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Upcoming Important Dates

November Tuition Due	Nov 1
NPS P/T Conf.	Nov 12
Thanksgiving Break	Nov 24-26
December Tuition Due	Dec 1
Winter Break	Dec 20-Dec 31

*"While we try to teach our children all about life, our children teach us what life is all about."
~Angela Schwindt*

CASP Currents

A Newsletter for CASP Parents

Community After School Program

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Day Camp Available for Parent/Teacher Conference Day

CASP will be providing all day care open to current CASP students on Friday, November 12, 2010 from 7:30 a.m. to 6:00 p.m. at the CASP Administrative Office located at 1023 N. Flood.

served basis and limited to the first 30 CASP children enrolled. Cost to attend is \$45 per day and is non-refundable. If you make a reservation you will be responsible for the cost of care.

(ren), please email Alebra at alebra@caspin.org.

CASP plans to offer all day care on some non-school days throughout the year. Parents will be notified by email about future care dates as they become available.

Enrollment is available on a first-come, first-

If you are interested in enrolling your child

CASP Needs Help to Assist Limited Income Families

Each year, CASP hosts a very special event for our limited income families. In December, approximately 50 children will be given the opportunity to have "Dinner with Santa" and receive a special gift and we are requesting your help. Many of these children have never had the opportunity to talk to Santa or have their photo taken with him.

in order to ensure we serve as many families as possible. We would like to request your help in making this event very special for the children in attendance.

If you are able to assist us we will be collecting toys starting November 1 – December 3, 2010. You can drop off your new unwrapped toys at the CASP office between these dates. Examples of gifts that we could use are board games, Barbies, footballs, soccer balls, toy

cars and baby dolls. We would be glad to do the shopping for you if you would like to make a cash donation.

We know that with your help we can brighten the season for at least 50 children this year.



Like most nonprofit agencies, CASP stretches every dollar

White vs. Wheat Bread



HEAD LICE

“A case of head lice was reported in your child’s before and/or after school program.” This is not a fun way for us to start a letter to our parents. However, CASP as all programs where large numbers of children congregate, battles this problem each school year. C.A.S.P. has a no lice policy, meaning that if lice are detected on your child you will be notified to pick them up immediately and required to treat and remove all lice from your child’s hair.

Our staff, working with our administrative office, takes steps to help prevent the spread of head lice at our program. As soon as we get a report of head lice we bring into our administrative office all of our dress up clothes and pillows. These items are washed and dried. We spray our carpets and other non-washable soft surfaces with a lice killing spray. In some instances, such as the week before fall break, we also put these types of items away in plastic bags for 10-14 days.

Please screen your child regularly, notify us immediately if head lice are detected and keep your children home from school until they are cleared.

Most kids, even those who are picky eaters, like bread. And that’s good, because bread and grains in general, make up a big part of the Food Guide Pyramid. In fact, younger children, aged 2-6, should eat 6 servings from the grain food group, while older children should eat 6-11 servings each day.

But what kind of bread should you offer your child? There are so many choices, including white bread, wheat bread, honey wheat bread, etc. For many kids, taste will be the determining factor of what bread they will eat. After that, you should look at the nutritional values of different breads when you decide which bread to buy for your family.

There can be big differences in the amount of fiber and calcium that different breads have. And whole wheat breads usually have

more vitamin B6, vitamin E, magnesium, folic acid, copper, zinc, and manganese. However, many white breads are fortified with these vitamins. In general, 100% whole wheat/whole grain breads have more fiber than white bread or other breads made with wheat flour, although some white breads, such as Iron Kids and Iron Kids Crustless bread, have almost as much fiber as many kinds of wheat bread.

A high fiber diet is recommended for most people, and is especially helpful for children who are constipated. Remember that ‘wheat’ breads that do not say that they are ‘whole wheat’ are a mixture of enriched white flour and whole wheat flour, and so will likely have less fiber than whole wheat breads.

‘Whole wheat’ will be listed as the first ingredient if the bread is

made from 100% whole wheat.

But white breads often have more calcium, especially if they are made with milk, than wheat breads.

However, many different kinds of wheat bread are now fortified with calcium too. So what kind of bread should you choose?

Whether it is white bread or wheat bread, find one that is high in calcium (at least 10-15% per slice), high in fiber (at least 1-1.5g per slice), and which tastes good. The American Academy of Pediatrics does state that ‘whole-wheat bread offers a nutritional advantage over white bread.’ So if your child likes it, a 100% whole wheat bread (remember to check the ingredients) that is fortified with calcium would likely be the most healthy choice.

10 Ways to Exercise as a Family

Tips to get the whole family moving -- together.

1. Go for pre- or post-dinner walks

Whether you head into town or just cruise the neighborhood, building a walk into your daily schedule ensures that it won’t get put off. To make walking more enticing - make a sport of it. Look for specific things while on your walk, different color cars, animals, etc.



2. Crank up the music and boogie down.

Hold a disco night. Move the furniture aside, fill the CD player with dance tunes, and let the kids take turns using a flashlight as a strobe light.

3. Make a game out of household chores.

Pretend that dust creatures are invading earth and it’s up to Captain [insert child’s name] to save the day by capturing them with his broom. Make believe he’s one of the Rescue Heroes, and have him save his teddy bears from the slimy pit of the floor by putting them safely in his toy chest. Turn folding laundry into a guessing game. Ask “who’s is it” and “where does it go” type questions.

4. Sneak workouts into other activities.

Have your toddler walk in-

stead of riding in the cart at the supermarket, and take the stairs or walk up the escalator whenever possible.

5. Turn TV commercials into fitness breaks.

Invent silly names for simple **exercises** like squats, push-ups, and sit-ups, and then do them together till the show comes back on. “Call them princess sit-ups or Bob the Builder muscle builders. You can also play “coach,” in which you take turns “ordering” each other to “drop and give me five,” or “follow the leader,” in which one person leads the others in fun, simple moves like clapping, wiggling, and marching.