

National Playground Safety Week

April 24-28th

www.communitybridges.org

National Playground Safety Week is about focusing on children's outdoor play environments. It is a time to pledge to use good judgment when playing and for gratitude for all the adults who work tirelessly on maintaining our playgrounds.

Age-Appropriate Design

Child development experts and parents agree play is an essential part of childhood. Outdoor play areas can help children develop physically, emotionally, socially and intellectually.

The national program for playground safety (NPPS) recommends that adults be proactive in selecting age appropriate equipment and requesting separate play areas for different age groups - 6 months through 23 months, ages 2 to 5, and 5 to 12. These areas should be marked by signs indicating the age-appropriate areas. Please consider the following factors when selecting equipment in order to help make America's play areas developmentally appropriate, more enjoyable, and safer for children.

Physical Development

Children are developmentally different in size and ability. Outdoor play areas can facilitate physical development.

- **Ages: 6 months - 23 months**

Play areas for children 6 months through 23 months should offer places where children can have space to move and explore. Appropriate play areas for this group should provide places to crawl, stand, and walk.

- **Ages: 2-5 years**

Play areas for children ages 2-5 should offer areas with smaller steps and crawl spaces. Appropriate play areas for children ages 2 - 5 could include: areas to crawl; low platforms with multiple access such as ramps and ladders; ramps with pieces attached for grasping; low tables for sand, water and manipulation of materials; tricycle paths with various textures; flexible spring rockers; sand areas with covers; and shorter slides (usually no taller than 4 feet).

- **Ages: 5-12 years**

Developmentally appropriate play areas for school-age children could include: rope or chain climbers on angles; climbing pieces; horizontal bars; cooperative pieces such as tire swings, slides and sliding poles; and open spaces to run and play ball.

Source: www.playgroundsafety.org

Program Reminders/ Updates

CIF/Notes: Many school age kids will be out of school for spring break. Please be sure to note if you will have any school age kids in your care so that any lunches and AM snacks claimed may be reimbursed. If you will be closed, please be sure to notify your consultant ahead of time so visits will not be conducted during those times.

New CACFP Meal Pattern: The new meal pattern will be implemented on October 1st 2017. One change you can expect? Juice will be limited to once per day.

Menu Ideas – Meatless Mondays

Breakfast

Cream of wheat	Pancakes	Pita bread	W/W tortilla	Kix
Honeydew melon	Blood oranges	Jicama	Cactus & potato	Strawberries
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Lunch or Dinner

Garbanzo Bean Burgers	Chicken salad	Mozzarella Cheese	BBQ chicken	Tuna Salad
W/W Roll	Pita bread	Flat bread	White rice	Tostadas
Sweet potato fries	Carrots	Black beans	Avocado	Mixed veggies
Grape fruit	Mandarins	Raspberries	Guavas	Apples
Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %	Milk 1 %

Snack Am or Pm

Banana	Celery	HB egg	Whole grain waffle	Cucumber
Peanut butter	Hummus	Multi-grain crackers	Pear	Greek yogurt

Garbanzo Bean Burgers

Ingredients:

- 2 cups cooked chickpeas, drained and mashed
- 1 stalk celery, finely chopped
- 1 carrot, finely chopped
- ¼ cup small onion, peeled and finely chopped
- ¼ cup whole wheat flour
- Salt and pepper to taste
- 2 teaspoons of vegetable oil

Instructions:

1. Mix all ingredients (except the cooking oil) together in a large bowl.
2. Divide to form 6 burger shaped patties.
3. Fry in a lightly oiled nonstick skillet over medium high heat until golden brown on both sides.
4. Serve on a whole wheat roll with sliced tomato and lettuce.

Yield: 6 servings



Source: www.meatlessmonday.com

Activity Corner – Lunch Sack Kite

Paper bag kite:

Materials Needed: Brown paper sack, Crayons/Marker/Stickers to decorate the bag, String/Yarn, Popsicle stick, Streamers (optional)

Instructions:

1. Decorate both sides of the brown paper sack. Add streamers with tape to the opening of the bag (optional, but fun!).
2. Cut a small hole in the middle of the bottom of the bag.
3. Tie the string or yarn to a Popsicle stick. Put the string through the hole in the bottom of the bag, from the inside. The Popsicle stick should be inside the bag, stabilizing the string.
4. Let it fly!



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