

Heart Association awards child care centers



Submitted Photo

Four child care centers in Lackawanna and Luzerne counties have received recognition for their participation in Healthy Way to Grow, a joint program of the American Heart Association and Nemours, which helps kids from birth to five years get off to a healthy start. Little Meadows Learning Center in Dallas, East Mountain Child Care Center in Wilkes-Barre and Freckles and Frills Inc. in Scranton were awarded the "Silver" recognition. The School House Day Care Center in Plains was awarded the "Bronze" recognition. Enrollment is now open for new centers in the Lackawanna and Luzerne. Contact child care specialist Nancy Herman at nancy.herman@heart.org or 570-371-9118. At the presentation, from left, are: Lauren Estock and Linda Bonsavage, East Mountain Child Care Center; Kathie Miles, School House Day Care Center; Mary Lou Donahue and Jeanette Niebauer, Little Meadows Learning Center; Elizabeth Keiper, Freckles & Frills Inc.; Herman, American Heart Association; Leo McGowan, William G. McGowan Charitable Fund.

WellKind School for Early Learners

received a

Gold Level Status

in the

"Healthy Way to Grow Program" from the American Heart Association in October 2017 for our increased health and physical education practices.



Recognized by the American Heart Association and Nemours as a Healthy Way to Grow Gold Center for Improving Nutrition, Physical Activity, and Screen Time Policies and Practices.



Our Organic Garden

Our Organic Garden opens each year on Earth Day with a special ribbon cutting ceremony.

The children are active participants in the planting, growing and harvesting of the organic fruits and vegetables such as tomatoes, peppers, cucumbers, and berries which are then enjoyed as snacks, smoothies, and water infusions throughout the summer and fall.

Parent-Advisory Council

A parent ambassador from each classroom serves on our Parent Advisory Council which meets throughout the year to help our program make necessary additions and better implement health and wellness practices. If you would like to be a part of our Council, enroll at the reception.

Other campaigns that we participate in that encourage physical activity and nutrition education:



WellKind School for Early Learners believes that children in our care learn to make healthy choices about nutrition and physical activity that will last a lifetime.

We also understand the importance of working together with families to sustain a healthy lifestyle.



VEGGIE AND FRUIT OF THE MONTH!

We have incorporated a Fruit and Veggie of the Month Program which we includes all families. We ask parents in the Center to bring in the specified food item of the month so that their child's class may try the fruit or vegetable in different ways.

“Studies show that children may need to try a new food up to 7 times before they begin to like it.”

It is our hope that we can work together with our families to expose more children to a variety of fruits and vegetables.

Fruits and vegetables benefit kids in many ways, including improved nutrition, decreased obesity risk, and better school performance.



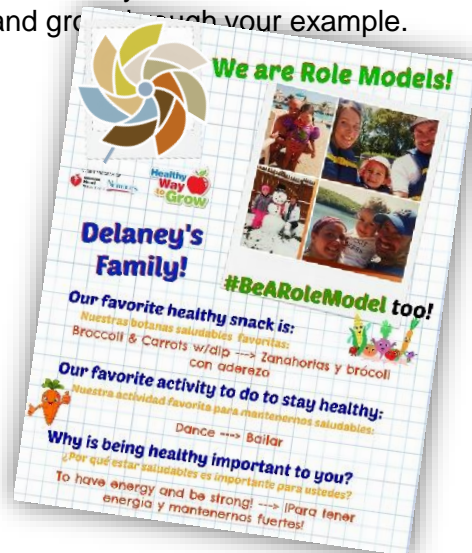
MEATLESS MONDAY

Why Meatless?

Because going meatless once a week may reduce your risk of chronic preventable conditions like cancer, cardiovascular disease, diabetes, and obesity. And going meatless once a week can also help reduce our carbon footprint and save precious resources like fossil fuels and fresh water.

#BeARoleModel

Parent's are children's first teachers. Practicing healthy habits in the areas of nutrition and physical activity has a positive impact on your child. We want to highlight your healthy habits to the WellKind School for Early Learners Community so that we can all learn and grow through your example.



Families enrolled with WellKind School for Early Learners can receive FREE fresh fruits and vegetables once a month to encourage healthy habits in all children!

The market takes place in the front lawn on the 3rd Wednesday of every month.

You can sign up at the reception or just come to the market and sign up there!

