



The Bon View School

FOR EARLY CHILDHOOD EDUCATION



April 2021

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Thank you for your continued support with driving slowly in the church/school parking lot and in keeping it a No Phone Zone.

The Bon View School for Early Childhood Education

1645 Buford Road
N. Chesterfield, VA 23235
804-320-7043

bonview@bonviewschool.com



Director's Notes

Dear Parents,

We are happy to welcome spring with open arms here at Bon View. Spring is a time of wonder and magic when seen through the eyes of children. We will watch plants grow, hatch ladybugs and praying mantis and spend lots of time outside enjoying this season!

This month we will be sending out a survey for you to complete and submit digitally. This survey is an annual tradition here at Bon View. It helps us get input from you on how to keep improving our program to make Bon View the best it can be. We invite you to help us out by completing the survey and submitting it. We will use your feedback and suggestions to help us prepare for our 2021-2022 school year--our 51st year serving the wonderful families of our Bon View community. You and your ideas are important to us, so thank you for taking a couple of minutes to participate in our survey.

Many thanks for your continued support this year! We are so thankful for each of our Bon View families!

Lisa Zambito, Director

Did You Know?

Here at Bon View we plan for any kind of emergency. Each month we have a school-wide fire drill and we also have storm drills quarterly to practice what we would do in the case of dangerous storms or weather.

Our teachers are trained annually on lock down/shelter in place procedures and our staff members are CPR/First Aid/AED certified. Our staff members are even trained on how to use fire extinguishers!

Our emergency plans and evacuation routes are posted in each classroom and area used by children, so the teachers have the procedures close-by if needed. We also have a plan in case the children need to be evacuated from our building and grounds.

Our complete Emergency Evacuation Plan can be found in the Parent Handbook on pages 13 and 14. This handbook is always available for you on our Bon View website.

Important Dates

April 2: SCHOOL CLOSED for Good Friday
April 5-9: SCHOOL CLOSED for Spring Break
April 29: Early Release for Staff Luncheon



Healthy Snacks!

Thank you for always sending in healthy snacks to school each day. It is important for children to refuel their bodies with healthy things after playing here at school in the mornings. It can be hard to think of new, healthy snacks to keep it interesting. See a list below that may give you more ideas on new items to send with your child!

Water is also important to hydrate not just their bodies, but their brains as well. Please be sure to send a full water bottle to school with your child each day. This will become even more important as the weather gets warmer and the children need to hydrate more! Reminder to have them labeled with your child's first and last names.

Master Snack List for Kids

Produce

- Apples, thinly sliced if needed
- Apple chips
- Applesauce
- Avocado, cubed
- Bananas
- Blackberries
- Blueberries
- Carrots, shredded or slices
- Clementines or oranges, diced
- Cherry tomatoes, halved
- Corn, frozen and thawed
- Cucumbers, sliced or diced
- Dried fruit
- Edamame, frozen and thawed
- Freeze-dried fruit
- Fruit leather
- Grapes, sliced in half vertically
- Kiwi
- Mango
- Melon
- Peas, frozen and thawed
- Pears
- Raisins
- Raspberries
- Strawberries
- Snap peas

Dairy

- Cheese, sliced, cubed, or string
- Cottage cheese
- Kefir
- Milk (dairy or nondairy)
- Smoothies
- Yogurt
- Yogurt, drinkable

Meat

- Chicken, cubed or shredded
- Ham, cubed

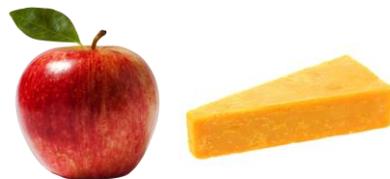
Legumes/Nuts

- Chickpeas
- Cashews, chopped
- Hummus
- Nut butter on crackers or toast
- Sunflower seed butter, on crackers
- Walnuts, chopped

Whole Grains

- Cereal (low sugar)
- Cinnamon raisin bread
- Crackers, cheese
- Crackers, whole grain
- Graham crackers
- Granola bars, low sugar
- Larabars
- Muffins, whole grain
- Puffs
- Pretzels, whole grain
- Rice cakes
- Rolls, whole grain
- Sandwich cubes or sticks
- Snap pea crisps
- Tortilla, with cheese or beans
- Tortilla, with nut butter
- Quinoa chips
- Veggie straws

- ★ Combine produce with at least one other food group.
- ★ Consider using leftovers.
- ★ Rotate through favorites.
- ★ Give two choices.
- ★ Allow for likes and dislikes.



Core Strength

Core strengthening is essential for the progression of other developmental skills. The core is the center of control for everything else the body does. Some good exercises are sitting or rolling on balls, making bridges with our bodies, being an airplane while lying on our tummies, and balancing a bean bag on our heads while sitting. It can be difficult to balance, perform coordinated movements on both sides of the body, sit up in a chair, hold a pencil, control scissors or jump if you don't have a strong core.

Below are some great activities to build your child's core:

Bridging – Have your child lay on his back with his knees bent and feet flat on the floor. Have them push hard through their heels to raise their bottom up off the floor. Be sure that they are keeping their head and shoulders on the ground. Can they hold it?

Superman – Have your little one fly like the superhero and strengthen his back! Have him lay on his stomach on the floor and try to lift his arms up off the floor so that his upper chest comes up too.

Plank – Have your child lay on his stomach on the floor with his hands flat on the floor at shoulder level and toes on the floor. On the count of 3, have him push up on his hands to straighten his arms and lift his whole body all the way to his toes off the floor.

Information from theinspiredtreehouse.com

The more risks you allow children to take, the better they learn to take care of themselves.

– Roald Dahl