



# KOLBE'S SCOOP



Kolbe's Korner Preschool St Maximilian Kolbe Catholic Church 818.874.1241

## February

- 13th- Valentine's Party  
MWF
- 14th- Valentine's Party  
TTH
- 20th- President's Day-  
NO SCHOOL
- 24th- Teacher in Service-  
NO SCHOOL



*Dear Families,  
Happy Valentine's Day! We all have so many blessings, but none more important than our children. Thank you for sharing yours with us. We also appreciate all of your assistance in keeping our children and teachers healthy and safe. Registration for the fall has begun. If you are considering placement in the fall, please register in the preschool office so we can adequately prepare our staff and school. It's first come, first serve. Lots of love!*

*Blessings,  
Miss Paula*



## HEALTH & SAFETY

"Previously, American Academy of Pediatrics (AAP) recommendations suggested young children remain rear-facing until at least the age of two. Now, pediatricians have removed the specific age, instead recommending that children should ride in a rear-facing car seat as long as possible, up to the limits of their car safety seat. In other words, even after your child has turned two years old, if he or she hasn't reached the maximum height or weight allowed by the car seat manufacturer, do not forward-face your child yet. Your child might even be up to the age of four before she or she hits the maximum."



**OUR SIP & SAVOR IS  
RESCHEDULED FOR  
SATURDAY, APRIL 29TH  
AT 7 PM  
THANK YOU.**



Hello Kolbe Families!

January kicked off 2023 at Kolbe's Korner in a great way! The kiddos were treated to some bubbly entertainment, along with some Mad Science! And we will end the month with our Open House. We hope you will spread the word to friends and family looking for the best preschool in town!

By now you're probably aware that the date of our *Sip n' Savor* has been moved to April 29<sup>th</sup>. Your parent board is working very hard to ensure that we will have a wonderful evening filled with delightful drinks, delicious delicacies and some very exciting auction items to enjoy with fellow parents from our school and parish! We look forward to seeing you all there! February will be full of fun, including Valentine Parties, a Sharky's fundraiser on the 23<sup>rd</sup>, as well as a month of learning about community helpers!

Thank you for helping our students and teachers always feel the love here at Kolbe's Korner!

Sincerely,  
Natalie Porco  
Parent Board President



### ***Celebrate Valentine's Day By Taking Care Of Your Heart!***

February is Heart Health Awareness Month and with Valentine's Day just around the corner, it's a great time to think about our kids' heart health. It's important for children to adopt healthy heart habits early since the path to heart disease begins in childhood.

**Here are seven tips to help your kids keep their hearts healthy:**

1. Allow your kids no more than one hour of television a day (this includes non-schoolwork-related computer activities, video games and Game Boy-type activities).
2. Remind your kids that their heart is actually a **muscle** that needs exercise. Make a point of getting outside and moving around with them for **at least** 30 minutes every day.
3. Serve them **five** servings of fruits and vegetables every day.
4. Avoid fast food and fried food, allow them only in moderation.
5. Don't smoke and protect your children from second hand smoke at all times.
6. See your pediatrician for all regularly scheduled visits.
7. Teach your child to report unusual feelings, such as a racing heart or feeling faint, to an adult.



Wishing you all a happy & healthy Valentines' Day!

Dawn Conahan, Registered Dietitian

### ***Strawberries: Sweet Succulence***

In pancakes at breakfast, as preserves on bread at lunch, sliced over a salad for dinner and atop shortcake for dessert, the strawberry works overtime! These berries aren't just delicious; like other bright-colored fruits and vegetables, strawberries are rich in nutrients. They're a great source of vitamin C!

This is the simplest version of chocolate covered strawberries I know and easy enough for your kids to help make them! Turn the strawberries upside down and insert a toothpick into a piece of styrofoam for easy cooling, or simply place them on a sheet of wax paper. White chocolate may be drizzled over the milk chocolate for a fancier look.

#### **Ingredients**

- 16 ounces milk or dark chocolate chips
- 2 tablespoons shortening
- 1 pound fresh strawberries with leaves



#### **Directions**

1. Insert toothpicks into the tops of the strawberries.
2. In a double boiler, melt the chocolate and shortening, stirring occasionally until smooth. Holding them by the toothpicks, dip the strawberries into the chocolate mixture.
3. Turn the strawberries upside down and insert the toothpick into styrofoam for the chocolate to cool.

ENJOY!