



CHILD CARE AND LEARNING CENTER

6285 Ridgewood Drive
Horn Lake, MS 38637

Welcome

- Frederious Y.
- Diamond B.
- Colin P.

Happy Birthday

- JaNyriah 3/1
- Zoe 3/2
- Da'Nellia 3/2
- Jaliyah 3/11
- Jheremy 3/29

\$\$\$\$ Read Parent Handbook on the Web

Ask how to win \$10

Volunteers Needed

- 1. Lunchtime Pal daily 10:45 a.m. to 11:45
- 2. Granny's Apples 3/23 10:00 to 10:45 a.m.
- 3. Playground Safety Eyes 9:30 to 10:30 or 2:30 p.m. to 3:30 p.m.

Obesity in Children

Obesity is the result of caloric imbalance (too few calories expended for the amount of calories consumed) and is mediated by genetic, behavioral, and environmental factors. Childhood obesity has both immediate and long-term health impacts:

- Obese youth are more likely to have risk factors for car-

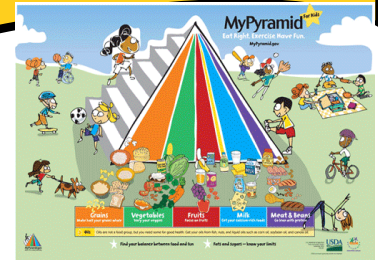


diovascular disease, such as high cholesterol or high blood pressure. In a population-based sample of 5- to 17-year-olds, 70% of obese youth had at least one risk factor for cardiovascular disease.⁵

- Children and adolescents who are obese are at greater risk for

bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem.

- Obese youth are more likely than youth of normal weight to become overweight or obese adults, and therefore more at risk for associated adult health problems, including heart disease, type 2 diabetes, stroke, several types of cancer, and osteoarthritis.
- Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing related diseases.



MITI Kids

Participates in Michelle Obama's Childhood Obesity Program :

1. Serve foods based on Children's Food Pyramid
2. Serve Fresh Fruits and Vegetables daily
3. Physical Activity daily
4. Teach children about food choices and proper nutrition
5. Staff Development in Menu Planning
6. Parents are not allowed to bring sweets in the Center.



Facts about St. Patrick's Day

- * St. Patrick's Day is observed on March 17 because that is the feast day of St. Patrick, the patron saint of Ireland. It is believed that he died on March 17 in the year 461 AD.