



# FEBRUARY NEWS

## Big Body Play

Written by: Francis Carlson

We know that play such as socio-dramatic play, board games, play to explore objects and learn shapes and textures, finger plays and chants to improve self-regulation, and play that involves building things has myriad benefits for children. But the fleeing, tagging climbing, tumbling, and wrestling that most young children seem to crave is also play and is equally beneficial.

“As we might assume, there are also abundant positive effects for physical development when children are active in their play. We know, for example, that when teachers involve children in physical exercise with intentional planning, children can practice and develop a variety of physical skills and gain optimum health benefits.

“Big body play is not just physical activity with physical benefits. During such play, children also use increasingly sophisticated communication skills (both verbal and nonverbal) and social skills. It is also one of the best ways for children (especially boys) to develop empathy and self-regulation. And creativity and thinking skills are enhanced as children determine and solve problems as they arise in the course of this active play.”

### Kindergarten Registration March 20, 2012

Children turning 5 years old on or before  
September 1, 2012

<b>Benjamin</b> 9:30 or 1:30	<b>Hudson</b> 4 pm
<b>Carlock</b> 1:30	<b>Northpoint</b> 4 or 5:30 pm
<b>Cedar Ridge</b> 9:30 or 1:30	<b>Oakdale</b> 10 or 5:30
<b>Fairview</b> 9:30 or 1:30	<b>Parkside</b> 4 pm
<b>Fox Creek</b> 9:30 or 1:30	<b>Pepper Ridge</b> 9:30 or 1:30
<b>Glenn</b> 9:30 or 1:30	<b>Prairieland</b> 9:30 or 1:30
<b>Grove</b> 9:30 or 1:30	<b>Sugar Creek</b> 9:30 or 1:30
<b>Hoose</b> 9:30 or 1:30	<b>Towanda</b> 1:30 pm

Children will be registered at the school they will attend. Parents should plan to bring incoming kindergarten students with them for registration activities. Parents should bring a certified birth certificate, current immunization and health records and proof of residency.

Please call with questions? Call [309-557-4400](tel:309-557-4400)

### School Age Program

February 20 & 21

Please let us know by February 10, if your child  
will be attending

# KKLC Night at US Cellular Coliseum

Sunday, February 12

Puck drops: 4pm

Please sign up & pay at the front desk for your  
Bloomington Blaze tickets by February 2.

Adults tickets \$10 Children tickets \$5

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## February Meals To Go

February 7<sup>th</sup>

### Portabella Philly Cheese

*sautéed with bell pepper, onion and garlic simmered in a wine sauce,  
topped with Provolone cheese & served on a baguette*

Cole Slaw

Mega Chocolate Chip Cookie

February 14<sup>th</sup>

### Bacon Wrapped Chicken Breast

*served on a bed of brown rice*

Medley of Vegetables

Chocolate Layered Desert

February 21<sup>th</sup>

### Turkey Pot Pie

*filled with turkey, mixed veggies, & a creamy sauce*

Lemon Pound Cake with fruit salad

February 28<sup>th</sup>

### Cheese Pizza

*made with homemade pizza sauce and dough*

Rich Dark Chocolate Brownies