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Greetings from All of Us!

In the News

Happy Spring! The sun is shining, the sky is blue, and we are so glad to be enjoying these beautiful days outside with your children. On our professional development day, we spent time outside enhancing the playground, among other things. Notice the little kitchen play area in the toddler/infant playground. On beautiful days we have been spending quite a bit of time outside, and using the playground as an outdoor classroom.

If you join us on the playground, please take a moment to see the new bricks which were engraved as part of our memorial for Carole Russell. You will see on the brick walkway to the vegetable garden, two bricks which read "Carole's Path". There are other enhancements planned for the playground and we will keep you posted as those are incorporated. They are also part of our memorial to Carole.

You may recall from earlier correspondence that Carole's husband, Dave Payson, has generously donated over \$7000.00 to the CDC to cover tuition costs for children who would otherwise be unable to attend. This is being called the Carole L. Russell Scholarship Fund. We have already been able to access those funds to support two children's admission for 2015-2016. Additionally, the Family Advisory Council has been engaging in some fundraising as well to build on Dave's donation, so that we can continue to support attendance for children experiencing low-income. Nancy Peck and Heather Lounsbury created an online store where you can purchase garments with a CDC logo. Two dollars from each purchase will go into Carole's fund. We launched this "store" recently for a short time, and we will launch it again in the fall. We hope you had a chance to buy some swag!

Week of the Young Child

Thanks to our loving and supportive community here at the CDC and Keene State College, our *Week of the Young Child* was celebrated in style. Colleagues from Keene State came to read to our children, like **Brian Quigley**, Director of the Counseling Center, **Celia Rabinowitz**, Dean of Mason Library, **Rebecca Lytle**, Dean of Professional and Graduate Studies, **Dottie Morris**, Chief Officer of Diversity and Multiculturalism, **Dottie Bauer**, Professor of Education, and **Beth Buoro**, Interim Director of Southwestern NH Educational Support Center. **Melanie Everard** (Henry's grandmother) lead a group sing on Appian Way, followed by a Parade. **The Preschool Team** created beautiful documentation panels celebrating your children's artwork, and these were displayed at the Colony Mill and at the Mason Library. Campus friends also joined Ellen in a sing-along on our Playground, and those friends were **Amanda Guthorn**, Director of Campus Safety, **Glenn Geiser-Getz**, Associate Provost, **Sue Goding** from the Registrar's Office, **Katie Featherston**, Biology Lab Specialist, **Kate McGrath**, Senior Business Services Assistant, and **Kathleen Maceda**, Educational Counselor from Aspire.

Book Swop

As always, our Book Swop was a great success. We are grateful to our volunteers: **Nancy Peck**, **Elizabeth Castaldi**, **Kelsey Kilburn**, **Lisa Kasprzak**, **Tara Kavanagh** and **Forrest Bencivenga**. Thank you for so generously donating books to our collection and we hope that you were able to find books for your family! We would like to thank Professor David White for again donating beautiful brand new books to our swop. Dr. White has been the Director of the Children's Literature Festival for 40 years, and we are so grateful to him for supporting our Book Swop. We raffled three of these books, and the winners are....**Zoya Blackmore** (*Little Elliot, Big City*, by Mike Curato), **Sophie Peck** (*All for a Dime*, by Will Hillenbrand), and **Seth Wichland** (*Spare Parts* by Rebecca Emberley and Ed Emberley). Congratulations Zoya, Sophie and Seth!

Family Survey

This is a time where we reflect on the year that has passed through our Self-Assessment process. You just recently filled out our Family Survey, and we thank you as always for taking the time to tell us how this year was for you. You can see the results of the survey [here](#). CDC Staff will meet on the Tuesday following the closure of school for our annual self-assessment retreat, where we review feedback from you, from our community interventionist partners, and from our faculty partners. Based on this feedback, we will develop a plan for short and long term program improvement. Your feedback helps us so much!

We were so glad to have the chance to celebrate our time with you at our picnic. We feel very lucky to be in this community with you, and we are grateful to you for sharing your wonderful children with us. Some would say that we are living in "interesting times", but we see the promise of a better future in your beautiful children. They are amazing!

Love,
The CDC Staff

Summer Camp is Back!

We are so pleased to be collaborating once again with the **Harris Center for Conservation Education** and **KSC's Kids on Campus** to bring you the **"Explorers in Keene"** Camp, located here at the Child Development Center. Your young "naturalist" will explore the natural flora and fauna right here on our beautiful campus. Mornings will be filled with songs, stories and games as children revel in nature's offerings.

**July 25 to 29, for children ages 3 1/2 to 5 - August 1 to 5, for children ages 3 1/2 to 5
9:00 a.m. to 4:00 p.m. \$225.00 per week for non KSC Faculty/Staff; 200.00 for
KSC Faculty/Staff**

For more information on this full-day program and **to register, visit**
www.keene.edu/academics/conted/kids/kids/, call (603) 358-2290, or contact Heather
Jasmin, KSC's Kids on Campus coordinator, at hjasmin@keene.edu.

Cheesy Tips from Nutrition Intern Kerry Knowlton

If you don't like the texture of cottage cheese, try blending the cottage cheese in a blender to make it smooth!

Cottage Cheese & Yogurt Parfait

1 cup fruit, 8 oz or 3 oz (frozen) (shaved)
 1 tablespoon maple syrup
 1 cup cottage cheese
 1 cup vanilla yogurt
 1 cup granola

1. Toss fruit and maple syrup to coat. Set aside.
2. Mix together the cottage cheese and yogurt.
3. Divide between four ounces jars with lids.
4. Top evenly with fruit mixture.
5. Sprinkle with granola.
6. Serve immediately or store in the fridge until ready to go. Keeping in mind the granola will soften as it sits.

Serves: 4-6

Toasted Coconut Breakfast Spread

10 ounces Low-Fat Cottage Cheese
 1 tablespoon honey
 2 teaspoons vanilla extract
 1 cup shredded coconut

1. Preheat to oven to 400 degrees F, and spread coconut on a baking sheet.
2. Place the baking sheet in the oven on the upper rack and toast the coconut for 5-6 minutes.
3. While the coconut is toasting, place the cottage cheese, honey and vanilla extract in a food processor (or blender).
4. Pulse until smooth. Add the toasted coconut and blend.
5. Scoop the blender spread into the cottage cheese containers and refrigerate until ready to use.

Makes 8 1/2 cups.

Sources

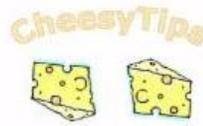
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A useful guide for choosing healthy cheese



Kerry Knowlton
 Health Science Intern
 Spring 2016



DAILY DAIRY RECOMMENDATIONS ACCORDING TO CHOOSEMYPLATE.ORG

Children
 2-3 years old - 2 cups
Females
 4-6 years old - 2 1/2 cups
 6-11 years old - 3 cups
Males
 4-6 years old - 3 1/2 cups
 6-11 years old - 3 cups

The Dairy group includes milk, Calcium-fortified soy milk, yogurt and cheese (natural & processed).

SO...WHAT'S A SERVING OF CHEESE?

According to choosemyplate.gov,
 1 cup of Dairy = 1 1/2 ounces of natural cheese (Cheddar, Mozzarella, Swiss, Parmesan, Brie, Cottage Cheese)
 or
 2 ounces of processed cheese (i.e. American Cheese or Cheese Sticks)



WHAT DOES A SERVING OF CHEESE LOOK LIKE?

According to the American Heart Association, 1 1/2 ounces of hard cheese is equivalent to the size of a slice, 4 dominoes or a 9-colt hockey puck.

1 1/2 ounces of natural cheese is 2 tablespoons
 2 ounces of processed cheese: 4 tablespoons or 1/2 cup

HOW MUCH SODIUM IS IN A SERVING OF CHEESE?

- American Cheese (Processed), 250mg
- Cheddar Cheese, 251mg
- Lowfat, No Sodium Added, Cottage Cheese, 6.0mg
- Cream Cheese, 196 mg
- Feta Cheese, 474mg
- Monterey Jack, 226 mg
- Low Sodium Mozzarella Cheese, 6mg
- Parmesan, 640 mg

Recommended Daily Limit for Sodium is:
 - 1-3 years old or less than 1500mg
 - 4-8 years old or less than 1900mg
 - 9-11 years old or less than 2300mg
 - 11+ years old or less than 1500mg

REMEMBER.

Like any other food, cheese should be eaten in moderation. So, try serving it with other healthy foods.

- Apple or Pear Slices
- Melted over Broccoli
- Whole-Grain Crackers
- Cottage Cheese Parfait
- Adding Cottage Cheese to fruit smoothies
- Substitute for mayonnaise when making Tuna or Chicken salad
- Adding crumbled cheese to healthy salads or mixed into pasta



Resources for you

Lots of Nice Resources online!

We wanted to make sure you knew about some nice websites that offer families all kinds of resources... Here they are, and if you have any you want to share, please let us know!

- [NAEYC for Families](#) - Research based resources for families with young children.
- [Good and Cheap Cookbook](#) - Download this free cookbook with recipes for living on \$5.00/day
- [Vroom](#) - A lovely website with suggestions for activities to do at home with your child.
- [The Period of Purple Crying](#) - From the NH Children's Trust Fund - a nice resource for overworked, stressed families...
- [Bonnie Harris Connective Parenting](#) - Bonnie Harris has published several books on parenting and is a leader in her field. We work with her quite often, and we appreciate her approach.

Upcoming Events

- **Friday, June 10th** - Last Day of School and End-of-Year Celebration/Graduation for Pre-K

Family Advisory Council Meeting Notes

Family Advisory Council Notes

We have had three meetings since our last newsletter and so links sets of minutes are provided here:

[April 5th Meeting](#)

[May 3rd Meeting](#)

[May 31st Meeting](#)

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