

# Squaxin Island Child Development Center

## May Newsletter

### Center Highlights

- ◇ **In-service Day May 17 (Center Closed)**

Teachers will be renewing their CPR and First Aid certifications.

- ◇ **Closed May 27th for Memorial Day**
- ◇ Mothers Day is May 12th
- ◇ What are teachers learning this month?

This month teachers Madison, Tamika, Savannah and Kiana are attending the Washington State Early Learning

Language Summit in Bellingham on May 30th & May 31st. This experience will allow us to implement more of the LuShootseed language in our center.

### Healthy Active Living

- ◆ **Theme for the Month**  
**Physical Fitness!**

**This month we challenge you to walk 15 Minuets a day!**

- ◆ **Our Vegetable of the month is **Green Onion!****
- ◆ **Our Fruit of the month is **Cherries!****

### Safety Reminders & Tips for Sunscreen!

- ◇ **Even when the clouds are out we could burn!**
- ◇ **Reapply Every 2 Hours**
- ◇ **Infants under 6 months should not be in direct sunlight without shade**
- ◇ **Always test a new sunscreen on your child's inner wrist the day before you plan to use it to detect a reaction.**

### Egg Drop Shenanigans



### Staff Highlights

- ◆ **Tianna, Maria, & Savannah F. received their Initial Certificates from Olympic College in April!**
- ◆ **Madison received her Life Guard Certification and is ready for summer in the creek!**

**Please Congratulate them on their**

### Where to Explore this month?

- ◆ **Staircase Rapids loop**  
2.1 miles total. Short and nice with kids!
- ◆ **Mimzie Loop (Kennedy creek)**  
7.9 Miles total. Teacher Maryssa says it is long and flat, perfect for kids!

Using our monthly Fruit and Veggie, we are providing you with two recipes to try with your families!

## Cherry Chicken Salad:

### INGREDIENTS

3 cups cooked chicken breasts, chopped fine  
2/3 cup dried cherries  
1/3 cup celery, chopped  
1/3 cup red onion, chopped  
1/3 cup tart apple, chopped  
1 hard-boiled egg, chopped  
1/3 cup sliced almonds, toasted  
3/4 cup light mayonnaise  
2 tablespoons lemon juice  
Salt & Pepper

### DIRECTIONS

In a large bowl, combine the chicken, cherries, celery, onion, apple, egg and sliced almonds.  
In another small bowl, combine the mayo and lemon juice.  
Add to chicken mixture and mix well.  
Season with salt and pepper to taste.  
Refrigerate for 1 hour to allow flavors to blend.  
Serve on Croissants or crackers.

## Bacon & Green Onion Pasta Salad:

### INGREDIENTS

12 strips of bacon cooked and chopped  
2 cups dried pasta cooked, rinsed, and drained  
3 green onions sliced into rounds  
1/2 cup cucumber chopped  
1/2 teaspoon mustard  
2 tablespoons red wine vinegar or balsamic vinegar  
1/2 cup mayonnaise plus more to taste  
1/2 teaspoon salt plus more to taste  
Freshly ground black pepper to taste

### DIRECTIONS

In a large bowl combine the bacon, pasta, cucumber and green onions. In a small bowl, whisk together the mayonnaise, mustard, vinegar, salt & pepper. Pour the dressing over the salad and stir to combine. Season with salt and pepper to taste.  
Serve. Store covered in the refrigerator, for up to 3 days.