

## School Days

Welcome to the last lingering days of summer. August is full of a rush to enjoy the fairs, family vacations, picnics and tons of outdoor fun. It is also the time for transitions as young children gear up for starting school.

In order to help make the transition go as smoothly as possible, it is important that the adults do some homework. Ensuring that the elementary school experience is a good one is just as important as choosing a quality child care program. Here are some ideas to help get the transition started.

1. Be sure to take advantage of the opportunities to visit the school and talk with your child's teacher. As your child's first teacher, you know your child best. Teachers gain valuable information and insights when parents share information about their children. Your children will benefit from the open conversations between the teachers and parents.

2. A good elementary program values each child for who he or she is. Developmentally appropriate programs will not only set high standards for learning but also be aware of the different learning styles for each child. Be sure to ask about the variety of materials and techniques that can be used to help children recognize their potentials.

3. Be sure to set up a time after school to talk about your child's day. This is not only a time for intellectual, physical and language development but also social and emotional development. Ask your child about new friends and new skills they learned that day. They will surprise you with all the new things they are learning each day.

4. Set up a time to be able to go over your child's homework and read any and all notes that are sent home. This will not only help you stay connected but also helps to catch any problems your child may be having with a subject.

Stay encouraged and enjoy the school years. It will be a fast trip but lots of adventures!

## Garden Chicken Wrap

### Supplies:

- 4 whole wheat wraps
- 2 cups shredded chicken
- 1/2 cup shredded carrots
- 1 avocado, thinly sliced
- 1 cup baby spinach leaves
- 1/4 cup of your favorite dressing (ex. Ranch)

1. Place the wraps side by side on a flat surface. Divide chicken into four portions( about 1/2 cup each). Place a portion of chicken on each wrap.
2. Top each wrap with carrots, avocado and spinach.
3. Drizzle dressing evenly over each wrap.
4. Roll each wrap up tightly and cut in half
5. Serve immediately or wrap tightly in aluminum foil and refrigerate for lunch the next day.

Note: try carrot or celery sticks on the side instead of chips

## August and September 2010

### Indiana State Fair August 6<sup>th</sup> – 22<sup>nd</sup>

Visit the fairgrounds for food, animals, rides, and fun for the whole family. Gate Admission for the 2010 Fair is \$8 for adults and children 5 & under are

**Picnic in the Park at West Park in Carmel.** Pack a lunch and picnic basket and enjoy games while meeting other families. Registration required.. Free event. Aug. 3: 12:30-2 PM.. West Park, 2700 West 116th Street, Carmel

**Avon Farmer's Market.** Come browse the Farmer's Market every Tuesday from 3-6pm through September 28th. New location: 8244 E. US 36 - Avon Regional Health southernmost parking lot

**2010 Greenwood Summer Concert Series.** The Greenwood Parks and Recreation Department is sponsoring a free concert series that runs through the end of September. The concerts are located in the Greenwood Amphitheater. Shows start at 7pm. Please bring your lawn chair.

