

Special points of interest:

- CLOSED Mon, Sept 2 for Labor Day
- Tue, Sept 11 SPIRIT DAY: Red, White, and Blue for Patriot Day

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## Introducing Your Administrative Team

Happy September! The weather might be still warm, but we are geared up for the new 2019-2020 school year!

We would like to take a moment to introduce our administrative team:



**Mrs. Joyce** is the backbone of LeafSpring School— she is our Site Director. She initially started working at the Corporate Rainbow Station location in Richmond, VA and assisted in the opening of the Virginia Beach school in 2007 and has been here ever since. Mrs. Joyce is married to her

1st grade sweetheart, Paul. They have two children, Ezra, 7, who attends Princess Anne and our Village Program and PJ, 5, who is attending our Private Kindergarten. In her free time, Mrs. Joyce can be found working out, wearing her hip Stance socks, and reps her Alma Mater, Virginia Commonwealth University.

**Mrs. Angeline** is the Village Director. She started with LeafSpring in 2007, but took a two year hiatus from 2016-2018. During this time, she was living in California, got married, and started her family. Her daughter, Calaleya, or "Cali" for short, is in Red Room. Mrs. Angeline loves spending time with her family, trying new restaurants, and attending various sporting events!

**Mrs. Athena** is one of our site Assistant Directors. She has been with LeafSpring since 2007, transferred to one of the Richmond schools, and came back to us in 2013. She is married and has two children, Joe, 10, and Jordin, 8, who both attend Red Mill and our Village Program. In her spare time, she is always with her family and enjoys supporting her kids at their golf tournaments.

**Mrs. Krystal** is our other site Assistant Director. She was employed starting in April 2012, left in 2015 due to her family's military orders, and then came back to us last October 2018. Her son, James, who turns 3 this October, is in Yellow Room. Krystal loves spending time with her family, cleaning, and reading!

## Save the Date: It's Time for Our Friday Fall Family Festival!

Mark your calendars now! We will have our annual Fall Family Picnic scheduled for **Friday, October 4** from **5 p.m. to 7 p.m.** It is going to be a great evening with food, fun, and friends!

You are also more than welcome to invite other families members and even the grandparents, too!



### Yellow Room Loves Storybook Week



For Storybook Week, the children wanted to read Rainbow Fish and Rainbow Fish to the Rescue by Marcus Pfister. They are both favorites in Yellow Room, and by popular request, we read them over and over again this year.

away his scales?" Kayla said, "He felt good cause sharing is caring." Paige replied, "If our friends are sad, we should share our toys with them. Rainbow Fish shared." The kids love reading about Rainbow Fish's adventures.

worked together! Yellow room friends took turns and shared as they painted fins, glued scales and decorated his body. As we added shiny scales to Rainbow Fish, Cade said, "He didn't give his scales away yet." The kids had a blast bringing their favorite storybook character to life!

Storybook week was no exception. When asked "How do you think Rainbow Fish felt after giving

Together we collected recycled materials around our classroom and school to create a 3-D Rainbow Fish! We



### Pre-Kindergarten

The Carnival on Station Square was a huge success! The children enjoyed fishing, golf, playing dress up and so much more!

favorite part was the "tattoos" and just being with their friends.

was a great sight to see, knowing all the hard work they've done this summer.

What did you enjoy the most about the Carnival? The children said their

What was your favorite man to wear? They enjoyed the hats and the clown mask! Seeing the children interact with each other and have fun



## Gummy Vitamins: Nutrient Booster or Tempting Treat?

The gummy vitamins on the drugstore shelf look so yummy, it's no surprise children gravitate to the berry-red bears and lime-green dinosaurs. They look like a treat that's also good for you. But do children really need them? *According to the American Academy of Pediatrics, healthy children who eat a normal, well-balanced diet do not need to take supplemental vitamins.*

Children who might benefit from a multivitamin include those with a chronic disease or food allergy that restricts their diet or children with a growth or iron deficiency.

Gummy vitamins are tasty and easy-to-swallow, which make them more appealing to children. But, they usually have more sugar, and fewer nutrients, in them than vitamins in chewable tablets.

**Here's what you should keep in mind:**

- Check with your child's doctor or a registered dietitian before buying vitamins for your children. Most children don't need them, and will benefit more from well-balanced meals. Vitamins should never be a substitute for whole foods or to justify a poor diet.
- The American Academy of Pediatrics advises against "mega doses" of vitamins, such as vitamins A, C, or D, because they can cause nausea, rashes, headaches, and other adverse effects.
- Check the label as gummy vitamins often have more sugar than chewable tablets, and fewer nutrients. Most gummy vitamins don't have iron, so if your child is anemic, this is not a good choice.
- Don't turn gummy vitamins into a treat. Have

children take a vitamin with a meal to illustrate that it's a supplement not a treat. This will also reduce the sugar that stays on their teeth after eating one. The American Academy of Pediatric Dentistry advises that bacteria feed on sugar – whether it's from a gummy vitamin or candy – and can produce acid waste, which erodes the tooth to create a cavity.

- Quality and potency will vary between brands. The U.S. Food and Drug Administration does not hold supplements to the same standards that drugs must meet before they're manufactured.

If you're concerned about your child's eating habits, or that they may not be getting all the nutrients they need, talk with your pediatrician.

*By Dr. Dawn McCoy,  
Coastal Pediatrics*

Published 04.15.19



## Front Desk News

We would like to introduce you to the two faces you will see at the Preschool front desk every day, Mr. Justin and Ms. Brittany!

We will be going through each and every file one more time to be sure we have all of your updated paperwork. As a reminder, please pick up a school entrance health form if your child is going to get a well-child check up and im-

munizations; the forms need to be signed by the pediatrician, so we cannot accept printouts from your e-charts.

This year we will have ballet and jazz for the preschoolers and school-agers with **Dance Makers**.

**Soccer Shots** will also begin in September. There will be a trial for those children who are not sure if they want to

participate or not.

We look forward to another awesome year with you!



Mon-Fri 6:30am - 9:30am

Mon-Fri 9:30am - 6:30pm

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## OUR LEADERSHIP CURRICULUM

# iNSPIRED

Raising Tomorrow's Leaders



September's Literacy is:

### SOCIAL

I am a friend.

I forgive others.

I openly listen to the ideas of others.

#### Important Dates to Remember

We will be closed:

August 29-30 Teacher Workdays

September 2 Labor Day

November 28-29 Thanksgiving

December 23-27 GWP is closed

December 24-25 Christmas

We will close early:

December 31 *Closing at 4 pm*

#### This Month's Celebrations

Children's Birthdays:

01 Evan 7

07 Hunter 7

09 Liam 6

10 Ryn 1

11 Ryan 5

Bradley 2

12 Hayden 11

Leo 3

Lucas 2

13 Knox 4

15 London 1

16 Wren 4

Jackson 4

17 Mason 5

18 Mia 11

19 Jordyn 9

20 Hayden 2

21 Layla 10

24 Allie 4

29 Quentin 6

30 Benjamin 8

Rory 7

Frankie 5

Izzy 5

Staff Birthdays:

04 Ms. Melissa

Ms. Julia

09 Ms. Isabel

13 Ms. Bernia

25 Mr. Paul

27 Mrs. Krystal

Ms. Maddie

30 Mrs. Athena

Staff Anniversaries:

14 Ms Uli 4 yrs!

18 Ms Mallory 2 yrs!

## September 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">2</p> <p style="text-align: center;">CLOSED FOR LABOR DAY</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">Pancakes</p> <p style="text-align: center;">Cheesy Chicken &amp; Rice, Corn Mandarin Oranges</p> <p style="text-align: center;">Veggie Straws</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">Roll w/ Butter</p> <p style="text-align: center;">Beef Ravioli Peas &amp; Carrots Pineapples</p> <p style="text-align: center;">Animal Crackers</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">String Cheese</p> <p style="text-align: center;">Turkey Sloppy Joe on a Bun, Green Beans Applesauce</p> <p style="text-align: center;">Vanilla Wafers</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">Waffles</p> <p style="text-align: center;">Chicken &amp; Cheese Wrap, Salad Fruit Cocktail</p> <p style="text-align: center;">Banana Pudding</p>
<p style="text-align: center;">9</p> <p style="text-align: center;">Roll w/ Butter</p> <p style="text-align: center;">Broccoli Hash Brown Casserole Corn Pineapples</p> <p style="text-align: center;">Goldfish Crackers</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">Rice Krispies Cereal</p> <p style="text-align: center;">Turkey Meat-A-Roni Salad Fruit Cocktail</p> <p style="text-align: center;">Oatmeal Cookies</p>	<p style="text-align: center;">11</p> <p style="text-align: center;">Cheerios Cereal</p> <p style="text-align: center;">Meatball Marinara (beef, chicken, turkey) Roll, Salad Applesauce</p> <p style="text-align: center;">Animal Crackers</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">Pancakes</p> <p style="text-align: center;">Chicken Tetrzinni Mixed Veggies Mandarin Oranges</p> <p style="text-align: center;">Trail Mix</p>	<p style="text-align: center;">13</p> <p style="text-align: center;">Corn Flakes Cereal</p> <p style="text-align: center;">Turkey &amp; Cheese Sandwich, Salad Peaches</p> <p style="text-align: center;">Veggie Straws</p>
<p style="text-align: center;">16</p> <p style="text-align: center;">Cheerios Cereal</p> <p style="text-align: center;">Cheese Wraps Salad Pineapples</p> <p style="text-align: center;">Cheez-Its</p>	<p style="text-align: center;">17</p> <p style="text-align: center;">Roll w/ Butter</p> <p style="text-align: center;">Turkey Stroganoff Peas &amp; Carrots Applesauce</p> <p style="text-align: center;">Graham Crackers</p>	<p style="text-align: center;">18</p> <p style="text-align: center;">Corn Flakes Cereal</p> <p style="text-align: center;">Chicken Hot Dog on Bun Broccoli Fruit Cocktail</p> <p style="text-align: center;">Animal Crackers</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">Waffles</p> <p style="text-align: center;">Chicken Alfredo Corn Mandarin Oranges</p> <p style="text-align: center;">Oatmeal Cookies</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">Rice Krispies Cereal</p> <p style="text-align: center;">Chicken &amp; Cheese Wrap, Salad Applesauce</p> <p style="text-align: center;">Trail Mix</p>
<p style="text-align: center;">23</p> <p style="text-align: center;">Cheerios Cereal</p> <p style="text-align: center;">Mac &amp; Cheese Green Beans Applesauce</p> <p style="text-align: center;">Oatmeal Cookies</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">Corn Flakes Cereal</p> <p style="text-align: center;">Meatball Casserole Corn Mandarin Oranges</p> <p style="text-align: center;">Animal Crackers</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">String Cheese</p> <p style="text-align: center;">Beef Ravioli Peas &amp; Carrots Pineapples</p> <p style="text-align: center;">Cheez-Its</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">Pancakes</p> <p style="text-align: center;">Cheesy Chicken &amp; Rice, Broccoli Peaches</p> <p style="text-align: center;">Trail Mix</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">Roll w/ Butter</p> <p style="text-align: center;">Turkey &amp; Cheese Wrap, Salad Mandarin Oranges</p> <p style="text-align: center;">Snack Mix</p>
<p style="text-align: center;">30</p> <p style="text-align: center;">Corn Flakes Cereal</p> <p style="text-align: center;">Veggie Alfredo Corn Mandarin Oranges</p> <p style="text-align: center;">Goldfish Crackers</p>				<p style="text-align: center;">*Milk served with all meals unless otherwise noted*</p>