

KIDCO Express

April, 2019

ACTIVITIES



April 5

Spring Rainbow Day – Wear the colors of the rainbow

April 8, 15, 22

- Celebrating Children's Week all month long!
- "Musical Monday" children make musical instruments with recycled materials (Asian, African, Native American and Hispanic)

April 15

 Children will begin "Hands Around the World" art Project
Children's artwork will be displayed in the Public Gallery at Miami History Museum

April 9, 16, 23

- Celebrating Children's Week all month long!
- "Tasty Tuesday" Children will create an ABC of "Fruits and Veggies" for the classroom

April 10, 17, 24

- Celebrating Children's Week all month long!
- "Work Together Wednesday" children will create a Coral Reef for the classroom

April 11, 18, 25

- Celebrating Children's Week all month long!
- "Artsy Thursday" Children will create art with nature "Nature Sculptures, Bubble Art, and Sun Catcher)

April 18

- 8:30am Transition Field Trip to Edison Park K-8 for KIDCO IV
- 12:00pm Policy Committee Meeting at KIDCO VII

April 19

Teacher Planning Day

April 22

Week-long celebration of "Earth Day"

April 24

 3:00pm. – Child Abuse Training for Parents – KIDCO IV, V, VI & VII at KIDCO V by Tiera Hanks, MS and Carmen Cedeno Laboy, MS, MSW, Cap from CASHD Psychological Services

April 25

Parent Activity Fund at Barnacle History State Park

April 26

- 8:30pm. Child Abuse Training for Parents KIDCO II by Tiera Hanks, MS and Carmen Cedeno Laboy, MS, MSW, Cap from CASHD Psychological Services
- Children will create a "Hanging Garden" for the playground
- Celebrating Children's Week all month long!
- 8:45am and 3:30pm "Family Friday" Children and Parents will make a "favorite recipe" cook book
- "Nature Yoga" activity during the morning and afternoon playtime

April 29

 Children's Book Week – children will create a "Big Book" for the Classroom Library

April 30

 8:45am - morning group time and 3:30pm – afternoon group time -"Parent Come Read to Your Child" Children's Book Week Celebration

APRIL'S BIRTHDAYS

Sanquetta Gamble April 8

Madeline Alvarez April 10

María del Carmen López April 19

Frank R. Emmert April 26

PARENTS' CORNER

CREATIVE WAYS TO STIMULATE LEARNING

Parents can find many ways to keep children interested in learning how to **read and write**. The important thing is to find creative ways to keep children wanting to learn to read and write while having fun. One way to keep children interested in learning to read and write is by following their interests. Encourage children to create their own books drawing pictures and writing about the characters and pictures. Remember to show interest by discussing the child's story and pictures.

Make reading a family affair. Read to them about what interests them the most. All children, regardless of their age, enjoy sharing books with mom and dad. Ask them many questions, encourage predictions, and seek out new vocabulary words. The important thing is to enjoy this time together with your child. Take an audio adventure. If you don't have a lot of time to sit down and read to your child, the library has many audio books you can listen to together in the car or as you cook dinner. Stop at certain times and ask, "What do you think is going to happen next?" This keeps the dialogue going and makes it a shared experience.

Create a discovery diary. Sit down with your child and write down in a journal or notebook discoveries he o she makes every day about her surroundings, herself, her family or the world. If he or she cannot find anything to talk or write about, this should tell you that you need to provide stimulating experiences. With the proper guidance and stimulation, you and your child make many wonderful discoveries together.

Finally, encourage a grandparent or other relative to talk with your child about their heritage. Encourage your children to **interview the grandparent or relative** by modeling how to conduct an interview. Ask questions such as, when and where they were born, what they remember about growing up, how they celebrated birthdays and holidays, if they enjoyed playing sports or a musical instrument, about their friends, etc. Afterwards, have your child draw about the relative and present him or her with a copy of their "biography."

EVENTS

Miami Children Museum - 3rd Friday of each month

Miami History Museum - 2nd Saturday of each month

FREE ADMISSION

BAKED FISH OVER ASPARAGUS

Ingredients: (4 servings)

- 1-pound asparagus, tough ends trimmed
- 1 1/4 teaspoons salt
- 3/4 teaspoon ground white pepper
- 3 tablespoons extra-virgin olive oil
- 4 (4-ounce) trout fillets
- 1 (14.5-ounce) can diced tomatoes, drained
- 1/4 cup capers, drained
- 2 tablespoons garlic, thinly sliced
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon lemon zest1 tablespoon chopped
- 1 tablespoon chopped rosemary leaves

Directions:

- Preheat the oven to 425 degrees F.
- On a saucepan, bring water to a boil and cook asparagus until tender, about 3 minutes. Remove the asparagus from the boiling water and place immediately into ice water to cool. Place asparagus on a sheet pan, season with 1/4 teaspoon of salt and 1/4 teaspoon of the white pepper and drizzle with 1 tablespoon of the olive oil. Place in the oven for 3 minutes to re-warm once the fish has been removed from the oven.
- Season the fish fillets on both sides with the remaining salt and pepper and lay in a baking dish. Add the rest of the ingredients and remaining olive oil to the casserole and place in the oven. Cook the fish until the flesh is lightly golden and flaky, about 10 minutes.
- To serve, divide the asparagus between 4 plates and lay a piece of fish with the tomatoes, capers, garlic and rosemary over the asparagus. Serve immediately.

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