

HAPPENINGS

fruit & flower



Mission: Fruit & Flower provides a developmentally appropriate environment for learning while cultivating a supportive community for families.

Important Dates

New Parent Orientation

Whether your family is brand new to the Center, or you are a returning family just looking for some updates, please join us for a New Parent Orientation meeting on September 16th or September 23rd from 4:30 to 5:30pm. **The orientation is mandatory for parents new to the Center** and will cover many important policies and procedures including signing-in, forms, staff introductions, medications/exclusion/health and dietary issues, transition procedures, as well as any questions or concerns you may have. Returning families are also welcome to attend if they wish.

New Parent Orientation	Sep 16 Sept 23
Picture Day	Sep 28 Sep 29
Date Night	Sep 25 Oct 30
Harvest Night	Oct 8th

Bits and Bites

Picture Day

Sept. 28th and 29th we'll be doing out annual pictures. Look for the sign up sheets outside your child's classroom

Harvest Night October 8th

Join us for our annual Harvest night from 5:00-6:30. Bring a vegetable a day or two before so we can make a yummy soup to serve for dinner with them.

Book Fair

Mark your calendars, we'll have our annual book fair Oct. 19th-Oct. 23rd

Staff Updates

Rita Mitchell is our new Lead Snapdragon teacher, she has 6+ years of experience in teaching Pre-K and Kindergarten. The Daisies have welcomed Sally Larson as their new Assistant Teacher. We've also welcomed two new late day aides, Sara Ash in the Coconuts and Jay Person in the Peaches.

Parent Handbook Updates

By now, all parents should have received the new Parent Handbook. We greatly encourage you to read through the new handbook, even if you are a returning family.



FRUIT & FLOWER FAVES

Chef Emilee made these two dishes recently, and all the kids gobbled them up!! Definitely F&F faves. Here's the recipe if you want to recreate them at home.

Pumpkin Pie Bread

- 2 cups all purpose white flour
- 1/2 tsp salt
- 1/2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp ground clovers
- 1/2 tsp nutmeg
- 2 cups sugar
- 3/4 cup butter (melted) or canola oil
- 4 eggs
- 1 24oz can pumpkin puree

Interested in volunteering? We still need parent volunteers for our Development Committee, Facilities Committee and Finance Committee. Please see Naomi or Rhonda if you'd like to join one of our wonderful committees.

Mix everything together until smooth. Grease an 8 x 10" pan. Pour batter into pan. Bake at 350 degrees for 25-30 minutes. Baking times will vary depending on the moisture content of your pumpkin. To check doneness poke middle of bread with a toothpick, it'll be done when it comes out clean.

Everything but the Kitchen Sink Pork Tenderloin

Marinade:

- 3 tbsp. brown sugar
- ¼ cup olive oil
- 2 tbsp. lemon juice
- 1 small onion minced
- 2 tsp dried thyme
- 1 tsp garlic powder
- 1 tsp worcestshire sauce
- 1 tsp white wine vinegar
- 1 tsp liquid smoke
- ½ tsp parsley flakes
- Salt and pepper to taste

The parking circle can quickly fill with cars during drop-off and pick-up times, and street parking is limited. As an Eco-Healthy Child Care please do not idle in the driveway and limit your time in the parking circle to under ten minutes if possible. Please do not park on the sidewalk or double park in the circle. Consider walking, bicycling, scooting or skateboarding to school when you can.

One or two 3-4lb pork tenderloins

Mix marinade ingredients together and marinate pork (stirring occasionally) for 30-45 minutes. Place pork on greased baking pan and bake at 350 degrees for 40-50 minutes. Internal temperature will read 165 degrees when cooked through.

Love and Logic

Early Childhood Parenting Made Fun!

A five module parenting program designed by the Love and Logic Institute

Solutions to:

- How to handle disruptions during meal times
- How to get children to stay in their own bed
- How to end temper tantrums
- How to discipline your toddler in public without creating a scene
- How to get children up and out in the mornings
- How to stop whining and bickering

And many other day-to-day parenting challenges.....

This parenting program is designed to give you practical skills
that can be used immediately!

Monday Evenings

5:00 PM – 7:00 PM

Fruit & Flower Conference Room

Session 1: Handling Misbehavior without breaking a Sweat

Monday, October 5, 2015

Session 2: Teaching Kids to Listen...the first time

Monday, October 12, 2015

Session 3: Avoiding Power Struggles

Monday, October 19, 2015

Session 4: Limits to Create Happier Parents, Happier Kids and Happier Families

Monday, October 26, 2015

Session 5: What to Do When Your Kids Leave You Speechless

Monday, November 2, 2015

Cost: \$55 per family

Included: Dinner and care for your child(ren)

Love and Logic Parent Workbook

Please register at the front desk.

fruit & flower



quality childcare since 1906

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Support

Fruit & Flower is Oregon's first child care center. It is a non-profit 501(c)3 and relies on donations to meet its annual budget and provide scholarship funding to its families.

Donations are tax deductible as allowed by law. Check with your company to see if they will match your contribution to Fruit & Flower. Many businesses will match payroll deductions, charitable giving, time spent volunteering, and other ways to support our school. For more info contact

pamela.bock@fruitandflower.org.

PIC OF THE MONTH



The coconuts doing yoga