



Providing a foundation for lifelong growth



## March 2017 Parent Newsletter

Spring is fast approaching! The first official day of Spring is March 20<sup>th</sup>!!

Don't forget that as the weather starts to change, your child's outdoor clothes will also need to change! Splash pants and rubber boots and an extra change of pants and socks are great to have on hand as the snow starts to melt and puddles become irresistible!!

**Don't forget to set your clocks ahead one hour on March 12<sup>th</sup>**

***March fees are due by March 2 to avoid late fees.***

### **March Office Hours:**

Monday – Thursday: 8:30 AM – 4:00 PM

Friday: 8:30 AM – 2:00 PM

We are closed on March 24<sup>th</sup> at 12:00 PM for training

**Tax Receipts:** Receipts are available for pick up at the office. We are open over lunch hour! If you pay by credit card or direct debit, an emailed copy of your receipts will be issued to you upon request. Please call or email the office:

[nd@newdimensionsfamilydayhome.com](mailto:nd@newdimensionsfamilydayhome.com)

**Time-Off:** If you or your Provider are taking holidays, please inform the office so corrections can be made to your account, at least a week before the beginning of the month.

**Contracts:** If your days/hours have changed since you started with your Provider, please make sure you have made those changes to your contract with your Provider, as

well as at the office. If you do not have a Provider/Parent contract, please talk to your Provider about it!



**Did you know??**

## **March is “Nutrition Month”**

Alberta Health Services has launched a website to promote healthy eating.

<http://www.albertahealthservices.ca/nutrition/page15177.aspx>

or

[healthyeatingstartshere.ca](http://healthyeatingstartshere.ca)

**There is lots of interest links on the site, including:**

Ways to Eat More Fruits and Vegetables

Simply Healthy Meal Ideas

Choosing Healthy Drinks

Tips to Spend Less Money on Food

Reduce Food Waste

And so many more....