Welcome to Spring Semester!

Welcome to Spring Semester! It’s been a wonderful semester so far. The children and teachers are doing well and we hope that you as parents are happy as well. Thank you for all of your continued support and patience while we adjust to a new age group and classroom.

This semester, we have numerous new staff whom we are very excited to welcome to our team! We are a very tight knit staff here at ASUU Child Care and we hope that you will join with us in welcoming them to our center.

Please be sure and “like” our Facebook page! If you would like updates on what is happening in our classrooms as well as reminders about upcoming events happening at ASUU Child Care, please find us on Facebook: www.facebook.com/asuuchildcare

Parent Night Out

Hey parents, don’t forget that Parent Night Out is February 13th from 6:30–10:00 pm. This month’s is located at our center! Go out and enjoy a date with your valentine while knowing your kids are in a safe fun environment with our amazing staff! Pre-registration is required, email Sandy Bennet at sbennet@sa.utah.edu to sign up. We look forward to seeing you there!
Welcome new Families!

We at ASUU Childcare are excited to welcome all the new families that are joining us this semester. At the beginning of the semester, following new family orientation, our first Meet 'n' Greet was held. We feel it was a huge success and gave families, new and old, a chance to get to know one another. We would love to receive any feedback from parents about how to make this experience better. We will be holding a Meet 'n' Greet at the beginning of each semester and want to be able to best serve students better. Thank you!

Why should children stay fit?

The Many Benefits of Exercise

Besides enjoying the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle physical and emotional challenges — from running to catch a bus to studying for a test. Here are some simple reasons to make sure your kids are staying physically active:

Everyone can benefit from regular exercise. Kids who are active will:

- have stronger muscles and bones
- have a leaner body because exercise helps control body fat
- be less likely to become overweight
- decrease the risk of developing type 2 diabetes
- possibly lower blood pressure and blood cholesterol levels
- have a better outlook on life

How do I promote physical activity/overall health in my child?

- Physical activity should be increased by reducing sedentary time (e.g., watching television, playing computer video games or talking on the phone).
- Parents should try to be role models for active lifestyles and provide children with opportunities for increased physical activity.
- Show by example: Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.
- listen to your child: If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

Tip: be active as a family! Kids are more likely to enjoy physical activity when parents are siblings are participating too.
Staff Spotlight: Valerie Colwell

Valerie Colwell is our new full-time benefited Purple Room Teacher. She comes to us from BYU-I where she studied Early Childhood Education. She has had a lot of experience working with young children, including an internship at Head Start in Idaho. Valerie loves young children and is looking forward to a career in early education. In her spare time, Valerie loves reading and exploring Salt Lake. Parent, please do not hesitate to ask Valerie any questions you may have. Join us in welcoming her to our program.

Evening Care Programs

Team Tots:
Need to go get your work out on? ASUU childcare offers free childcare to students while they use the new student life center! This program runs Tuesdays and Thursdays from 5:00pm—9:00pm. You can use a two hour block during that time for children aged 6 weeks to 7 years. Call or email to register.

Drop In Care:
Now in it’s second semester, drop in care has proven to be a huge resource for student families. Running Monday through Thursday from 5:00pm—9:00pm, drop in care can be used by student or staff/faculty families by purchasing a punch

Reminder: 2nd tuition payment due!

Families, don’t forget that the second tuition payment is due no later than Friday, February 19th. This payment should be 50% of your remaining balance. If you have any questions about your ledger, CCAPMIS, or other childcare subsidies, please don’t hesitate to call or email.
The Center for Child Care and Family Resources

“Helping University students, faculty and staff select a quality program for their child is a priority for the Child Care Coordinating Office. We offer a comprehensive guide to child care resources and information that supports parents in their search for child care services.”

The Center for Child Care and Family Resources (CCFR) works to support student families on campus. They sponsor family events such as Parent Night Out. They also fund the CCAMPIS (Child Care Access Means Parents In School) grant which assists families in covering child care costs. For more information on CCAMPIS or the CCFR please visit their website www.childcare.utah.edu.