



Kremmling Preschool Newsletter

October 4, 2023



THEME - Our theme for this month is "Weather & Seasons". They will be learning about our weather and how it changes, seasons, and storms. They will learn the letters Cc, Nn, & Uu, color orange, shape rectangle and the numbers 2 & 3. Some extras for the month will be working on the word family - ig, sight words I; see; a; making AABB patterns, and taking about the character trait Patient.



PICTURE ORDERS - Didn't get your pictures order? Do not fret... you may still order them online and they will ship them to you directly for a small shipping fee. If you are unable to order online, bring your order form, picture and package choice, and money to Michele and we'll get it done for you!



CHANGING WEATHER - With our weather changing, please continue to send your children with layered clothes and their jackets. We will go outside everyday and want them to be comfortable doing so.



PICK UP TIME REMINDER - Please note the following pickup times. It's important for children to be picked up on time as staff has duties they must get done once the children leave. Beginning next week, we will begin charging a late pickup fee. Thank you for your continued support!

Morning class Pickup: 1105am from the playground, weather permitting

Afternoon/Full Day Pickup: 3:50p from curbside, weather permitting



GUEST READER PROGRAM - We are still in need of guest readers! If you haven't already done so, please consider coming to read to our preschoolers. It is such a fun way to get to know everyone and the children LOVE to hear stories! If you need another form with dates and times let us know and we will get you one asap.



REMINDERS - Please be sure you have a full change of clothes in your child's backpack or cubby as well as a water bottle. Also, please send only water in your child's water bottle. We are under strict guidelines on what a preschooler may consume while in our care. Thank you!



Preschool Vision/Hearing Screenings - Last week we did vision/hearing screening. If your child did not pass the screening, you should have received correspondence from us. If your child was not screened, we will be doing rechecks in a couple of weeks. Please see Michele if you have any questions, please reach out. Thank you!



FIRE SAFETY - Kremmling Fire Department will be coming to Preschool next week!! We are so excited to learn all about the firemen, what they do to help us stay safe, and explore their firetruck. They will be here on Wednesday, October 11th, morning class will begin at 830am and afternoon & full day class will begin at 2pm.



CALENDAR of EVENTS:

Oct. 11	Fire Prevention w/Kremmling Fire Department
Oct. 31	Halloween Trick-or-Treating & Parties, more information to come
Oct. 24/25	Parent/Teacher Conferences, more information to come
Oct. 31	Trick-Or-Treating, Halloween Parties
Nov. 20-23	Thanksgiving Break, Preschool closed
Dec. 2	Preschool Craft Fair
Dec. 14	Christmas Program, 630p, TENTATIVE
Dec. 21	Cookies, Movie, & PJ Day!
Dec. 22-Jan 7	Winter Break, Preschool closed

Please do not hesitate to call or stop by with any questions or concerns!
(970) 724-9483 Michele DeSanti, Director.

Please see attached article about sugar and the consumption of it with children.

What to Do When Your Child Eats Too Much Sugar

5 ways to cut down on added sugar

<https://health.clevelandclinic.org/what-to-do-when-your-child-eats-too-much-sugar/>

Hide the china and strap down your valuables: Your child's sugar rush just hit its peak — and no one is safe. But while sugar spikes are (thankfully) temporary, they can still have lasting effects on your child.

"Many long-term studies link sugar to a risk of health issues later in life, including [diabetes](#) and [obesity](#)," says pediatric dietitian Jennifer Hyland, RD. That's why the American Academy of Pediatrics recommends that children under 2 years of age don't consume any added sugar at all. And kids 2 and older should have no more than 25 grams (or 6 teaspoons) of added sugar daily.

How bad is sugar for a child?

Sugar may go down oh-so-sweet, but it's what happens after that's the problem. "The amount of added sugar kids consistently ingest leads to big blood sugar spikes over time," explains Hyland. The result? A higher risk of insulin resistance, [prediabetes](#) and [Type 2 diabetes](#).

Too much sugar can also affect your child's mood, activity and hyperactivity levels. "It affects kids' behavior because their blood sugar is like a roller coaster; up and down all day long," Hyland points out.

But keep in mind that not all sugar is created equal. "Don't be afraid of fruit, whole grains, beans or dairy products even though they have sugar. Those are natural sugars," says Hyland. "Natural sugars are necessary for a child's growth and development. The added sugars are the problem."

How to reduce your child's sugar intake

Like most double agents, added sugar is usually undercover. That means foods marketed as healthy snacks for kids sometimes aren't. "Know how to spot hidden sugars," says Hyland, "especially because sugar comes in various forms. The label could say dextrose, sucrose, honey, agave or molasses. Those are all words for sugar."

So [how do you turn the tide on your child's sweet tooth?](#) Hyland gives five tips.

1. Put sugar-sweetened beverages on your no-no list

Hyland says avoiding sugar-sweetened beverages, including juice, makes a big impact. "Even though [100% fruit juice](#) doesn't always have added sugar, it's still a lot of sugar concentrated in one place," says Hyland. "Also try to avoid lemonade, sodas and sports drinks, and especially as the kids get older, sweet teas and coffee drinks."

2. Get food label literate

New food labels are currently being rolled out with a line for added sugar amounts. For example, a food label for an apple (which has all-natural sugar) would read:

- **Total sugars: 15 grams.**
- **Includes 0 grams of added sugars.**

A jar of applesauce, on the other hand, might say:

- **Total sugars: 24 grams.**
- **Includes 10 grams of added sugars.**

"The added sugar line can help you make smarter choices. If a food has 10 grams of added sugar, you might want to choose something else — since that's nearly half the recommended amount for kids." Hyland adds.

3. Choose foods with less than 10 grams of sugar and more than 5 grams of fiber

Cereals and granola bars can be sugar minefields. But instead of banning them altogether (and possibly causing meltdowns and tears), Hyland says to look for products containing less than 10 grams of sugar, and if possible, more than 5 grams of fiber.

"Fiber is beneficial in many ways. It helps with satiety, decreasing cholesterol and lowering the risk for diabetes and prediabetes," she says. "A lot of products that have natural sugars, such as fruits and veggies, have a high fiber content."

4. Make your own healthy snacks for kids

Processed food is often ground zero for added sugar. So the more food you that you can prepare at home, the better. "Baking mini-muffins rather than getting them from the store makes a difference. While your version might have sugar in it, you can choose a more natural type of sugar or control the amount," Hyland explains.

You can also try making homemade granola bars that are sweetened with dates to avoid adding sugar. But if being Susie Homemaker isn't your thing, you can go unprocessed without turning on your oven. For example, opt for fresh or dried fruit over fruit snacks.

There is one caveat: While honey and maple syrup are often seen as more natural sweeteners, they still count as added sugar. "A benefit is that you typically don't have to use as much since they're sweeter than regular sugar, and they also contain some nutrients," says Hyland.

5. Train your child's taste buds

Hyland suggests when you're introducing solid foods to your kids, don't start with the sweet stuff. "If we're not introducing sugar in excess from the start, then their taste buds won't crave those flavors as much." Remember, fruit itself is okay! But nothing with sugar added to it.

Reversing an already established sugar habit

But what if your child is already a sugar addict? Hyland says you can still get them back on the straight and narrow by taking it slow. "Don't go cold turkey. Instead, make little changes."

Instead of ...	Try ...
Sweetened applesauce	Unsweetened applesauce + cinnamon
Sugary kids' yogurts	Plain or lower-sugar yogurt + berries
Sugary drinks every day	<ul style="list-style-type: none">· Fewer drinks, more water· Fruit in water for sweetness· Naturally flavored sparkling water

