

ACTIVITIES

June 2

- World Environment Day – Month Long Project – Children will create a “living” coral reef for the classroom and a bird feeder for the playground using real and recycled materials

June 9

- 12:00pm – Parent Committee Meeting – KIDCO IV and KIDCO VI – By Zoom
- 1:00pm – Parent Committee Meeting – KIDCO VII – by Zoom
- Virtual Field Trip to a Coral Reef – “Taking Care of our Coral Reefs” [Virtual Coral Reef Field Trip – BREEF](#)

June 10

- 12:00pm – Parent Committee Meeting KIDCO V – by Zoom

June 12

- 1:30pm – Parent Committee Meeting – KIDCO II – by Zoom

June 15

- Children create “Nature Sculptures” using flour and water and sticks, pine cones, pebbles, rocks, etc.

June 18

- **1:00pm – Policy Committee Meeting – By Zoom**
- 12:00pm – Parent Training – “*Healthy Pregnancy/ Breast Feeding Pre/Post*” Training – all sites - by Zoom

June 19

- Juneteenth National Holiday – **CENTERS CLOSED**

June 22

- Science Activity – “Making a Popsicle Aquarium” with water, lemons, blue food coloring and ocean animal gummies. Freeze and eat!

June 24

- Celebration of Monet the Artist – “Art in the Park Day” – Children engage in Tape Resistant Art, Wet Chalk Art, Watercolor Art, Skyline Silhouette and Platter Paint

June 26

- “Obstacle Course Race”, and “Relay Race”

June 29

- “Camping in a Forest” Virtual Field Trip - [Virtual Field Trip CAMPING in a Forest - YouTube](#)

APRIL'S BIRTHDAY

- | | |
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| ▪ Ashantti Delgado | June 8 |
| ▪ Maria Perez | June 17 |
| ▪ Maritza Arias | June 25 |

PARENTS' CORNER

SMALL STEPS

If you can't overhaul your family's fitness program all at once, try incorporating just a few of these suggestions into your family's lives.

1. **Eat slower; Chew more.** The slower you eat, the faster you get full and less food you consume.
2. **Think 10-10-10.** If you can't find a half-hour, fit three 10-minute of movement into your day. Start with ten minutes of stretch and calisthenics such as sit-ups in the morning. Take a 10-minute break and walk stairs or around the building at lunch time. Take another 10-minute walk around the neighborhood after dinner.
3. **Banish Butter, margarine, cream cheese and mayo.** Try lower calorie options such as mustard, hummus, garlic spread or apple peanut butter instead.
4. **Keep your dumbbells or hand weights near the TV.** Do curls, overhead presses and lateral lifts as you watch.
5. **Use a smaller plate.** Small portions on big plates look less food and small plates look like a full plate of food.
6. **Jump on the wagon.** Alcohol drops your resistance and makes you think it's OK to have a little snack. But worse, alcoholic drinks are empty calories that are easily stored as fat. Save the wine as a reward for the weekend.
7. **Learn something new.** If you can't talk your husband into taking a ballroom dance class, go with a friend or by yourself. Take up yoga or belly dancing. Do martial arts at your kid's studio.
8. **Rethink breakfast.** Sure, it's easy to pop some toast in the toaster, slather on some butter and jelly, guzzle a glass of OJ and call it a meal. But your body needs protein, not sugar to get going. Muffins are full of fat and sugar. Orange juice is fructose. Instead try a bowl of high-fiber, low sugar cereal, whole fruit and non-fat milk or soy milk. Eat a boiled egg or a slice of low-fat turkey sausage or turkey bacon. Make oatmeal and jazz it up with sunflower seeds and raisins instead of sugar.

EVENTS

Children Museum of Miami – 3rd Friday of each month

History Museum of Miami – 2nd Saturday of each month

FREE ADMISSION

NUTRITION

Saucy Parmesan Chicken

Ingredients:

- 4 boneless skinless chicken breast halves (1lb.)
- ¼ cup KRAFT Light Zesty Italian Reduced Fat Dressing
- ¼ cup KRAFT 100% Grated Parmesan Cheese

Instructions:

1. **PLACE** all ingredients in large reseal able plastic bag.
2. **TURN** bag over several times to evenly coat chicken with dressing and cheese.
3. **REFRIGERATE** 30 minutes to marinate, laying bag flat so chicken pieces do not overlap in bag.
4. **PREHEAT** oven to 425F.
5. **REMOVE** chicken from bag and discard bag and marinade sauce.
6. **ARRANGE** chicken on foil-covered baking sheet.
7. **BAKE** 20 minutes or until cooked through.

By: Kraftfoods.com