



# Endless Discoveries PARENT NEWSLETTER



HICO

SEPTEMBER 2024

## Let's Eat a Better Breakfast!

September is Better Breakfast Month, so this is a good time to think about what our children are eating in the morning.

Imagine you're a car. After sleeping all night, your gas tank is empty. Breakfast is the fuel that gets you going so you can hit the road.

Breakfast should include a variety of foods, such as fruit, vegetables, grains, protein (meat, eggs, nuts, and seeds), and dairy products (milk, cheese, and yogurt).



## Teacher of the Month September Birthdays



Charlee C. - September 14  
Judson G. - September 18  
Scarlett E. - September 19

### Teacher Birthdays

Ms. Melissa - September 20

## Why Reading is Important

Reading with your child on a regular basis creates a stronger relationship between the two of you. In addition, it teaches your child basic speech skills, better communication skills, more logical thinking skills, and enhanced concentration and discipline.

Try to make it a habit to read with your child daily!



## Special Events

Grandparents Day - 9/8  
Pastries on 9/6 during drop off!

National Teddy Bear Day - 9/9  
Bring your favorite teddy bear!

# HAPPY GRANDPARENTS DAY



Ms. Cindy is our teacher of the month! She is always willing to help out, and she loves spending time with her babies!

We love Ms. Cindy!

## Important Dates

Labor Day - September 2  
*(Endless Discoveries will be closed.)*  
Better Breakfast Month  
Good Manners Month

Grandparents make the world a little softer, and a little warmer. Grandparents also hold a special place in every child's heart.

Grandparents are the perfect example of what kind of person we all should be.