

JULY

Child Management Associates Providers' Playground

In this Issue:

Snack Time	1
Let's Get Moving	1
Did you know?	1
Kids Craft	2
Business Corner	2
Claim Due Dates	2

Snack Time: Firework Fruit Kabobs

Items you will need:

- * A set of skewers
- * Watermelon
- * Blueberries
- * Star cookie cutter

Step by step directions:

- * Slice watermelon to desired thickness
- * Slide blueberries onto skewer (pointed end up)
- * Using the cutter, create a star shape out of the watermelon & place on the top of the skewer (be sure that the skewer is not poking out the top of watermelon)



CMA will be closed the following days
Monday, July 4th
Monday, July 25th

<http://thebabybumpdiaries.com/recipes/4th-of-july-fruit-kabobs/>

Let's Get Moving

UNO Workout

- Yellow: Jumping Jacks
- Green: Squats
- Red: 30 second Planks
- Blue: push ups
- Action cards: 10 of your choice



<http://creativesouthernhome.com/2015/01/uno-workout-fitnessfriday.html>

Place an UNO deck in a central location. Everyone draws a card & follows the directions: If you draw a yellow card you will do jumping jacks, as many jumping jacks as the number that is on your card. If you draw a blue card, you will do push ups, as many as the number on the card. If you get any word card (skip, reverse, wild) pick your favorite & do it 10 times. When you are done, draw another card.

DID YOU KNOW...

- The least used letter is Q?
- The average person spends 25 years asleep?
- The most common disease is tooth decay?
- 85% of plant life is in the ocean?
- 1/4 of your bones are in your feet?
- Birds need gravity to swallow?
- Rabbits like licorice?
- Women blink twice as much as men?
- 8% of people have an extra rib?

<http://believingboldly.blogspot.com/2012/08/did-you-know-lunch-box-notesfree.html>



Kids Craft: Painting Fireworks



Supplies:

- * Toilet paper rolls/paper towel roles
- * Scissors
- * Paper plates
- * Paper
- * Paint (desired colors)

Directions:

- * Cut cardboard rolls into 2" long fringe & fold to lay flat on table
 - * Put a layer of paint on paper plates
 - * Dip fringe part in paint & stamp on paper
- (You can make varied sized of fringe per roll to add more variety—get creative)

<http://www.happinessishomemade.net/2015/07/01/4th-of-july-kids-craft-painting-fireworks/>

Business Corner:

Field Trips:

If you plan to claim any meals during a field trip, that meal must be pre-approved. You must fill out a field trip request form (which can be printed from our website www.cmautah.net under forms) detailing the menu to be served and how you plan to keep the food at the appropriate temperature.

Remember—any meals daycare children receive from a summer food program site

MAY NOT be claimed with CMA.

REMINDER

Annual Training

The next session of required annual training will be condensed to only 4 trainings. The dates and times are yet to be scheduled but be sure to keep your eyes open for them to be announced. Get signed up as soon as possible as seating is limited.

Post your Menu

Menus must be posted in a visible place where the parents can see and review what their children will be served each day. Dry erase menus were provided during the last session of annual training so if you are unsure of how to use this please let us know.



★ ★ ★ ★ ★ ★ ★ ★ CLAIM DUE DATES: ★ ★ ★ ★ ★ ★ ★ ★

May Claims	June Claims	July Claims
Friday, July 29	Wednesday, July 31	Thursday, August 4

This institution is an equal opportunity provider and employer