



March 2024

SPECIAL DAYS IN MARCH

4th – Dr Seuss Fun Day – Green eggs & ham

7th - Staff meeting 6-7 (mandatory)

Teacher meeting 7-8:30

15th – Green Day for St. Patrick’s Day

20th –Grass Heads (1 yr old room- SA)

28th – Candy Hunt (1 yr old room- SA)

29th - **CLOSED**

March 18-22 – Teachers: start Week of the young child pictures & turn in by Friday.

Parents, do you work for an employer or are an employer that would like to have Riverview “Week of the Young Child” pictures at your business. If you are interested, please contact Rosie or Kristy. We would come to your business the week of April 2nd-April 5th to hang up the pictures in your window and take pictures to post on social media. We will pick pictures back up the week of April 16th – 19th.

CLASSROOM WISH LIST

Garden seeds (Carrot & Sweet Corn)

clear cups

MISSION STATEMENT

Riverview’s mission is to provide a quality, affordable program that parents can rely upon throughout the year, and to provide a program that meets the needs of the whole child and provides opportunities for children to develop socially, emotionally, cognitively and physically in a nurturing environment.

NO SCHOOL DAYS

March 5 & 7 – 2 hour early out

March 8-15 – no school

PLEASE DO NOT BLOCK THE SIDEWALK!

When picking up or dropping off your child please do not block the sidewalk coming up to the building!

Changing Jobs???

Please let the office know if you have a new job, phone number or address. This is for emergency purposes.

All children must be walked to their room. This is a requirement of HHS and Riverview and is a safety concern.

DAYCARE BILLS

This is a reminder that payments are due on Wednesday @ 5:30pm. Payments not paid by Friday @ 5:30pm will be charged \$5.00/day until the past due amount is paid in full.



HAPPY BIRTHDAY

- Henry Meyer – March 4 – 5 years old
- Kentley Gearhart – March 5 – 2 years old
- Bailey Trent – March 11 – 4 years old
- Myla Ginther – March 16 – 7 years old
- Wendall Schumacher – March 19 – 6 years old
- Gevarel Assiakoley – March 22 – 4 years old
- Savannah Throntveit – March 25 – 3 years old
- Violet O’Hearn – March 27 – 1 year old
- William Raner – March 27 – 4 years old
- Sidney Lincoln – March 27 – 7 years old

Quality Care For Kids Newsletter

February 2024 | American Heart Month

Written by Heidi Hotvedt, RN BSN,

Healthy Child Care Iowa Program Coordinator

Helping children keep a healthy weight, eat nutritious foods, and get regular physical activity can lower their blood pressure and reduce their risk for cardiovascular disease later in life.

Health Tips:

Food and Drinks

- Offer nutritious, lower-calorie foods such as fruits and vegetables in place of foods high in added sugars and solid fats.
- Provide foods that are low in sodium (salt). Sodium raises blood pressure.
- Children don’t always tell you that they are thirsty. Make sure water is available and offered throughout the day both indoors and outdoors.



Ask your doctor to measure your child’s blood pressure starting at age 3.

Physical Activity

- Do activities that include running, jumping and climbing to increase physical activity throughout the day.
- Physical activity combined with nutritious food helps children with healthy weight.

Get Involved

- Be a role model!
- Promote active play!
- Eat healthy food and drinks!

For more health information, go to **5-2-1-0 Healthy Choices Count!**

<https://hhs.iowa.gov/programs/programs-and-services/healthy-eating-active-living/5-2-1-0>



Keep Water Bottles Clean

Many child care providers utilize water bottles in the classroom and outdoors for children. Studies have shown that germs and mold can grow quickly in reusable water bottles - in the bottle as well as the lid and mouthpiece. It is recommended that water bottles are washed daily the same as dishes and glassware. As an alternative to water bottles, Caring For Our Children Standard 4.2.0.6 recommends using small pitchers of water and cups for children to self-serve.

Dishwashing is a three-step process:



- Wash
- Rinse
- Sanitize

Sanitizing can be done with the use of either hot water at the proper temperature or chemical sanitizers at the appropriate concentrations.



Scan the QR code to find your local CCNC or visit online at <https://hhs.iowa.gov/programs/programs-and-services/child-care/hcci>



Health and Human Services