

Providers' Playground



Inside this issue:

Providers' Playground	1
Annual Training	1
Helping Kids Stay Active in the Cold Weather	1
Claim Due Dates	2
Direct Deposit	2
Peace Wreath	2
Snowman Snack	2

Helping Kids Stay Active in the Cold Weather

With all of the societal concerns right now about the childhood obesity epidemic, it is important for parents to find ways to keep the children active all year long. While it is fairly easy to promote physical activity in our children during warm weather, it is pretty tough to find good ways to stay active with the kids in the winter months.

1. Break out the Wii. Video gaming that requires physical activity is a great idea during winter months. Kids love game systems like the Nintendo Wii that encourage physical activity. You can even get games that include winter sports that seem appropriate during the colder time of year. Or you could bring back a bit of the summer spirit by choosing Wii games that simulate activities in warmer weather.

2. Try some active winter sports. Your kids might enjoy heading down to the nearest ice rink or well frozen-over pond for some ice skating. Many areas where it snows have groomed cross country ski trails or you might consider taking them downhill skiing or snowboarding. **Clear out the garage.** When the weather is cold outside, it will be a little warmer in the garage. Move the cars out and then you can do activities like jumping rope, throwing a Frisbee or playing broom hockey. .

3. Check out the community recreation center. Many communities have a recreation center or a YMCA that is open year round. Those with indoor pools can provide a warmer swimming activity whatever the outdoor weather. Many recreation center also have multi-sports courts and gyms where kids can play games like volleyball, badminton, indoor soccer, futsal or basketball.

4. Get out an active board game. Board games are always fun indoors when it is cold outside, and some board games have an element of physical activity. Games like Twister are clearly active, and games that require some motion like Guesstures or Footloose are certainly better than sitting at the kitchen table playing cards.

5. Check out a children's museum. In many communities, there are children's museums that offer active programming during the winter months.

Remember the importance of winter safety when you are outside with the kids in very cold or snowy weather. Make sure that they are clothed warmly and have a hat and gloves. You will want to make sure that you avoid problems like hypothermia and frostbite.

Winter activities are important to keep kids fit and active during the cold winter months.

<http://fatherhood.about.com/od/activitiesbylocation/a/Helping-The-Kids-Stay-Active-In-Cold-Weather.htm>

CMA

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CMA will be CLOSED on Monday, January 20th 2014



Annual Training Dates

All Trainings are from 6-8pm

West Valley	Tuesday, January 21st	2880 W 3650 S- West Valley Library (Tongan Only)
Murray	Thursday, February 6th	166 East 5300 South - Murray Library (Vietnamese Only)
Murray	Tuesday, February 25th	166 East 5300 South - Murray Library
Spanish Fork	Tuesday, April 29th	49 South Main Street- Spanish Fork

This is all the trainings we are offering for this training year.

Be sure to call and sign up!! Be sure to attend one of these if you have not already!!

Peace Wreath for Black History Month

To create hand prints for the wreath...

- Have students trace and cut their hand prints from multicultural construction paper.
- Provide students with multicultural paint, inviting them to use a paint brush to cover their hand with paint and gently press it to a piece of white card stock. When dry, have them cut out their prints and arrange them into the shape of a wreath.

Of course, you can always use multicultural markers to trace and color, then cut!

<http://www.mpmschoolsupplies.com/ideas/2617/peace-wreath-for-black-history-month/>



Direct Deposit

Submit a check for your account (bank/credit union). Which you have written VOID across the face of the check. Funds will go directly to this account each month.

- Your name
- Routing number
- Account number

Reminders:



- Be sure to write down all substitutions on your menu form.
- Be sure that your menu # matches what is served when your monitor is visiting.
- Always bubble in your provider number when submitting your claim.
- Call the office when you are closed.



Mini Snowman Snack

1. Spread cream cheese on a mini bagel.
2. Use raisins to make eye's and a smile.
3. Use a carrot for his nose.

Kids can make their own healthy snack after school and have fun while making it.

Important Information:

CMA is working towards the goal of all providers being enrolled in direct deposit by July 2014. No checks to be lost or stolen, no more waiting for the mail, the money is there!! Sign up today and start direct deposit next month! Please call if you have any

Claim Due Dates:

Last Day for October Claims:
Wed, January 29th

Last Day for November Claims:
Friday, February, 28th

Last Day for December Claims Due:
Monday, January 6th



CMA is now on Facebook! Become a fan and stay updated with training dates, great recipes, and other food program resources that can make your daycare a CMA success!!!

Search for 'child management associates'