

Kids Depot

October 2024 Newsletter



Lunch Component Update

As part of our YoungStar Quality Rating renewal, Kids Depot is required to provide foods to children whose lunches do not include all 5, CACFP meal components. We will continue to provide the milk component to all children one year old and up.

The following are the other four, required components and some food examples:

+ Meat/Meat Alternates

Lean meat, poultry, fish
Cheese, cottage cheese
Eggs, yogurt, tofu
Peanut butter, other nut or seed butters

+ Vegetables

Carrots, celery, green beans, peas, etc...

+ Fruits*

Apples, applesauce, oranges, melons, etc...

+ Grains

Whole grain, enriched or fortified bread
Biscuits, rolls, crackers, muffins
Rice, pasta

*A second vegetable may replace a fruit component.

Please, make sure that your child's lunch includes all of these components. Otherwise, Kids Depot will provide the missing components, at a cost of \$5.00 each.

Our meal policy states, if a lunch is not brought in for a child, Kids Depot will provide one, at the cost of \$25.00 per lunch. We will now be adding the following policy: If a lunch, brought from home, does not contain all required components, Kids Depot will provide the missing component/components at a cost of \$5.00 per component. This amount will be added to your child's tuition account and debited the following week, along with the weekly tuition.

Fall Harvest Party

We will be doing our Harvest Party celebration on Thursday, October 31st. We will be setting up a "pumpkin patch" on our playground and the children (age 1 and up) will be trick-or-treating, to each other's classrooms. Also, each classroom will have special games, songs and activities for the children to participate in.



The children can come to school dressed up in a costume that day, if they would like to (non-violent, non-scary ones only).

Parent Survey

Every Fall we ask our families to fill out a survey to help us better serve your family's needs. This year, we will again be using Google Docs as our method of delivery. Please keep an eye out for this survey in your email accounts before the end of the month. Your opinion is important to us. We appreciate you taking the time to complete the survey and sharing your thoughts with us.

Upcoming Holiday Closures

We will be closed the following days:

Thursday, November 28th
& Friday, November 29th
for the Thanksgiving
Holiday



Tuesday, December 24th &
Wednesday, December 25th
for Christmas



We will also be closed on
Wednesday, January 1, 2025,
for New Year's Day!



Outdoor Clothing

As the weather turns more fall-like, please make sure that your child has warmer, outdoor attire here everyday.

Thank you for your cooperation!



Calming Areas For Young Children

(Sourced from 4-C)

Sometimes, children can have emotions that are just too powerful and big for them to express. Developmentally they may not know how to process these emotions, so often, those emotions become something that they have a hard time trying to control. The result can be tantrums, outbursts, meltdowns, etc. A calm down area can be a great intervention to support these emotions and children's social-emotional development.

A calm down area is not a timeout. The calm down area is often used whenever a young one's emotions are starting to spiral or they are getting too anxious or stressed. Young children often don't know how to properly manage and control their stress. A calming space offers a brief moment of respite, with enough distractions that won't feed the overstimulation. Some simple toys that are not too physically demanding but are still distracting, some comforts like pillows and blankets, or some activities that remind them to breathe and be mindful are all great additions to the calm down area.

A calm down area is most effective when it is introduced casually and comfortably. Have the child help with building out the area. Let them tell you about what they want in the area. This is a great bonding moment with the child and will help them feel safe and secure whenever they use it. Having the child involved in the planning and building of the calm down area will also help them feel like they can truly make it their own, and this feeling will keep them coming back to the area.

A calm down area has the most benefits when used before things escalate too far. Emotions are often quick to erupt and get out of control. A calm down area is a great intermediate step before things get too stressful for the child. Look for signs that the child is starting to feel overwhelmed. These could range from balled up fists and clenched jaw, to having a louder voice becoming more sharp with their actions. Keep an eye out for signs that let you know they are feeling a little overwhelmed or anxious. Being able to intervene early will allow a calm down area to potentially take some of the stress off of the child, and allow them a space to comfortably process those feelings. In time, they may be able to see these signs in themselves, and will know they can go to their calm down space to help.

After a child has spent a little time in the calm down area, and you can see that their emotions have diffused some, talk to them about their feelings. Let them know that it is okay to feel those feelings, and provide strategies for dealing with them. Sit and talk with them about feelings that led them to using the calm down space, as well as ways that you help manage your stress or anxiety when you start to get overwhelmed.



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"Our destination is loving and learning"
