cup Grain/Bread: 1/4 cup</b>





# Color Me Healthy NEWS

preschoolers moving & eating healthy

APRIL

## Please Try Just One Bite

If your children are not interested in some foods, start with smaller serving sizes. A half-cup of broccoli may look so overwhelming that a child won't even try to eat any. Start with two or three small pieces and then offer more when these are eaten.

A half-cup of milk may look more appealing to small eyes than a full cup. Remember, a serving doesn't all have to be eaten at once. Snacks are a great way to add another half serving of fruit, vegetable, milk, bread, or meat.



### Spice Up Your Fruits And Vegetables

One of the best ways to jazz up fruits and vegetables is by adding herbs and spices. They can be expensive so choose a few to have on hand that your family enjoys. Add herbs and spices towards the end of the cooking time to preserve their full flavor. When using dried herbs remember that they are stronger than fresh herbs so you don't need as much. Below are examples of how herbs and spices match up with fruits and vegetables. Give these a try and experiment on your own!

- **CINNAMON**—apples, sweet potatoes, acorn squash
- **DILL**—tomatoes, cabbage, carrots, cauliflower, green beans, cucumbers
- **ONION POWDER**—most vegetables especially mashed potatoes
- **OREGANO**—tomato sauce, bean salad, zucchini, spinach
- **PARSLEY**—potatoes, green beans, carrots
- **ROSEMARY**—mashed potatoes, peas, lima beans, green beans, roasted potatoes



### Active After School

The amount of time a child is outside is directly related to how active they are. Encourage your children to stay outside for an hour before dinner and play. If they have no playmates in the area, encourage them to be creative on their own or take the time to play with them.

Here are some ideas for activities they can do in that hour:

- Bike
- Skate
- Jump Rope
- Run
- Swim
- Fly A Kite
- Play Hopscotch
- Dance
- Toss a Frisbee
- Play Kickball
- Play Tag
- Play Catch
- Play Soccer
- Play Hide-N-Go Seek



## Color Me Healthy Parent Bulletin Board

Encourage your children to eat a wide variety of foods by letting them pick out a new fruit, vegetable, or grain at the grocery store. Tell them it's a new game called "Adventure Eating" and make it a weekly event.

Plan outdoor family activities such as going to a park or a zoo that involves walking or provides the opportunity to be active.

Almost 50% of your bone mass is formed during childhood. Make sure your children get the calcium they need to form strong bones and teeth. Low fat dairy products are a great source of calcium.



## 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.*

### Fruit Kabobs

#### INGREDIENTS

- strawberries
- cantaloupe
- bananas
- kiwis
- OR any kind of fruit that is in season
- skewers, toothpicks, or plastic drinking straws

#### INSTRUCTIONS

1. Cut up fruits into chunks.
2. Place on skewers, toothpicks, or plastic drinking straws.
3. Have children experiment with different combinations.
4. Fruit Kabobs on a straw are a fun way to encourage kids to drink water. Have them stir the straw, with fruit attached, in the water to "flavor" it. The child can then drink the water through the straw.



## Food For Families On The Go

### Tangy Citrus Chicken *8 servings*

#### INGREDIENTS

- 8 boneless skinless chicken breasts
- 1 can (6 ounces) frozen lemonade concentrate, thawed
- 1/2 cup honey
- 1 teaspoon rubbed sage
- 1/2 teaspoon ground mustard
- 1/2 teaspoon dried thyme
- 1/2 teaspoon lemon juice

#### INSTRUCTIONS

1. Place chicken breasts in a 13x9x2 baking dish coated with nonstick cooking spray.
2. In a small bowl, combine remaining ingredients; mix well.
3. Pour half the sauce over the chicken.
4. Bake, uncovered at 350 degrees for 20 minutes.
5. Turn chicken; pour remaining sauce on top.
6. Bake 15-20 minutes longer or until meat juices run clear.

Prep Time: 10 minutes  
Cook Time: 40 minutes  
Calories per serving: 268  
Fat per serving: 4 grams

Color Me Healthy brought to you by...

