



ACC-CLS Parent News



Food Safety



Labels urged for foods that can choke kids, from article at CNN.com
Summarized by Ashley Walker, UT Intern

Getting a kid to actually eat the food prepared instead of picking out every unknown food they see is a task in and of itself. So when they do eat, it's a big accomplishment. However, we tend to overlook the details. Yes, they're eating, but is the food they're eating safe to eat? Should I cut up the food to make it easier to swallow? Could this possibly be a choking hazard?

According to the American Academy of Pediatrics, it is estimated that one child in the United States dies every five days from choking on food. The American Academy of Pediatrics now rates choking as the leading cause of death among children 14 and younger and is now calling on the government and manufacturers to implement a food labeling system to warn parents. Children four and younger are at the highest risk for choking as most only have their front teeth.

Food that poses the highest risk are those that are round or cylindrical in shape and are about the diameter of the child's throat. These foods includes hot dogs, grape, raw carrots, apples and peanuts. A more detailed list of foods are listed on the American Academy of Pediatrics web site (www.aap.org). Some of their tips include cutting hot dogs lengthwise and grapes in quarters, avoid giving toddlers other high-risk foods such as hard candy, nuts, seeds and raw carrots, and never let small children run, play or lie down while eating. www.cnn.com/2010/HEALTH/02/22/children.choking/index.html

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Important Dates:

👉 **Group and Candid Photos by George Brainard—
Tuesday, 3/9,
9:00 a.m.**

👉 **PA Meeting—
Wednesday,
3/10, 5:30-6:30
p.m.**

👉 **Spring Break—
CENTER CLOSED
March 15-19**

LOOK

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AUSTIN
CHILDREN'S
MUSEUM

SAVE THE DATE!

Thursday, June 3rd ,5:30-7:30 p.m.

End of Year Party

Austin Children's Museum

Pizza provided by the Parent Association

Exhibits Include:

the BIG game (feature exhibit)

In My Family/En Mi Familia and more (permanent exhibit)

Fun Food Recipe!

Mice Friends

Ingredients

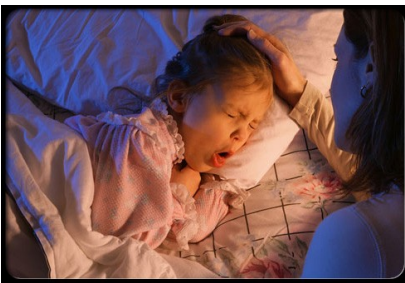
- Fresh Strawberries
- Mini chocolate chips or raisins
- Honey (to make the chips or raisins stick)
 - Almond slivers
 - Toothpicks
- Red lace licorice (optional)
- Wedge of cheese (Your choice)

1. For each mouse, slice a small section from the side of a strawberry so it sits flat.
2. Press a mini chocolate chip or raisin into the tip for a nose and for eyes, using a small dab of honey to secure it in place or making a small hole for it to sit in, if needed.
3. Stick 2 almond slivers into the top of the berry for ears.
4. For a tail, use a toothpick to carve a small hole in the back of the berry and push the end of a piece of licorice lace into the hole (or use the stem of the strawberry). Serve these cute berry treats with small triangles of cheese.

Recipe taken from: <http://familyfun.go.com/recipes/>



Please Take Note...



There have been a number of recent cases of pertussis around Austin and Travis County. According to the Austin/Travis County Health and Human Services Department there have been 379 confirmed and probable cases of pertussis from October 1, 2009 through February 17, 2010. Pertussis begins like a cold, with a runny nose, sneezing, and coughing that slowly gets worse. After one to two weeks, strong coughing fits occur. In young children, coughing fits are often followed by a whooping sound as they try to catch their breath. If you suspect pertussis, please contact a physician immediately. Remember that timely immunizations, frequent hand washing and covering your cough can help drastically reduce the number of cases.

Please Note: Construction is beginning on the East 7th St. corridor concept plan from IH35 to Shady Lane. Motorists can expect frequent lane closures and detours along this street for up to one and a half years. If you typically commute along East 7th to the school, you may want to consider choosing an alternative route.



Recalls of unsafe consumer products are available on the United States Consumer Product Safety Commission web site at [cpsc.gov](http://www.cpsc.gov). You can also sign up to receive email updates at <https://www.cpsc.gov/epsclist.aspx>.

Parent Association Invites Your Participation

Please Join Us!

Officers:

Paloma Hernandez—Chair
Aoife Longmore—Secretary
Diane Bogard—Treasurer

Parent Room Representatives:

Sunbeams—Erin Romero
Moons—David and Mison Zuniga
Stars—Amy and Richard Taylor
Planet Earth—Laurie Drucker

Room representatives communicate with parents in their child's classroom by e-mail, phone or notes to remind them about upcoming events (fundraisers, field trips, social events, workshops, etc.).



The purpose of the Parent Association includes:

1. Choose, organize and implement fundraising projects to benefit the program.
2. Provide opportunities for parent education and support.
3. Act as an avenue for communication between staff and parents.

The next meeting will be on **Wednesday, March 10, 5:30-6:30**. Come hear about and plan upcoming events, meet other parents and provide shared support. **As always, child care and a light meal will be served. Please sign up at the front desk to help us with planning. We hope you will join us.**



Bits and Pieces



The new intern for Spring 2010 is Ashley Walker. A student at The University of Texas, she will be learning about how the ACC Lab School is managed as well as observing and helping out the teachers in the classrooms. As a specific goal during her internship, she has decided to create a nutrition booklet with lunch ideas, as well as tips and suggestions on how to prepare fun, safe and easy lunches. If you have anything in particular you would like to see go in the booklet or any suggestions, please let Ashley or Dawn know.

We would like to extend a special congratulations to Elyes Benhamou who received his citizenship into the United States this month.



Diego Fishburn won second place for his mural, *Forest Fair*, in the "No Vacancy" project in Central East Austin. The Robertson Hill Neighborhood Association was one of the 2009 grant recipients for Keep Austin Beautiful's Neighborhood Beautification Grant Program. The project called for mural panels to be designed by local artists. The murals, which are reflective of the neighborhood's diverse culture, have been installed by the City of Austin's Public Works Department in front of eight vacant houses or lots in the Juniper-Olive neighborhood off East 11th that are eligible for designation as a Historic District. Drive by and take a look!

Austin Community College
Children's Lab School

Eastview Campus
3401 Webberville Rd
Austin Texas 78702
Building 5000

512-223-5200
512-223-5220 (fax)

www.austincc.edu/childdev/labschool



Austin Community College Children's Lab School is a preschool program for children, six months through five years of age, that serves as a demonstration school for the ACC Child Development Department. The Children's Lab School offers an early childhood program designed to support the growth and development of young children in a warm and creative environment. Through field work experiences in a lab setting, students observe the principles of child development and gain practical experience with young children under the supervision and guidance of qualified classroom teachers. The Children's Lab School is licensed by the Texas Department of Family and Protective Services and is accredited by the National Academy of Early Childhood Programs (NAECP), a division of the National Association for the Education of Young Children (NAEYC).

2009-10 Calendar at a Glance

*Spring Break.....	March 15-19
Last Day ACC Spring Semester.....	May 14
*Memorial Day Holiday.....	May 31
ACC Summer Semester Begins.....	June 1
Independence Day Holiday.....	July 4 (no closure)
Last Day for Graduating Lab School Children....	August 13
ACC Summer Semester Ends.....	August 13
*Room Prep & Professional Development Week..	August 16-20
ACC 2010-2011 Academic Year Begins.....	August 23

Please note the center closure in August for room preparation and professional development. This allows teachers and ACC maintenance staff to clean, repair and prepare rooms for new children. Staff will also be able to participate in required training, meet as a team, plan, and conduct home visits.

*Lab School will be closed to children on these dates.



Inclement Weather

Note from the Director

We want to clarify our inclement weather policy, which is outlined in the parent handbook. **When Austin Community College closes, the Children's Lab School is also closed.** If ACC closes early or has a delayed opening, the Children's Lab School will have the same schedule. Information regarding closings will be available on local radio and television stations and on the ACC website at www.austincc.edu. Typically, ACC staff find out about closings at the same time that the public does through those same media sources. We understand that it can be frustrating and confusing to not get more advance notice. Often ACC is trying to make the best decision for an institution that serves students at multiple campuses, many of them in outlying areas. We apologize for any inconvenience this causes and appreciate your understanding.

Please welcome our Practicum students for the spring semester (gold and red nametags). Take a look at the "Bio Boards" near the front desk and watch for a parent letter from Practicum II students.