

Parents Club Newsletter

March 2010



A Note from the Director

Dear Interfaith Families,

Three cheers for our Family Night and Silent Auction! It was so nice to see all the families enjoying themselves at the classroom Valentine parties. The children were clearly proud to have you there. A highlight to them was all the grandparents that were able to attend as well.

We're delighted with the success of the Silent Auction. We raised approximately \$16,500, which will be applied towards the playground renovations that we are currently undertaking. A special round of applause for a job well done goes to our Silent Auction Committee: Melissa Jurik (Chair Person), Elizabeth Garrett, Katie Moss, and Ashley Vanar. Also, special thank yous to Cyndie Mahaney for her fantastic job on the bidder's guide, all our Room Moms that coordinated the memory art projects and theme baskets, all of the families that donated items to the auction, as well as the many volunteers who collected donated items from our generous community. Last, but certainly not least, I would like to thank our wonderful teachers and staff for the Growing Generation Grandparent gardens, yummy bake-sale, and the love you give our children daily. You brighten our school every day! It was truly a team effort. It's a pleasure to have you all as part of the Interfaith family.

Warmest regards,
Bobbie Hrycusho, Director

Important Dates

March 8-12	Rodeo Round-Up
March 15-19	Spring Vacation- No Partial Day Preschool, School Day, and MDO Classes
March 15-19	Kindergarten and School Age Mini-Camp- Additional Fees Involved
March 24-25	Spirit Days- Wear Your Interfaith T-Shirt
March 30-April 1	Mom & Me Visits / Scholastic Book Fair
April 2	Spring Holiday- Center Closed



Car Line Safety

We would like to remind you that **cell phone use is prohibited** in our parking lot and car line. We want to insure the safety of children, parents, and staff. Thank you for your cooperation in this important matter.



Curriculum Corner – Lisa Dunbar, Assistant Director



Science Lab: In the lab ICDC’s SUPER SCIENTISTS will be hypothesizing whether particular objects will sink or float. Then they’ll be placing those objects into a tank of water to see the results. In the classrooms, our young scientists will learn about evaporation and crystallization as they watch a sea salt & water mixture seemingly disappear and change over several days. Back in the lab, our little scientists will examine those changes up close using magnifying glasses.

Library: During March the children will enjoy such literacy as Daisy-Head Mayzie, by Dr. Suess, Cowboys, by Marie & Douglas Gorsline, Armadillo Rodeo, by Jan Brett, St. Patrick’s Day in the Morning, by Eve Buntins, Legend of the Blue Bonnet, by Tomi de Paola, and Miss Emma’s Wild Garden, by Anna Hines.

Rodeo Week is March 8-12.



Children can dress in their favorite western duds! Wild West Rodeo games will be held in the great room Wednesday, Thursday, and Friday. Please call Lisa Dunbar at 281-292-3617 to volunteer to help your child’s class with the fun & easy games.



Children’s Photo Flower Pots

The children seem so proud of their “Growing Generations” Grand Parent’s photo flower pots, displayed at the Silent Auction. If you haven’t already, you can pick up your family’s at the front desk. A \$5 donation will be greatly appreciated.

Silent Auction Basket Recycling

If you are not in need of your basket from the Silent Auction, we will gladly recycle it for next year’s auction. Please drop it at the front office.

A warm & fuzzy thank you to all the mothers who volunteered for Well Bear Clinic! It gave the children such a positive experience with a health care “helper”.



**Interfaith Child Development Center’s Annual Mom & Me Visits and Book Fair
March 30-April 1**



This event is so very special to the children. They take such pride and pleasure in spending time with their mothers at school, showing them how they spend their days at school. The Book Fair is a wonderful opportunity to add to your home library, buy gifts, or just browse. Class Wish Boxes are available to support the importance of the world of reading.





Health and Safety

We hear it in the news and read it in the papers. Childhood obesity is fast becoming an epidemic. The data from the National Health and Nutrition Examination Survey (NHANES) reveal, too, that children have been increasingly becoming overweight.

Health problems associated with obesity include: hypertension (high blood pressure), dyslipidemia (cholesterol and triglycerides), type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and respiratory problems, some cancers, fatty liver disease. While many of these health problems are associated with adults, overweight children may develop some of these health problems at a young age. Children who are overweight have a greater chance of becoming obese adults.

	Survey Periods			
	NHANES 1976-1980	NHANES 1988-1994	NHANES 1999-2002	NHANES 2003-2006
Ages 2 through 5	5.00%	7.20%	10.30%	12.40%
Ages 6 through 11	6.50%	11.30%	15.80%	17.00%
Ages 12 through 19	5.00%	10.50%	16.10%	17.60%

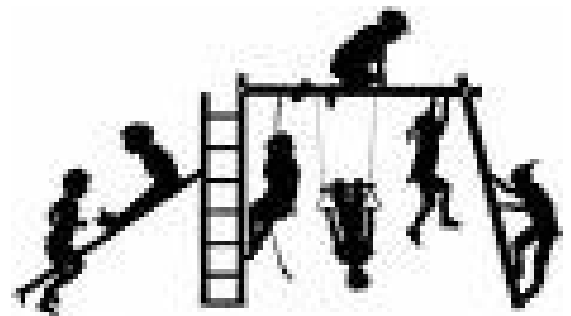
Body Mass Index (BMI) is a number based on an adult's (age ≥ 20) height and weight. Your BMI number indicates the percentage of weight attributed to fat which is then categorized as underweight, normal, overweight, or obese. BMI for children (ages 2 – 19) is based on height, weight, age, and gender, so be sure you are using the correct BMI calculator if you choose to use the internet. www.cdc.gov/healthy-weight/assessing/bmi/. Keep in mind that while finding your BMI is inexpensive and easy, it is only a screening tool. Visit with your physician or your child's physician if you are concerned about weight problems. Further testing may be warranted.

March ushers in National Nutrition Month. The theme for this year's campaign is "Nutrition from the Ground Up." The American Dietetic Association (ADA) offers a wealth of information for all age groups and is an excellent and reputable source for nutrition information. www.eatright.org

Michelle Obama has initiated a campaign called "Let's Move!" which is aimed at our obesity epidemic and can be accessed from the ADA's website.

I encourage each of you to reflect on your family's nutrition and activity levels.

Lori J. Begin, RN



Special Enrichment Class Opportunity:



Play Ball, with Coach Rina, will be offering a Wednesday class for those children enrolled in our Full Day 3's and School Day 3's Programs. Play Ball will be offered in lieu of J.W. Tumbles who relocated out of the area. Coach Rina has had a demo class for each of the 3's School Day and Full Day classes, for them to get an overview of the class. Please register your child at the office for this fun enrichment opportunity. Class size is limited.

It's time for the Scholastic Book Fair!

This year's Book Fair will be a wonderful reading event, and the theme is "Book Fair Diner: All You Can Read!" We all know a child's life can be positively influenced by quality books, and this year's Book Fair will have many to choose from. We ask you to celebrate the joy of reading together by helping your child select affordable books to enjoy.



This year's Book Fair is scheduled from Tuesday, March 30th to Thursday, April 1st. Mark your calendar and plan on stopping by to see what we've cooked up!

Parents, we will need your help to ensure this year's Book Fair is a success! Look for an upcoming email asking if you have the time to volunteer during the Book Fair, or contact Jenn Goin (goin11@comcast.net) or Karen Hornbeck (karenhornbeck@yahoo.com).

How fortunate we are to live in such a generous community that is committed to supporting education! The items donated by individuals and businesses for the school's silent auction were amazing, and we are deeply grateful both to them and all our wonderful parents who supported this event. Your hard work is much appreciated. Below is a comprehensive list of donors to the silent auction:

ACE Hardware	Dolce Bella	McLemore Building Maint.	Spa on the Waterway
Alamo Joe's	Double Dave's Pizza	The Melting Pot	Stacie Bohanan
Ashley Vanar	Dr. Kenneth Curl DDS	Motherhood Center	Starbucks (Kuykendahl & Woodlands Pkwy)
Avante Laser & Medi Spa	Faces 365	The Motherhood Center	Starbucks (Market Street)
Avia Boutique Hotel	Fast Frames	Museum of Fine Arts	Starbucks (Panther Creek)
Baker Street Pub and Grill	Flips Gymnastics	Music by Mary	Starbucks (Research Forest)
Becca Thorley	Foto Stop The Woodlands	My Gym	Sterling Ridge Orthodontics
Bella Rinova Day Spa	Games 2 U	Native Texan Photography	String Me Along
Beloved Boudoir	Gina Broussard, Pampered Chef	Natural Pawz	Stroller Fit
Blockbuster of Alden Bridge	Glazier Foods	N-Style Salon	Subway (Alden Bridge)
Boni's Dance & Performing Arts	The Goose's Acre	October Gave A Party	Subway (Cochran's Crossing)
The Bozeman Family	Great Harvest Bread Company	The Orvis Company	Sweet & Sour Parties & Showers
Breathe Pilates Studio	Guadalajara Hacienda Restaurant	Oxford Learning	T.G.I. Fridays
Brooklyn Café	Hairbows by Brandy	Painting with a Twist	Tailgators
Brooklyn Café	Healing Massage and Spa	Papa John's Pizza	Taipei Bistro
Bucca di Peppo	HEB	Parke Dentistry	Tammy's Nails
Carol's Lighting and Fan Shop	Houston Family Arts Center	Payne Academy of Ballet	Teacups and Tadpoles Children's Shop
Cartoon Cuts	Houston Rockets	Pei Wei Asian Dinner	Theatre Under The Stars
Chic-Fil-A	Janie Marroquin	Pizza by Mario	The Tipler Family
The Childrens Museum of Houston	Jim and Elizabeth Garrett	Planet Beach	Tortuga Mexican Kitchen
Chili's	Johnny Rockets	Playball	Total Golf Adventures (North Houston)
Chipotle Mexican Grille	Kara Powel Photography	Pollock Paper Distributors	United Studios of Self Defense
Cho's Taekwon Do	Kim Deichel	Pot Belly Sandwich Works	Urban Escape
Chuy's	Kim Graham	The Pure Spa & Salon	The Village Vet at Sterling Ridge
Cinemark Tinseltown	Kindermusik of The Woodlands	Raising Cane's	VillaSports Athletic Club and Spa
Coffee Expressions	K's Art & Frame	Ramano's Macaroni Grill	Vino 100
Coldstone Cremery	La Madeleine	Randall's	The Wherry Family
Connect 2 Health Wellness	Laura Essex - Lia Sophia	Ray Sakers Photography	Wickander Works
Conroe's Incredible Pizza Co.	L'Avantage Salon & Day Spa	Red Mango	Wise Pool
Cordua Restaurants	Leah Brewer Photography	Rico's Restaurants	Woodlands Wellness & Cosmetic Center
The Cos Bar	Learning Express	Rio 24 Cigar & Premium Bar	Wortham Insurance & Risk Management
Crush - A Wine Bar	The Little Gym	Robichau's Jewelry	Young Chef's Academy
Cynthia Woods Mitchell Pavilion	Lone Star Scrapbooking	S. Bret Cope, DDS	
Darque Tan	Lopez Detailing	Scarlett Photography	
Deborah Raley - Premier Designs Jeweler	Magical Oasis Vending	Schokolad Chocolate Factory	
Dionysus Salon-Spa	Massage Envy	Science Exploration for Kids	
	Mathnasium	Sea, Sport, Swim	
		Shankz Miniature Golf	
		Skeeters Grill	
		Smoothie Factory	