

United Day Care Center



**United**  
Day Care Center

# February Newsletter

February 2024



## **February is American Heart Month**

American Heart Month is observed to raise awareness on the importance of a healthy heart and to encourage healthy habits that help reduce the risk of heart disease. Studies show that more than 600,000 Americans die from heart disease each year and it is the number one cause of deaths for most groups. Heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

The Healthy Community Alliance of East Central Indiana and its partners are holding blood pressure screening events throughout the region to help raise awareness for heart health. Upcoming events:

- February 1st 8 am – 10 am Blackford County Fairgrounds/Second Harvest Tailgate
- February 7th 8 am – 10 am Jay County Fairgrounds/Second Harvest Tailgate
- February 12th 5:15 pm – 6:15 pm Union Missionary Baptist Church 1100 N. Macedonia, Muncie
- February 6, 13, 20, 27 11 am – 12 pm Be Heart Smart Program – West Jay Community Center, Dunkirk
- February 15 2 pm – 4 pm IU Health Jay Cardiopulmonary Open House
- February 22 8 am – 10 am Muncie Mall Parking Lot/Second Harvest Tailgate
- February 29 Noon – 6 pm Common Market, 900 W. 8th St., Muncie

WIN a 50" LED Smart TV or \$100 Walmart gift card Attendees at any of the events who get their BP checked will be entered in a drawing for a 50" flat screen TV or \$100 Walmart gift card.  
(Donated by the Invitation Clinic in Hartford City)

## **Valentine's Day Family Event**

Please join us in the middle room for creating Valentine's Day Cards:  
February 14, 2024 from 3:00 – 5:00 pm

# Room Updates

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## Room 1 – Continuity of Care

Happy February families! This month we are going to talk about friendship, manners, Valentine's Day, the dentist, and the post office. We will be celebrating Valentine's Day with cards either brought from home or we will make some at school. We will be working on counting and using kind touches with our friends. For our little friends we will be working on standing independently and taking steps alone. During the weeks of the dentist and the post office themes we will be drawing cards to take to our local offices! This month we want to welcome Miss. Sierra to our room!

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## Room 2 – One Year Olds

January was a month full of fun! We enjoyed making Gingerbread Play-Doh, finally getting some fresh air after all the ice and cold, and exploring various forms of painting! During the month of February, we will be doing a lot of celebrating! Not only will we be celebrating Black History Month and Valentine's Day, but we will also be celebrating Holden's and Leonis' second birthdays! Also, we are excited to announce that on February 14th we will be hosting a small Valentine's Day party for our Room 2 Families.

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## Room 3 – Two Year Olds

Hello families! We had a good start to the new year we enjoyed science experiments that the kids have not done in the classroom yet. We painted snow/ice, matched our colors and loved using our fine motor skills to stack out toys. This month we will be talking about friendships, colors, Presidents' Day and shapes. We are going to focus on the colors blue, red, green and yellow by matching and doing science experiments that the kids love. Happy birthday Ms. Ashley



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## Room 4 – Continuity of Care

Hello Families! This month we are going to look at themes such as colors, numbers, and Valentine's Day! We will also be talking about groundhogs day, presidents, and black history month. Please keep a look out for any messages on ProCare regarding clothing, diapers, and/or wipes when needed. Happy 3rd Birthday William!

# Room Updates

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## Room 5 – Infants

Happy February Room 5! We're so excited to celebrate Black History Month and Valentine's Day with new books, a group gross motor mural, and shape exploration! We're looking forward to creatively expressing ourselves using sensory experiences and nature based play with flowers and paint. As always, individualized plans for your child this month are in their cubby!

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## Room 6 – 3 & 4 Year Olds

Happy February Room 6 families! We've had so much fun this past month bringing in the new year by playing in the snow, celebrating MLK Day, and learning what it means to be a superhero. During February we will continue our festivities with the Chinese New Year, exploring the five senses, and celebrating Valentine's Day. The teachers in Room 6 cannot wait to share everything we explore, learn, and create with you. We also want to wish a big happy birthday to our new friend William!



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## Room 7 – 4 & 5 Year Olds

Happy February! We had a great time celebrating the new year together, learning about what makes us unique, and having fun in the snow! This month we are excited to have fun with superheroes and discussing how we can be superheroes daily. Our class is also going to be learning about the Lunar New Year and celebrating with themed games. February will also be a time to celebrate our friendship as we have a class Valentine card exchange! Please be on a lookout for more information about that through Procure messages. We want to wish a happy birthday to Kylah and Scarlette!